

Gilmer County Schools Local Wellness Policy 1512

Statement of Need

Obesity is multifactorial; thus, addressing the burden of obesity cannot be a singular effort. It will take many programs working in collaboration to fully address and intervene effectively upon the behaviors of physical activity and healthy eating. Interventions aimed at the individual are by themselves insufficient to modify and sustain healthy behavior. Environments that support, facilitate, and even require healthy behaviors are necessary for large-scale, long-term change. Passive public health interventions (i.e., policies that alter the food supply or the physical activity environment) yield greater and more sustainable changes in larger populations. Instituting policy and environment changes enables public health to use a population-based approach to behavior change. The key to this approach is using public health's strength in bringing many partners to the table to plan and intervene.

In general, obesity, especially childhood or adolescent obesity has come to the forefront as a major health crisis. One cannot open a daily newspaper without reading something about obesity and/or childhood obesity. The following are some statistics concerning obesity, childhood obesity and nutrition trends.

Obesity Statistics

United States

- It is estimated that 97 million adults in the United States are overweight or obese.
- The percent of school age children (ages 6-11) that were overweight increased from 6.5% to 15.3% from 1970 to 2000.
- The percent of school age children (ages 12-19) that were overweight increased from 5.0% to 15.5% from 1970 to 2000.
- Approximately nine million children age six and above are obese.

West Virginia

- West Virginia adult obesity rate was 15% compared to the national rate of 11.6% in 1990.
- In 2000 the WV obesity rate was 23.2% and the national rate was 20.1%.
- In 1999 12.2% high school students were overweight.
- In 1999 15.9% were at risk of becoming overweight. In 2003, 17.1% of WV High School students are at risk for becoming overweight.
- The average weight for both West Virginia males and females has gradually been increasing through the years. The average weight for a West Virginia man in 1984 was 177.2 pounds. For a woman it was 142.0. In 2000 the average weight male weighed 194.0 pounds and the average weight for a woman was 154.9 pounds.
- Youth in WV are less active than youth nationwide according to data from the CDC's 1999 Youth Risk Behavior Survey. Those data show that only 38.2% of the state's high school students were enrolled in physical education classes in that year, compared with a national average of 56.1%. Less than half (49.5%) participated on a sports team, while nationally 55.1% of students reported doing so.

Gilmer County

- Statistics indicate Gilmer County's obesity rate is increasing.
- Between 1990-1994, Gilmer County's obesity rate was 17.8%. During the same time period the WV Obesity rate was 16.9%. Gilmer County was ranked #12 among counties with obesity prevalence.
- Between 1995-1999, Gilmer County's obesity rate was 17.2%. The state rate for this period was 21.3%. The county rank moved up to 29.

Obesity Health Consequences

There are several health consequences that have been linked to Childhood Obesity. Some diseases that used to be associated only with adults are now showing up in children. Thirty thousand children have Type 2 Diabetes, a type of diabetes that was once almost entirely limited to adults. Other health consequences include asthma, high blood pressure, sleep apnea, mental health and adult obesity. Compounding this is the fact that adult obesity is a major risk factor for other diseases, which include heart disease, stroke, and some forms of cancer.

Student Nutrition Habits

With the increase in childhood obesity, a lot of research has lead to student nutrition habits in and out of school.

- Only 2% of school-aged students meet recommendations of Food Guide Pyramid.
- Less than 15% of school children eat recommended servings of fruit and vegetables.
- Only 30% consume recommended milk group servings
- Teens drink twice as much soda as milk
- On the average, adolescents age 12-17 get 11% of their calories and 15 teaspoons of sugar per day from soft drinks.
- Percentage of WV High School students who drink three or more glasses of milk per day is 18.7%.

Physical Activity

It is interesting to look at statistics of televisions in our homes. In 1970 only 6% of homes had three or more televisions. By 1999 the number of homes with three or more televisions had risen to 60%. In 1970 only 6% of sixth graders had a television in their bedroom. By 1999, 77% of sixth graders had a television in their room. Watching television is the number one leisure activity among school children with the average view time per day above four hours. This does not even take into consideration time spent on a computer or video games.

According to 1999 data, only 38.2% of West Virginia High School Students were enrolled in physical education classes compared to a national average of 56.1% nationally.

Changing the Scene Assessment

In March 2006, students, parents, teachers, and administrators were surveyed concerning the school nutritional environment. The survey looked at six areas – current policies and procedures, school meal service, other food programs, eating experience (environment), nutrition education, and marketing. The results were very clear that all Gilmer County Schools need much improvement in the area of nutrition education and marketing of a healthy lifestyle.

Resources

- Obesity: Fact, Figures, Guidelines – WV Dept. of Health and Human Resources. December 2002. <http://www.wvdhhr.org/bph/oehp/obesity/default.htm>
- Childhood Obesity: What The Research Tells Us. The Center for Health Care in Schools, George Washington University. <http://www.healthinschools.org>
- Overview of the IOM's Childhood Obesity Prevention Study. Institute of Medicine of the National Academies, Fact Sheet. September 2004. <http://iom.edu/file.asp?id=22604>
- Child Nutrition and School Meals: Trends, Challenges, and Opportunities. School Nutrition Association. 2004 www.schoolnutrition.com
- Competitive Foods: Why it is Our Business. CDC Healthy School Nutrition PowerPoint
- 2001 WV Youth Risk Behavior Survey. Office of Healthy Schools
- Changing The Scene – Survey conducted with Gilmer County students, parents, teachers and administrators. March 2006

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Statement of Goals

The Gilmer County Wellness Plan/Policy identifies the following five goals as recommended by the Nutrition Advisory Council:

- Goal One: Nutrition Education will become an integral part of the school's curriculum to ensure students gain the appropriate knowledge to adopt healthy lifestyles.
- Goal Two: All students will have the opportunities, support, and encouragement to be physically active.
- Goal Three: All schools will support and maintain a food service program that promotes optimal nutrition for students, faculty, and staff through a variety of healthy food choices and meal service offerings.
- Goal Four: Gilmer County Schools will provide students with a positive school climate that supports learning for all.
- Goal Five: Gilmer County Schools will ensure that all foods and beverages made available during the school day meet federal, state and local laws and guidelines.

GOAL 1: NUTRITION EDUCATION

Goal: Nutrition Education will become an integral part of the school's curriculum to ensure students gain the appropriate knowledge to adopt healthy lifestyles.

Objectives	Plan of Action	Activity	Time Frame
<p>1.1 Nutrition education will be an integral focus of health education and physical education.</p>	<p>All schools will become Team Nutrition Schools.</p> <p>One grade level from each school will be encouraged to participate in a health fair annually.</p> <p>Nutrition education will be integrated into other areas of curriculum.</p> <p>The staff responsible for nutrition education will be adequately prepared and participate in regular professional development activities as offered.</p> <p>Gilmer County High School will incorporate the use of the CCTV to relate nutritional and physical activity information.</p> <p>Each school will develop informational inserts for monthly school newsletters/calendar to positively impact students and the health of the community.</p> <p>Schools will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.</p>		
<p>1.2 Schools will actively participate in National School Lunch and Breakfast Weeks.</p>	<p>Annual activities will be provided through the School Nutrition Association.</p> <p>Schools will offer rewards for students participating in National School Lunch and Breakfast Weeks.</p> <p>All schools will encourage to emphasize nutrition through</p>		

	promotions such as, but not limited to, coloring contests, taste testings, farm visits etc.		
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GOAL 1: NUTRITION EDUCATION

Goal: Nutrition Education will become an integral part of the school's curriculum to ensure students gain the appropriate knowledge to adopt healthy lifestyles.

Objectives	Plan of Action	Activity	Time Frame
<p>1.3 Nutrition Education will become part of elementary celebrations and parties.</p>	<p>Students will be taught the value of beneficial foods and the key role in the diet, if consumed in moderation.</p> <p>In elementary schools, no food or beverages (except water and reduced or non-fat milk) should be sold during school hours.</p> <p>In middle school, no food or beverages (except water, 100% juice, or reduced or non-fat milk) should be sold before the school day or during the school day. Vending machines selling foods after the school day, shall meet at a minimum the nutrition standards as outlined in WVDE Policy 4321.1</p> <p>In high school, during meal serving times, only reduced fat or non-fat milk, 100% juice and water may be sold. Other times during the school day, they may serve soft drinks and juice that is not 100%, complying with Policy 4321.1.</p> <p>Schools will limit celebrations that involve food during the school day. Schools are encouraged to provide a variety of food offerings during celebrations that meet the recent USDA Dietary Guidelines.</p>		

GOAL 2: PHYSICAL ACTIVITY

Goal: All students will have the opportunities, support and encouragement to be physically active.

Objectives	Plan of Action	Activity	Time Frame
<p>2.1 Physical activity will be incorporated into other subject matters outside of physical education.</p> <p>2.2 Physical activity program should be developed for the staff.</p> <p>2.3 Schools should consider making fundraising activities physical in nature.</p>	<p>Movement will be made a part of science, math, social studies and language arts.</p> <p>Students will learn, practice and be assessed on developmentally appropriate motor skills, social skills and knowledge.</p> <p>Each school will consider a time in each day where everyone has some sort of physical activity.</p> <p>Each school will review school master schedules to determine if recess can be prior to lunch.</p> <p>Information will be provided to families through handouts and monthly school newsletter/calendar, to help them incorporate physical activity into their students' lives.</p> <p>Staff will consider a county plan developing a physical activity program for all staff.</p> <p>Schools will research other avenues for fundraising that encourage physical activity (Walk-a-thons, jump-a-thons, etc).</p>		

GOAL 3: PROGRAM REQUIREMENTS & NUTRITION STANDARDS

Goal: All schools will support and maintain a food service program that promotes optimal nutrition for students, faculty and staff through a variety of healthy food choices and meal service offerings.

Objectives	Plan of Action	Activity	Time Frame
<p>3.1 Gilmer County Schools will continue to develop countywide menus for breakfast and lunch that meet the nutritional requirements of WVDE Policy 4321.1</p> <p>3.2 Recipes used for school meals will be reviewed and adjusted to meet requirements for the USDA’s Dietary Guidelines and comply with Policy 4321.1</p> <p>3.3 Students will be provided a positive atmosphere to eat their meals</p>	<p>Food service personnel will continue to assist in development of menus.</p> <p>Food service personnel will have more staff development regarding meal pattern requirements.</p> <p>Students in the middle and high school will have input, but will follow the state guidelines, in the development of menus.</p> <p>Analyzing menus through Nutri-Kids will be implemented.</p> <p>The food service director and food service personnel will utilize USDA’s Standardized Recipes.</p> <p>The food service director will analyze menus through Nutri-Kids to monitor components listed in the USDA’s Dietary Guidelines.</p> <p>All schools will allow at least ten minutes of eating time for breakfast and twenty minutes eating time for lunch.</p> <p>Schools will assess their respective cafeterias and make positive changes to the atmosphere where needed.</p>		

GOAL 4: OTHER SCHOOL BASED ACTIVITIES

Goal: Gilmer County Schools will provide students with a positive school climate that supports learning for all.

Objectives	Plan of Action	Activity	Time Frame
<p>4.1 All schools will be in compliance with foods made available to students as required by WVDE Policy 4321.1, Standards for School Nutrition and with the recommendations of the Nutrition Advisory Council.</p> <p>4.2 Promote and encourage students on selecting nutritional beverages and snacks.</p>	<p>All school administrators will be provided with an updated copy of Policy 4321.1 that became effective November 17, 2004.</p> <p>School personnel will be updated on changes to state policy and state law as changes are made.</p> <p>Explore the opportunity of milk vending and/or the sale of milk as a snack at all schools.</p> <p>High school students will be encouraged to be actively involved in review of current foods available in snack machines and will make recommendations on appropriate and inappropriate snacks.</p>		

GOAL 4: OTHER SCHOOL BASED ACTIVITIES

Goal: Gilmer County Schools will provide students with a positive school climate that supports learning for all.

Objectives	Plan of Action	Activity	Time Frame
<p>4.3 Local Wellness Policy goals will be considered in planning all school based activities, such as school events, field trips, dances and assemblies.</p> <p>4.4 Support for the health of all students is demonstrated by helping to enroll eligible children in Medicaid and other state children's health insurance programs.</p>	<p>Training will be offered to school booster organizations, class sponsors, teachers, etc. on the USDA's Dietary Guidelines, Policy 4321.1</p>		

GOAL 5: ALL FOODS AND BEVERAGES

Goal: Gilmer County Schools will ensure that all foods made available during the school day meet federal, state and local laws and guidelines.

Objectives	Plan of Action	Activity	Time Frame
<p>5.1 All foods available on campus will comply with the current USDA Dietary Guidelines for Americans.</p> <p>5.2 Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.</p> <p>5.3 Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage at least one of the following: physical activity, academic achievement or positive youth development and are in compliance with local guidelines.</p>			

