Strong Bodies/Smart Minds
Shaping A Healthy Future ~ April 2008

Sponsored by Wyoming beef producers

Strategies from Successful Schools

Fit, Healthy and Ready to Succeed

“Never doubt that a small group of committed people can change the world. Indeed, it is the only thing that ever has.”
Margaret Mead

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Our kids are facing a weight, nutrition, and health crisis.

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Academic Issues
- Overweight
- Overfed
- Undernourished
  - Sedentary
  - Diabetes (type 2)
  - CVD Risk Factors
  - Disordered Eating

Being overweight is an academic issue
- Overweight children have more school absences than children with a healthy weight.
- Seriously overweight children report a lower quality of life.
- Weight-related teasing is a major cause of bullying at school.

Wellness Policies Make A Difference
April 2008
Pediatrics
After 2 years of policy based initiative:
- 50% reduction in incidence of overweight
- Prevalence of overweight lower in intervention schools

Resources for Success
www.school-wellness.org

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Being undernourished is an academic issue

- Optimal nutrition is necessary for optimal cognitive functioning.
- Zinc, iron, and B-vitamins (along with other nutrients) are critically important to brain function.
- Sub-optimal nutrition can affect academic performance and even IQ scores.

UNDERNOURISHED

<table>
<thead>
<tr>
<th>Percentage Meeting 100% of AI for Calcium</th>
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<tbody>
<tr>
<td>Meals and Females</td>
</tr>
<tr>
<td>-------------------</td>
</tr>
<tr>
<td>Under 1</td>
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<tr>
<td>1 to 2</td>
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<td>3 to 5</td>
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<td>6 and under</td>
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<td>6 to 11</td>
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<tr>
<td>12 to 19</td>
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Source: CDC, Continuous Survey of Food Intakes by Individuals, 1994-1996.

Flavored Milk ??

ENVIROIN STUDY

JADA April 2008

Children who drink flavored milk:

- Have comparable or lower BMIs
- Consume more nutrients
- Do not consume more sugar.

It’s NOT what you take OUT of schools ... it’s what you put IN.

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Being sedentary is an academic issue

- Research supports a connection between being active and improved brain performance.
- Children who achieve more fitness standards tend to score higher on standardized tests.
- Excessive screen time undermines children’s education.

Type 2 DIABETES

“One in three children born in the US in 2000 will become diabetic …”

CDC ~ 06/15/03

Missoula, Montana

Relationship of MVPA, Absences and GPA

Type 2 diabetes is an academic issue

- Children with type 1 and 2 diabetes have more school absences.
- Fluctuating blood sugar levels contribute to poor behavior and other school problems.
- Children with type 1 and 2 diabetes also need more intensive nursing services.

Research from U. Georgia and Medical College of Georgia

- 200 overweight, inactive 7-11 year olds received nutrition education and 20 or 40 minutes of vigorous after-school activity
- Three month program reduced body fat and diabetes risk, while improving bone density, thinking and decision making
- Insulin resistance improved more in the children who were active for 40 minutes

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Unhealthy Weight Control

Disordered eating is an academic issue
- Teens with eating disorders do not get the nutrition they need for optimal performance.
- Young people with poor body image tend to make poor choices about other issues.
- Compulsive exercise takes energy from school.

Building Healthy Students

Six Steps for Families

Step Seven

Family Meals

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Resources for Success

www.school-wellness.org/AtHome.aspx

School Wellness SUCCESS

First Things FIRST

1. Breakfast for every child
2. Daily physical education/activity
3. Recess before lunch
4. Time to enjoy a healthy lunch
5. Positive NON-food rewards
6. Smart snack opportunities

Importance of Breakfast

- Breakfast establishes the foundation for learning. Eating breakfast improves math grades, vocabulary skills, and memory.
- Students who eat breakfast have fewer absences, fewer discipline problems, and fewer visits to the school nurses’ offices.
- Youth who eat breakfast are less likely to be overweight and eating breakfast at school improves overall nutrient intake.

Arp Elementary, Cheyenne, WY

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Breakfast Brain Food in Michigan Schools

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Mississippi MANDATE

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Stanly County, NC
Collaboration of school system and the outside agencies in our community (Stanly Regional Hospital, Cooperative Extension, Parks and Recreation, Department of Health etc.)

The SHAC has brought us together, we’re not working against each other or duplicating our efforts.

Alison Francis

First Things FIRST
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BENEFITS of RBL
Improved cafeteria atmosphere
- Students are more relaxed and focused on eating rather than the playground
Less supervision in the cafeteria
- Students have improved behavior
Fewer classroom discipline problems
- Students are calmer when they return to the classroom
BENEFITS of RBL

Increase in classroom time on-task
- Students return to the classroom ready to learn
Increased milk, vegetable, and entree consumption
- Less plate waste, less trash
- Results in increased nutrients and fluid intake
Decreased number of nurse visits for tummy aches after recess

First Things FIRST

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Six Steps to Success

1. Make wellness a priority.
2. Plan change in baby steps.
3. Walk the wellness talk.
4. Collect data to tell the story.
5. Reward and celebrate changes.
6. Be a champion for wellness.

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Six Steps to Success

1. Make wellness a priority.

Green River, WY
Amy Klinkoski developed a WORD WALL to link nutrition concepts to language arts.

Grand Rapids, Michigan

Six Steps to Success

2. Plan for change in baby steps.

Green River, WY
- Second GOLD School in the USA to get HealthierUS School Challenge Award
- For 2007-08, only healthy options will be sold in vending machines, concessions, student stores and fundraisers.
- City Recreation Center will also meet the same standards.
- Pedometer programs and DDR in all schools for appropriate age groups
- Mountain bikes purchased and weight rooms
- School district and City Rec sponsored a tailgate wellness fair before first football game last fall

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**BABY STEPS**
The current weight-health issues facing children developed over many years. Creating healthier environments for them will also be a gradual process.

**Michigan MAFHK**
“She said that one of their Coordinated School Health Team members had been to your training on implementing wellness policies and it helped to inspire the whole team. She loved the fact that you emphasize “baby steps”... it helped their team to take a step back and look at all they have accomplished so far and feel proud. Sometimes teams tend to get overwhelmed when they see how much is still left to do but they have renewed motivation.”

**West Fargo, ND**
WFPS Foodservice Director offered Packer Backers booster club the chance to requisition “healthy” items from foodservice. Every home game has fresh cut fruit, veggies, deli sandwiches, baked chips, and Packer Backer banana bread.

**Billings, Montana**

**GOLD**

HealthierUS School Challenge

**Six Steps to Success**
3. Walk the wellness talk.

**WALK THE TALK**
The best way to help children and other adults adopt healthy behaviors is to role model those habits yourself.

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New Milford, Connecticut
Northville Elementary offers PA over intercom with AM announcements for ALL students, staff AND visitors in the building.

Chatham County, NC

Chatham County, NC
TEAM FIT IS:
- Local YMCA
- Chatham County Health Department
- Chatham County Schools
- Chatham Hospital Nutrition Services
- Chatham County Parks and Recreation
- County Cooperative Extension Agency

Chatham County, NC
Teacher Wellness

www.schoolempwell.org

Nutrient-Rich Foods

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Six Steps to Success

4. Collect data to tell the story.

Gillette, Wyoming

Byron Center, Michigan

Countryside Elementary raised $12,000 (95% profit) with a Bop Walk-a-thon - 400 students + 30 staff + 50 parents walked for 30 minutes.

Bellaire, Michigan

Bellaire Elementary 5th grade students made $1900 selling products from local farmers and markets - not candy - as this year's fundraiser.

S. Windsor, Connecticut

S. Windsor High started a very popular Stir-Fry line in their cafeteria - meal sales are UP 25%.

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5. Reward and celebrate change.

REWARD
Make objectives smarter:
S - Specific
M - Measurable
A - Acceptable
R - Realistic
T - Timely
E - Extending capabilities of helpers

Reward them for their efforts

MICHIGAN

Congratulations to 133 Schools for Promoting Healthy Environments!

Michigan Action for Healthy Kids, Inc.

Coordinated School Health Programs

Game-On - ULTIMATE Wellness Challenge

Resources for Success

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Six Steps to Success

6. Keep showing Champions

Champions
Everyone - from the superintendent to students of all ages - can be champions for health and wellness.

Chatham County, NC

Green River, WY

NEBRASKA

STUDENT Champions

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NO NEED to reinvent any wheels

Resources for Success

www.eatrightmontana.org/

Resources for Success

www.nfsmi.org/

○ Public Relations
○ Wellness Training
○ Cooks for Kids

IT’S EASIER THAN YOU THINK

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TO HELP KIDS ...
- At school ...
- At home ...

Who benefits?
Administrators
Teachers
Schools
Families

Who benefits?
STUDENTS

Send me YOUR STORY.
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