

RESOURCES

*for healthy kids,
healthy schools, and
effective wellness policies*

Government sites and general guidance

Federal guidance on school wellness policies is mainly the responsibility of the US Department of Agriculture (USDA), which administers Child Nutrition Program funds, as well as Team Nutrition grants. USDA is working closely with the Centers for Disease Control and Prevention (CDC) on school wellness policies and other efforts to enhance nutrition and physical activity in schools.

USDA Team Nutrition – School Wellness Policies

<http://teammnutrition.usda.gov/Healthy/wellnesspolicy.html>

This site serves as a clearinghouse of information on the federal requirement for local school wellness policies. Examples of policies already developed by local school districts and state agencies are provided as resources.

More USDA and Team Nutrition information and materials can be found at:

USDA Team Nutrition

www.teammnutrition.usda.gov/

Team Nutrition is a goldmine of materials, kits, and local efforts to enhance school nutrition environments. You can download free materials, read about success stories, and find out what is going on in your state. Specific Team Nutrition programs include:

Making It Happen

<http://teammnutrition.usda.gov/Resources/makingithappen.html>

Making It Happen!: School Nutrition Success Stories tells how schools successfully implemented innovative approaches to healthier foods and beverages for students and staff. Download or order free copies online.

HealthierUS School Challenge

<http://teammnutrition.usda.gov/HealthierUS/index.html>

HealthierUS School Challenge recognizes schools that take steps to improve school meals and address the problems of obesity. Read about selection criteria and use the self-assessment form to evaluate your school.

Changing the Scene

<http://teammnutrition.usda.gov/Resources/changing.html>

Changing the Scene – Improving the School Nutrition Environment is a tool kit that addresses the entire school nutrition environment. *Download online.*

USDA My Pyramid: Steps to a Healthier You

www.mypyramid.gov/

Site has links to **MyPyramid** for adults (English and Spanish), **MyPyramid for Kids**, and the **2005 Dietary Guidelines for Americans**. Schools and others can order posters and materials by clicking on **CONTACT US**. Free **MyPyramid** and **MyPyramid for Kids** posters and 100-sheet tear pads are available free from www.beefnutrition.org.

CDC Healthy Schools, Healthy Youth

www.cdc.gov/HealthyYouth/index.htm

CDC's Division of Adolescent and School Health (DASH) offers extensive nutrition and physical activity resources for schools. Since DASH works closely with Team Nutrition, many of the nutrition links are the same as those previously described. However, CDC also offers unique information and resources, especially in terms of health statistics, physical activity, and self-assessment tools.

Here's a small sample of what you can find at CDC-DASH:

Key Strategies to Prevent Obesity

www.cdc.gov/HealthyYouth/keystrategies/index.htm

State-by-State (and City) Data and Statistics

www.cdc.gov/HealthyYouth/states/index.htm

Information varies by state, but may include Obesity Fact Sheets, Youth Risk Behavior Survey (YRBS) Fact Sheets, School Health Profiles, and School Health Report Cards.

Physical Activity

www.cdc.gov/HealthyYouth/physicalactivity/index.htm

Guidelines for physical activity in children and at school, data and statistics on physical activity levels in youth, and links to CDC Activity Programs, like **VERB** and **BAM** (Body and Mind).

School Health Index

<http://apps.nccd.cdc.gov/SHI/Default.aspx>

The SHI is a self-assessment and planning tool that schools can use to improve their health and safety policies and programs. It's easy to use (online or on paper) and completely confidential.

National Eating Disorders Association

www.nationaleatingdisorders.org

The National Eating Disorders Association (NEDA) is the largest not-for-profit organization in the United States working to prevent eating disorders and provide treatment referrals to those suffering from anorexia, bulimia and binge eating disorder and those concerned with body image and weight issues.

State-by-state resources

This is a state-by-state list of sites with model school wellness policies and other resources for enhancing nutrition and physical activity at school. For some states, no specific information could be found on wellness policies. In these cases, links are provided for the state Child Nutrition Office and/or other relevant agencies/groups. A comprehensive list of state agencies administering Child Nutrition Programs (with names and contact numbers) is available on the USDA Web site at www.fns.usda.gov/cnd/Contacts/StateDirectory.htm

State beef councils may also be able to answer questions related to school wellness policies. In many states, beef council representatives are members of coalitions working to improve nutrition and activity in schools.

NOTE: Searches and URLs were current as of December 2005. More current information may be available online.

Alabama (AL)

The AL Department of Education Nutrition Subcommittee has posted a revised nutrition policy, with frequently asked questions, on the Child Nutrition site at <https://cnp.alsde.edu/NutritionPolicy/NutritionPolicyrevisionOctober2005.pdf>. Additional information may be available on <https://cnp.alsde.edu/>

Alaska (AK)

Alaska Team Nutrition plans to focus on school wellness with the AK Department of Health and Social Services and other health programs. Although no specific information was currently available, contact information can be found at the AK Department of Education and Early Development (DEED), Child Nutrition Services (www.eed.state.ak.us/tls/cns/). The AK Association of School Boards (AASB) is collaborating with DEED to develop a sample wellness policy, to be available (with administrative regulations) by January 2006 at www.aasb.org/

Arizona (AZ)

The AZ Department of Education has an Academic Achievement Division. Their Health and Nutrition Services provides wellness policy training, many resources and materials, including the **AZ Healthy School Environment Model Policy**, at www.ade.az.gov/health-safety/cnp/nspl/Operating/Wellness/Default.asp

Arkansas (AR)

The state of Arkansas has been very active on childhood obesity issues. Links to state programs and regulations, including the Final Rules governing Nutrition and Physical Activity can be found online at the Healthy School Initiatives page: <http://cnn.k12.ar.us/Healthy%20Schools%20Initiative/Healthy%20Schools%20Initiative.htm>

California (CA)

The CA School Boards Association (CSBA) has extensive resources for school wellness policies at www.csba.org/ps/hf.htm, including a sample board policy on student wellness and training workshops. CSBA and California Project LEAN have developed **Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide** for school governance leaders, which can be downloaded or ordered at the same site.

Colorado (CO)

Colorado Team Nutrition, in collaboration with CO Action for Healthy Kids and CO Physical Activity and Nutrition Program (COPAN), has developed **A Step-by-Step Guide to Implementing P.L. 108-265, Section 204** (Federal law for school wellness policies) and **Colorado Senate Bill 05-081**. The guide is available at www.cde.state.co.us/cdenutritran/nutriWellnessGuide.htm. Additional resources and contacts are available at www.cde.state.co.us/index_nutrition.htm

Connecticut (CT)

The Connecticut Team Nutrition Program is actively involved in school wellness policy development, with a school nutrition pilot project and February 2006 state summit on wellness policies. Information on training opportunities and extensive links to resources are available through the CT Department of Education, Child Nutrition Programs www.state.ct.us/sde/deps/nutrition/index.htm and on Team Nutrition site at www.team.uconn.edu/index.htm

Delaware (DE)

No specific information about school wellness policies in Delaware could be located. Sites where relevant contact information can be found include the DE Department of Education at <http://childnutrition.doe.state.de.us/>

Florida (FL)

No state-level model school wellness policy for Florida could be located. Child Nutrition Programs in Florida are administered through Food and Nutrition Management at the FL Department of Education. They have links to national sites available at <http://fnm.doe.state.fl.us/main/html/wellness.html>. Some sample policies from Florida districts are also posted on this page.

Georgia (GA)

No specific information about school wellness policies in Georgia could be located. Sites where relevant contact information can be found include the Department of Education at www.doe.k12.ga.us/schools/nutrition/index.asp

Hawaii (HI)

Hawaii's Team Nutrition is partnering up with the HI State Department of Health, HI Action for Healthy Kids, and the Healthy Keiki Hawaii Coordinated School Health Interagency Collaborative to create a statewide wellness policy and establish a "Healthy Hawaii School Challenge." Although no current details were available, contact information can be found on HI Department of Education, Office of Child Nutrition Programs: <http://oahu-ces.hawaii.edu/OHCNP/index.html>

Idaho (ID)

The ID Department of Education has a Web site devoted to wellness policy issues at www.sde.state.id.us/child/wellness/index.html, which includes a model policy and implementation guide developed with Idaho Action for Healthy Kids at www.sde.state.id.us/child/docs/wellness/AFHKWellnessPolicy.pdf. The site also includes local examples of what Idaho school districts are doing with their school wellness policies.

Illinois (IL)

The IL Nutrition Education and Training (NET) Program offers resources to schools for wellness policy development at www.kidseatwell.org/whatsnew.html. Resources include a model local wellness policy developed by an Illinois consensus committee and free training for school staff on location at local schools.

Indiana (IN)

The IN Department of Education, Division of School and Community Nutrition Programs features extensive resources and links for school wellness issues at www.doe.state.in.us/food/, including several grants and awards for schools addressing wellness.

Iowa (IA)

Team Nutrition Iowa assists school districts with their local wellness policy development, through trainings and materials. Information and links to these resources is posted online at the IA Department of Education Web site at www.state.ia.us/educate/ecese/fn/tn/localwp.html

Iowa State University Extension Service offers online tips for preparing a school wellness policy at <http://www.extension.iastate.edu/nutrition/nutrition/wellness.php>

Kansas (KS)

The KS State Department of Education, Child Nutrition and Wellness offers many resources for school wellness issues, including **KSDE Wellness Policy Model Guidelines** (approved by the Kansas State Board of Education in August 2005) at www.ksde.org/kneat/SNP/SNPSTDocs/Wellness/Wellness_Policy_Guidelines_Booklet_V2.pdf

Kentucky (KY)

In 2005, Kentucky enacted the most expansive school nutrition and physical education legislation in the US. The KY House and Senate passed SB 172 and Gov. Ernie Fletcher (R) signed it into law on March 16, 2005. KY Schools must meet the requirements of both Federal wellness policies and SB 172. The KY Department of Education, Division of Nutrition and Health Services provides details and links about both at <https://kyeascn1.state.ky.us/nutrition/default.asp>

Louisiana (LA)

No specific information about school wellness policies in Louisiana could be located. Sites where relevant contact information can be found include the LA Department of Education at <http://www.doe.state.la.us/ldc/nutrition/home.html> and <http://www.doe.state.la.us/ide/nutritioned/1890.html>. This site also includes information about Louisiana Action for Healthy Kids and Team Nutrition programs.

Maine (ME)

Although Maine does not currently have a state-level model wellness policy, it has provided extensive training on healthy school environments since 2000. With a Team Nutrition Grant, the Maine Nutrition Network (MNN) trained school district teams on wellness policies during November 2005. Handouts and resources from these workshops, as well as details about Maine-specific legislation, are available at www.maine-nutrition.org/StateLocal/stateLocal.htm. Additional MNN resources, available on www.maine-nutrition.org/ include the **Maine-ly Nutrition Education** programs, and the **Maine Guide: Supporting Healthy Changes in School Nutrition Environments**.

Maryland (MA)

At Eat Smart Maryland, the MD State Department of Education's School and Community Nutrition Programs has links to national school wellness policy sites: www.marylandpublicschools.org/MSDE/programs/schoolnutrition/. Many local districts in MD have school wellness policy information on their Web sites, but no other state level information could be located.

Massachusetts (MA)

With a Team Nutrition grant, the MA Department of Education, Child Nutrition Program intends to promote wellness by assisting school districts to establish and implementing district wellness policies. Regional wellness policy trainings will be held statewide; future information available at www.doe.mass.edu/cnp/. Basic school wellness information is also posted at www.newenglanddairyCouncil.org/. The **Massachusetts A La Carte Food & Beverage Standards to Promote a Healthier School Environment** and a list of products to meet the standards are at www.johnstalkerinstitute.org/vending%20project/healthysnacks.htm

Michigan (MI)

The MI Action for Healthy Kids coalition has spearheaded the development of effective school health policies in Michigan. The **Michigan Model Local Wellness Policy**, approved by the MI State Board of Education in November 2005, is available at www.tn.fcs.msue.edu/policies.html. This model policy, featured in statewide regional trainings during Fall 2005, has been adapted in several other states. The MI Team Nutrition site offers many school resources, at www.tn.fcs.msue.edu/resources.html, including materials from Fall 2005 trainings and **Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy**.

Minnesota (MN)

The MI Department of Education Food and Nutrition Service provides two resources for Minnesota schools:

The Local Wellness Policy – A Guide For Development and **The Local Wellness Policy Development Tool** including worksheets for developing each component of a school wellness policy at http://education.state.mn.us/mde/Learning_Support/Food_Nutrition_Services/

Mississippi (MS)

School wellness policy initiatives in Mississippi are coordinated through the MS Office of Healthy Schools. Resources and grant opportunities for local districts are available at www.mde.k12.ms.us/HealthySchools/Initiatives.html. Materials available for download include a model policy template in the **Mississippi Local School Wellness Policy Guide for the Development** and a set of PowerPoint **Health is Academic** slides, covering the requirement for school wellness policies and the Mississippi Guide.

Missouri (MO)

The MO Department of Elementary and Secondary Education, School Food Services offers information about school wellness policies on its Web site at www.dese.mo.gov/divadm/food/index.html. The MO School Board Association (MSBA) offers a model policy, procedure, and evaluation form, as well as other resources and links at www.msbanet.org/policy_issues/policy/wellness.asp

MSBA developed this model policy and accompanying supplemental materials in cooperation with several state agencies and organizations.

Montana (MT)

The MT Office of Public Instruction has guidance on school wellness policies for Montana schools at www.opi.mt.gov/schoolfood/wellness.html. This includes a Montana School Board Association Model Policy and numerous other links. MT Team Nutrition Resources (www.opi.mt.gov/schoolfood/teamNutritionNEW.html) include **All it Takes is Nutritious SEN\$E: Students Encouraging Nutritious Snacks Everyday!, Recess Before Lunch: A Guide for Success and Healthy Students Learn More: The Value of Improving Nutrition and Physical Activity in Montana Schools**. The state agency is beginning a statewide training schedule for school districts in early January 2006 with the help of partners from Montana Action for Healthy Kids and the Montana School Boards Association.

Nebraska (NE)

No specific Nebraska policies could be found. Links to resources for developing school wellness policies are available at NE Department of Education, Nutrition Services http://www.nde.state.ne.us/NS/nslp/nslp_links.htm and the NE Dietetic Association at www.eatrightnebraska.org/school.php

Nevada (NV)

Wellness policy resources for NV schools are provided by Department of Education at www.doe.nv.gov/edteam/ndeoffices/schoolhealth/wellness.html. Additional resources and links from the Dairy Council of Utah and Nevada are available at www.dairyCouncilutnv.org/healthyschool.html

New Hampshire (NH)

The Nutrition and Wellness Subgroup of the NH Healthy Schools Coalition produced a toolkit for schools to use for creating local wellness policies at www.ed.state.nh.us/education/doe/organization/programsupport/LocalWellnessPolicy.htm

New Jersey (NJ)

The NJ Department of Agriculture, which administers Child Nutrition Programs, has posted a model school wellness policy and background information at www.state.nj.us/agriculture/modelnutritionpolicy.htm

New Mexico (NM)

NM Action for Healthy Kids has produced two toolkits –

Wellness Toolkit Part I: Nutrition at www.actionforhealthykids.org/filelib/toolsforteam/recom/NM_AFHK%20Nutrition%20Toolkit%20-%20FINAL.pdf

Wellness Toolkit Part II: Physical Education & Activity at www.actionforhealthykids.org/filelib/toolsforteam/recom/NM_AFHK_PE_Toolkit_-_FINAL.pdf

Additional information and contacts available through the NM Public Education Department at www.ped.state.nm.us/div/sipds/snp/index.htm

New York (NY)

NY Department of Education provides links to national wellness policy information and a slide presentation on its Child Nutrition Knowledge Center at http://portal.nysed.gov/portal/page?_pageid=74,1&_dad=pref&_schema=PORTAL30

North Carolina (NC)

North Carolina has been a leader in developing standards and providing training opportunities for healthy school nutrition and activity environments, through both the NC Department of Public Instruction (www.ncpublicschools.org/childnutrition/) and the NC Nutrition Services branch (www.nutritionnc.com). Although NC does not have a specific model wellness policy, excellent comprehensive guidelines for foods and activity in schools – **Eat Smart: Recommended Standards for All Foods Available in School** and **Move More: Recommended Standards for All Physical Activity in School** – are available through Eat Smart, Move More NC at www.eatsmartmovemorenc.com/resources/school.htm

North Dakota (ND)

Extensive resources are available from the ND Department of Public Instruction, Child Nutrition and Food Distribution at www.dpi.state.nd.us/child/index.shtm. Specific suggestions on wellness policies for ND schools can be downloaded at www.dpi.state.nd.us/child/new/localwellness.pdf – with additional information and materials about building a healthy school nutrition environment from ND Team Nutrition at www.dpi.state.nd.us/child/team/index.shtm

Ohio (OH)

OH Action for Healthy Kids, hosted by Children's Hunger Alliance, has links to national wellness policy resources and opportunities for OH grants and awards at www.childrenshungeralliance.org/AFHK/WELLNESSPOLICIES/. Additional contact information is available online from the OH Department of Education at www.ode.state.oh.us/food_service/

Oklahoma (OK)

No specific information about school wellness policies in Oklahoma could be located. Sites where relevant contact information can be found include the OK State Department of Education at <http://sde.state.ok.us/home/defaultns.html>

Oregon (OR)

In November 2005, the OR Department of Education, Child Nutrition Programs put together materials to assist school districts in establishing a wellness policy, posted on www.ode.state.or.us/services/nutrition/nslp/memos/2005/112205.aspx. Items available include **OR Local Wellness Policy Sample Statements, Wellness Policy Development Worksheet, Wellness Policy Work Plan and Timeline, School Wellness Policy Update Bulletin, Healthy Kids Learn Better Video Information**, and **Wellness Web sites**.

Pennsylvania (PA)

PA Department of Education, Food and Nutrition Program has **Nutritional Standards for Competitive Foods in PA Schools** available on its Web site at www.pde.state.pa.us/food_nutrition/. More information about PA school policies is online at the **Keystone Healthy Zone School Program** (www.panaonline.org) and The Food Trust's **Comprehensive School Nutrition Policy Initiative** (www.thefoodtrust.org/php/programs/comp.school.nutrition.php)

Rhode Island (RI)

In Rhode Island, information and training for school wellness policies, healthy school environments, and school/community nutrition education is offered by Kids First and their Team Nutrition Training Institute at www.kidsfirstri.org/. The RI Healthy Schools Coalition **School District Nutrition and Physical Activity MODEL POLICY LANGUAGE** document can be downloaded from www.actionforhealthykids.org/filelib/toolsforteam/recom/RI_Rhode%20Island%20Model%20Policy.pdf

South Carolina (SC)

The SC Department of Education and a coalition of partners plan are planning to implement a "A Collaborative Environmental Approach to Reducing Childhood Obesity" through a Team Nutrition Grant. The Office of School Foodservice and Nutrition provides training on local school wellness policies; details and contact information at www.myschools.com/offices/sfsn/pages/and <http://www.dpi.state.nc.us/child/new/localwellness.pdf>. More ideas in the **Report of the SDE Task Force on Student Nutrition and Physical Activity** at www.myschools.com/news/more.cfm?articleID=464

South Dakota (SD)

Like Michigan, South Dakota has a Model Wellness Policy, approved by the State Board of Education. The SD Team Nutrition and Coordinated School Health Programs offered also training sessions for school districts. The model policy and materials from the workshops are available on the SD Department of Education Web site at <http://doe.sd.gov/oess/cans/training/wellnesspolicy.asp>. The same page provides links to additional resources, including mini-grants for schools, **South Dakota Schools Walk**, and **Minds in Motion** (physical activities to teach academic lessons in elementary and middle school classrooms).

Tennessee (TN)

No specific information about school wellness policies in Tennessee could be located. Sites where relevant contact information can be found include TN School Nutrition Programs at <http://snp.state.tn.us/tndoe/>

Texas (TX)

Texas has a statewide Public School Nutrition Policy from the TX Department of Agriculture at www.squaremeals.org/ and a state mandate that all school districts have a School Health Advisory Council (SHAC). Based on these existing regulations, TX Action for Healthy Kids Alliance and TX PTA have recommended steps for Texas schools to use when developing a wellness policy available at www.actionforhealthykids.org/filelib/resources/Steps%20to%20Developing%20Suc%208-24-05.pdf. Additional information from TX Action for Healthy Kids can be found at www.tdh.state.tx.us/nutrition/school.htm and www.schoolhealth.info/

Utah (UT)

No specific information about school wellness policies in Utah could be located. Sites where relevant contact information can be found include the Alliance for Cardiovascular Health: www.hearthighway.org/cvd/Alliance/alliance_in_utah.htm, Dairy Council of Utah and Nevada: www.dairycouncilutnv.org/healthyschool.html, and UT State Office of Education: www.usoe.k12.ut.us/cnp/index.htm

Vermont (VT)

The **Vermont Nutrition and Fitness Policy Guidelines** (as required by Act 161 of the 2003 Vermont Legislature) are a resource for wellness policy development in the state. The guidelines were developed by a partnership of the VT Agency of Agriculture Food and Markets, and the VT Departments of Education and Health. They are available at www.state.vt.us/educ/new/html/pgm_coordhealth.html

Virginia (VA)

No specific information about school wellness policies in Virginia could be located. **Recommendations for School Nutrition Standards** distributed by VA Action for Healthy Kids through Virginia Commission on Youth are available at <http://www.actionforhealthykids.org/filelib/toolsforteam/recom/VA%20School%20Nutrition%20Standards.pdf>. Sites where relevant contact information can be found include VA Action for Health Kids at www.ext.vt.edu/actionforhealthykids/ and VA Department of Education at www.pen.k12.va.us/VDOE/Finance/Nutrition/

Washington (WA)

A coalition of Washington organizations and state government agencies provides resources for enhancing nutrition and physical activity school environments at <http://depts.washington.edu/waschool/>. Many Washington schools have already develop policies based on Washington State Senate Bill 5436 (effective June 2004), which directed districts "to establish a comprehensive school health policy that addresses the nutritional quality of food sold at schools, and the availability and quality of health, nutrition, and physical education and fitness curriculum by August 1, 2005." The site provides extensive resources and numerous policies that have already been adopted by schools across Washington.

West Virginia (WV)

The West Virginia Board of Education has an existing Legislative Rule (Series 86, 4321.1) with statewide Standards for School Nutrition. The most recent version (November 2004) is at <http://wvde.state.wv.us/policies/p4321.1.html>. Additional information about health promotion in West Virginia schools is available at <http://wvde.state.wv.us/osshp/main/>. No specific information about school wellness policies in West Virginia could be located. Child Nutrition staff contacts are at <http://wvde.state.wv.us/directory/office/Office+of+Child+Nutrition/>

Wisconsin (WI)

School wellness policies are being promoted through the WI Department of Public Instruction, which does not currently have a model state-level policy. Information about Wisconsin efforts, including WI Team Nutrition schools, the Governor's Healthy School Award, and training opportunities are available at <http://dpi.wi.gov/fns/wellnessplcy.html>

Wyoming (WY)

WY Action for Healthy Kids has a **Wellness Policy Toolkit** available online at www.actionforhealthykids.org/filelib/toolsforteam/recom/WY_WY-Wellness%20Policy%20Toolkit.pdf. The kit includes a model school wellness policy. Training for WY schools on wellness policies was offered via video teleconference in December 2005. More information on WY Team Nutrition at www.k12.wy.us/ao/hs/programs/teamnutrition/index.html

Industry Web sites and information

BeefNutrition.org (Cattlemen's Beef Board and National Cattlemen's Beef Association)

www.beefnutrition.org/matehealthy-schoolnutrition.aspx

NCBA materials available for downloading include parent education handouts, presentation graphics (highlighting protein, iron, and zinc), and body image resources for adolescents (**Mirror, Mirror**).

Dole 5 A Day

www.dole5aday.com/

Nutrition Explorations

www.nutritionexplorations.org/

Wheat Foods Council: The Grains Information Center

www.wheatfoods.org/

Grain Foods Foundation

www.grainpower.org/

International Food Information Council

www.ific.org/



Funded by
Cattlemen's Beef Board



Produced by
National Cattlemen's Beef Association