

Healthy ConneCTions

Connecticut's Coordinated Approach to School Health



Connecticut State Department of Education
Third Annual
Comprehensive School Health and
Physical Education Coordinators' Meeting

January 31, 2012

Healthy ConneCTions

Connecticut's Coordinated Approach to School Health



Our Mission

We will nurture the physical, social and emotional health of our entire school community including students, families and school personnel. We will promote and support full implementation of a coordinated approach to school health in schools and communities.

Our Vision

Connecticut's children and adolescents are healthy, learning and succeeding in life.

Welcome and Setting the Stage

 **Jean Mee, Ed.D.**

Physical Education and Health Education Consultant

 **Bonnie Edmondson, Ed.D.**

Comprehensive School Health Education Consultant



Meeting Objectives

- ▶ Identify national and state research, and best practices promoting nutrition education within comprehensive health education and physical education programs;
- ▶ Access resources and strategies for improving nutrition education programs in local school districts;
- ▶ Share new national and state resources; and
- ▶ Interact with colleagues from your region and identify strategies to work together and support each other's programs.



Status of School Health Policy and Practice in Connecticut Schools

▶ School Health Profiles

- ▶ Questionnaire administered to randomly selected middle and high school principals (policies) and to lead health teachers (programs);
- ▶ Funded by CDC, data supports the School Level Impact Measures and focuses priorities;
- ▶ Addresses areas of Physical Education/ P.A.; Health Education; Asthma; Nutrition; HIV Prevention; Tobacco; and Family, Community Involvement;
- ▶ Next administration in spring of 2012; and
- ▶ New! Physical education teacher questionnaire.

School Health Profiles Data

- ▶ Percentage of schools in which the lead health education teacher would like to receive PD on nutrition and dietary behavior (70.1 percent);
- ▶ Percentage of schools in which the major emphasis of the lead health education teacher's professional preparation was on nutrition (0 percent);
- ▶ Percentage of schools in which the lead health education teacher would like to receive PD on: human sexuality (78 percent), HIV prevention (71 percent), and STD prevention (79 percent).



How Well Is Your School?

 **Kathryn E. Henderson, Ph.D.**

Director of School and Community Initiatives

Rudd Center for Food Policy and Obesity, Yale University



Nutrition Resources for Schools

 **Susan Fiore**

Nutrition Education Coordinator

Connecticut State Department of Education



Break



Break-out Activity: Weight Bias

 **Kathryn E. Henderson, Ph.D.**

Director of School and Community Initiatives

Rudd Center for Food Policy and Obesity, Yale University



State Updates Panel

 **Sexual Health Education, SRBI, Student Success Plans, Cadre of Trainers Programs**

Bonnie Edmondson

 **USDA Child Nutrition Updates**

Fionnuala Brown

 **Childhood Obesity Policy Recommendations**

Kari Sullivan

 **Department of Public Health Updates**

Lisa Budris



Connecticut State Department of Education

NEW!

Health Education Webpage

www.ct.gov/sde/healtheducation

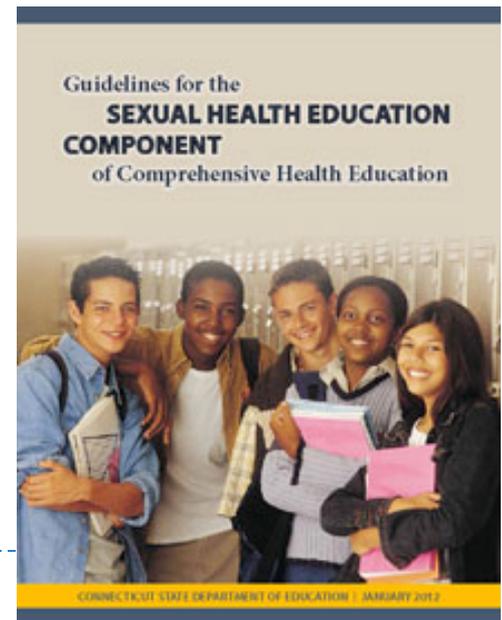




NEW!

Guidelines for the Sexual Health Education Component of Comprehensive Health Education

- ▶ Supplement to the *Healthy and Balanced Living Curriculum Framework*
- ▶ Available at www.ct.gov/sde/healtheducation

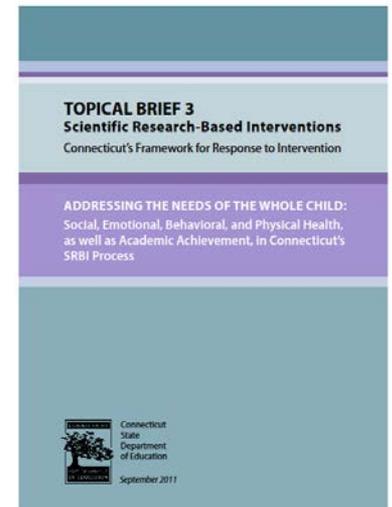




Scientific Research-Based Interventions (SRBI)

Topical Brief 3 Addressing the needs of the Whole Child: Social, Emotional, Behavioral, and Physical Health, as well as Academic Achievement

Can be accessed at: www.ct.gov/sde/healtheducation



Student Success Plans

Public Act No. 11-135

“For the school year commencing July 1, 2012, and each school year thereafter, each local and regional board of education shall create a student success plan for each student enrolled in a public school, beginning in grade six.”

What is a SSP?

Individualized student-centered flexible plan

major components: academic, career, and social, emotional and physical development





Connecticut Cadre of Trainers Programs

- **Health Education Assessment Project**
 - New Training Modules (spring, 2012)
 - Nutrition, Sexual Health Education
 - Online access to database of 1900 assessments
- **Pregnancy/HIV/STD Prevention Education**
 - Professional Development on Research-based Programs
- **Tell me What You See Website**
 - Art-based HIV/STD/hepatitis prevention education program (spring, 2012)
- **Teen Dating Violence Prevention Website** (spring, 2012)
- **Physical Education Cadre of Trainers**
 - Professional Development dedicated to Physical Education
- **Nutrition Education Cadre** (in development)



USDA- Child Nutrition Updates

Wellness Policies

The Healthy, Hunger-Free Kids Act of 2010 specifies **new requirements** for school wellness policies beyond the original requirements of the Child Nutrition and WIC Reauthorization Act of 2004.

*These new requirements are effective with the **2011-12 school year** and include:*

1. **developing goals for nutrition promotion;**
2. **informing and updating the public (including parents, students and the community) about the content and implementation of local wellness policies;**
3. **making efforts to include physical education teachers, school health professionals and school administrators in the development, implementation and periodic review and update of the policy;**
4. **periodically assessing local wellness policies and making this information available to the public;**
5. **designating one or more district or school officials to ensure that each school complies with the local wellness policy.**



USDA- Child Nutrition Updates

At-Risk Afterschool Meals Program -Suppers and Snacks-

Available through the Child and Adult Care Food Program (CACFP)

+ **Eligibility**

- ❖ Area Eligibility- Greater than 50% Free and Reduced Price Meals
- ❖ Regularly scheduled, structured and supervised education and enrichment activities that are open to all students, i.e. homework club, chess club, math club.

+ **Financial Feasibility**

- ❖ All meals claimed at free rate (no additional eligibility applications needed)
- ❖ Reimbursement rate
 - ❖ \$2.77 per supper for 2011-12 school year
 - ❖ **and** Choice of
 - ❖ Cash-in-lieu of Commodities .2225
 - ❖ USDA Foods (Commodities)



USDA- Child Nutrition Updates

New Standards for School Meals

1/25/2012- USDA released the final rule *Nutrition Standards in the National School Lunch Program (NSLP) and School Breakfast Program(SBP)*.

- ▶ The rule will align with the 2010 Dietary Guidelines (DGA) and the 2009 Institute of Medicine Report (IOM) “School Meals: Building Blocks for Healthy Children”
- ▶ Historic legislation impacting millions of children and raising nutrition standards for the first time in 15 years



USDA- Child Nutrition Updates

New Standards for School Meals

The new food based meal patterns for the NSLP & SBP are designed to improve the nutrient density and nutrient quality of school meals by:

- ▶ avoiding excess calories
- ▶ requiring increased amounts of fruits, vegetables, beans and whole grains
- ▶ serving lean meats
- ▶ limiting sodium & saturated fat
- ▶ trans fat must be zero grams (<0.5 g)
- ▶ serving only low fat and fat free milk



Child Nutrition Updates

SAVE THE DATE
FRIDAY-MAY 4th, 2012



**CONNECTICUT SCHOOL
BREAKFAST SUMMIT**

Every Child, Every Day

MAIN HALL - RENTSCHLER FIELD
EAST HARTFORD, CT
HOSTED BY: CT NO KID HUNGRY

INVITED SPEAKERS

DANNEL MALLOY
Governor, State of Connecticut

DAYLE HAYES
Award-winning author,
educator and nutrition coach

JAMES ARENA-DEROSA
Northeast Regional
Administrator for USDA's Food
and Nutrition Service

PARTNERS

CT Breakfast Expansion Team

School Nutrition Association
of Connecticut

End Hunger Connecticut!

New England Dairy and Food
Council

CT State Dept. of Education

Come and learn how to develop and implement or improve an existing breakfast program and help us teach Connecticut students to reach for breakfast! From "grab and go", breakfast in the classroom, exhibits and product showcase, free samples, speakers and networking, this day will be focused on how to make sure your students are getting the most important meal of the day!



Childhood Obesity Policy Partners

- ▶ American Heart Association
- ▶ Commission on Children
- ▶ End Hunger Connecticut!
- ▶ Hispanic Health Council
- ▶ Save the Children
- ▶ Yale Rudd Center for Food Policy and Obesity



Childhood Obesity Policy Recommendations

- ▶ **Expand joint use of school athletic facilities by communities**
Provides families with year-round access to safe places to play and exercise
- ▶ **Implement a coordinated approach to school health in every school district**
Improves academic achievement because healthier students are better learners
- ▶ **Set screen time limits for children in child care**
Enhances young children's cognitive development by encouraging active play & learning



Childhood Obesity Policy Recommendations

- ▶ **Schedule 20 consecutive minutes of physical activity in grades K-5**

Results in healthier students who are more ready to learn in class

- ▶ **Support breastfeeding mothers in child care settings**

Enables mothers to breastfeed, which is a cornerstone approach to combat childhood obesity

- ▶ **End hospital distribution of infant formula and related marketing**

Lowers risk of obesity by ending a practice that undermines breastfeeding



Childhood Obesity Policy Recommendations

- ▶ **Stop use of food as a reward in schools and child care programs**

Supports teaching of good nutrition practices by reforming actions that undermine them

- ▶ **Prohibit physical activity or exercise as punishment in schools**

Promotes active lifestyles by making all physical activity experiences positive

- ▶ **Limit beverages to healthy options for children in child care**

Helps children avoid excess calories for health development and models healthy eating



Childhood Obesity Policy Recommendations

- ▶ **Add food and wellness indicators to Strategic School Profiles**
Charts state and local progress in implementing healthy practices in schools
- ▶ **Establish an excise tax on all sugary drinks and earmark revenue for childhood obesity prevention**
Raises revenue for obesity prevention and discourages consumption of unhealthy drinks
- ▶ **Establish a state council on childhood and adult obesity**
Improves cross departmental strategies to combat obesity and seek federal support



Fighting Childhood Obesity in Connecticut

JOIN US IN FIGHTING CHILDHOOD OBESITY!

Dear friends and colleagues concerned about childhood obesity in Connecticut:



We are writing to ask for your active involvement and support for a 2012 policy agenda to prevent childhood obesity in Connecticut. We hope you will join the Connecticut Childhood Obesity Policy Workgroup, a new collaborative effort to reverse obesity trends and improve health among our state's children.

Our effort began last year when statewide nonprofit and government agencies partnered with national organizations to seek improvements in child nutrition and physical activity, and other changes to reduce childhood obesity, in schools, child care, families and communities. In August 2011, we invited stakeholders to participate in a one-day work session in Hartford to develop policy options. Now we hope you will join us in a new phase of this important initiative.

The survey linked here lists each of the policies that we propose. We hope you will [fill out the survey](#) to let us know which policies interest you and your organization, and what you may be able to do to help prevent childhood obesity.

Please forward this message to others who might be interested in joining the effort. Please consider your organization's or agency's policy about lobbying before you complete the survey.

We believe this agenda is achievable in 2012 and is an important step toward better overall health for Connecticut's children. More information about the Workgroup's initial activities is available [here](#). Please join with us!



Thanks,

The Connecticut Childhood Obesity Policy Workgroup's steering committee:

<https://www.surveymonkey.com/s/8JTGFXP>

Community Transformation Grant Initiative

- ▶ Build capacity at the state and county level to reduce chronic disease rates and address health disparities.
- ▶ The majority of these efforts will focus on rural areas in Connecticut.
- ▶ Capacity building activities will allow communities to develop or enhance strong, sustainable infrastructure and prevention efforts through systems, policy, and environmental changes.



Community Transformation Grant Initiative

The five counties and Lead Fiduciary/Coordinating Agent are:

- ▶ Litchfield County/Torrington Health District
- ▶ Middlesex County/Chatham Health District
- ▶ New London County/Ledgelight Health District
- ▶ Tolland County /Eastern Highlands Health District
- ▶ Windham County/Northeast District Department of Health



CTG Capacity building activities

- ▶ Establish or strengthen a multi-sectorial, county-wide coalition by conducting a local scan of existing coalitions, partnerships, workgroups already involved in the 3 strategic directions.
- ▶ Conduct policy scans to identify gaps in existing policies, environments, programs, and infrastructure related.
- ▶ Conduct countywide health needs assessment and/or compile existing local health assessment data including the burden of chronic diseases and identification of population subgroups experiencing health disparities.



CTG Capacity building activities (cont.)

- ▶ Meet with Leadership member organizations representing minority populations and/or population subgroups to determine methods of community engagement.
- ▶ Develop annual project budgets and a sustainable Capacity Building Plan which will include progress made toward implementation.



Lunch



Success Story “Open Mic” Forum

 **Kari Sullivan**

Physical Activity, Nutrition and Tobacco Coordinator



Hot Topic Tables

Jean Mee

Physical Education and Health Education Consultant
Connecticut State Department of Education

▶ **Improving School Policies**

▶ *Allison Calhoun White*

Stephanie Meyers

▶ **Interested in applying for the PEP grant?**

Patty Pursell

▶ **SRBI Topical Brief Three**

Jean Mee

▶ **Sexual Health Education**

Bonnie Edmondson

▶ **Student Success Plans**

Jocelyn Mackey

▶ **Using Data to Inform your Program**

Donna Heins

Celeste Jorge



Closing

 **Bonnie Edmondson, Ed.D.**

Comprehensive School Health Education Consultant

 **Jean Mee, Ed.D.**

Physical Education and Health Education Consultant



Regional Collaborative Meetings

 **Jean Mee, Ed.D.**

Physical Education and School Health Education Consultant

▶ **North Central**

▶ **Northeast**

▶ **Northwest**

▶ **South Central**

▶ **Southeast**

▶ **Southwest**



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