



**Latino Coalition for a Healthy California
Central Valley Regional Meeting
April 29, 2011**

**School Wellness Policies:
Prevention efforts in Education**

Jane Alvarado

Project Coordinator- Central Valley





Photo by Tim Wagner

California Project LEAN (Leaders Encouraging Activity and Nutrition)

California Project LEAN (CPL)



- A joint program of the California Department of Public Health and Public Health Institute
- California Project LEAN (CPL) works to advance nutrition and physical activity policies in schools and communities

School Wellness Policies



Federal mandate requiring school districts to set goals for:

- **Nutrition education**
- **Physical activity**
- **All foods and beverages available on campus (with the intent to promote health and decrease overweight)**
- **School-based activities designed to promote student wellness**

The Link Between Nutrition, Physical Activity & Learning



- Improved attendance
- Lower rates of tardiness and absenteeism
- Improved behavior
- Less visits to school nurse
- Increased attention and creativity
- Higher test scores
- Develop better social skills
- Graduate and go on to college

Obesity Prevention in Schools



- **Physical Education and Physical activity**
- **Decrease access to sugary drinks while increasing access to healthy drinks**



Physical Education and Physical Activity in Schools



- **Ensure physical education minutes are implemented**
- **Advocate for 50% of physical education time be spent in moderate to vigorous physical activity**
- **Increase physical activity throughout the school day**

Physical Activity for students



<i>Activity</i>	<i>Minute/Day</i>
Classroom Breaks (2/day x 5mins each)	10 minutes
Physical Education (20 min class)	10 minutes
Recess (one 20 min/day)	20 minutes
<i>Total</i>	<i>40 minutes</i>
Walking/Biking to school	20 minutes
<i>Total</i>	<i>60 minutes</i>



“There is NO evidence in the research literature that increased physical education negatively impacts student performance in the core academic subject areas.”

Physical Education Research for Kids, Literature Review, 2009





Photo by Tim Wagner

Sugary Drinks and Water

Sugary Drinks- Policy Opportunities



- **Eliminate flavored milk**
- **Refine definition of water**
- **Eliminate electrolyte replacement beverages (sports drinks)**

Water in Schools- Implementation Opportunity



- **Support your school district as they implement SB 1413, which calls for free water to be provided to all students in food service areas**

Water Stations



Central Valley Success



Earlimart School District

- **Eliminated sports drinks**
- **Eliminated flavored milk**
- **School Wellness Policy revisions underway**

Additional opportunities in schools



- **Does your school offer Breakfast? How, when and where is it served?**
- **What is the quality of the food being offered through your school meals program?**
- **Does your District support joint-use?**
- **Is your District aware of Safe Routes to school funding opportunities?**

Creating Healthier Schools



It is imperative to engage parents, students, food service directors/staff, teachers and administration in creating these healthy changes in your school

Does your school district have a school wellness committee?



Thank you!

Jane Alvarado
Project Coordinator-Central Valley
California Project LEAN
559-977-4619
jane.alvarado@cdph.ca.gov
www.californiaprojectlean.org