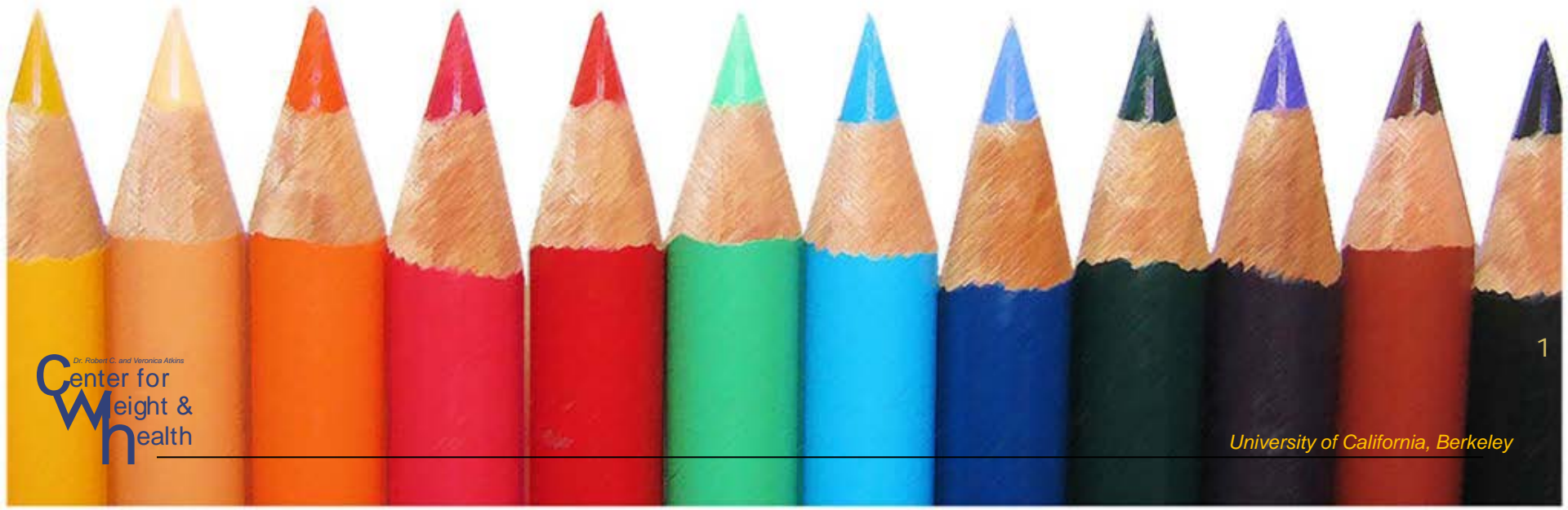


# Nutrition

# Learning Environments, Actions and Policies

Childhood Obesity Conference • Biennial Meeting • San Diego, CA • June 29, 2011



# Project Goals

2010-2011

- Conduct lit review and survey
- Synthesize findings
- Craft policy recs



2011-2012

- Organize legislative briefing
- Create school nutrition report card

# Presentation Overview

- Literature review findings
  - National trends
  - State trends
- Selected survey results from the Nutrition Education section
- Policy Ideas

# NUTRITION EDUCATION

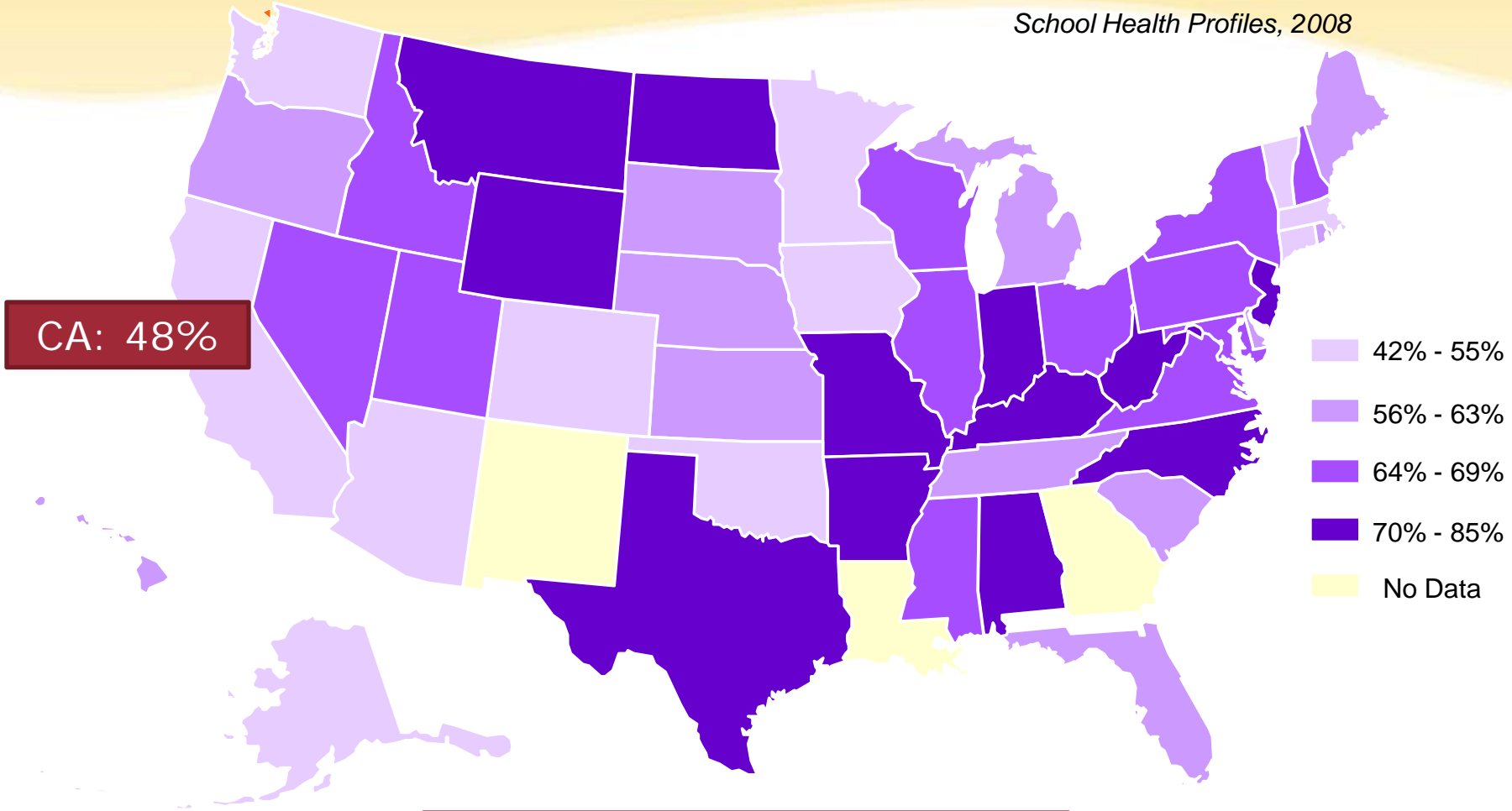
Current status and trends

# National

- 80% of elementary and 72% middle schools provide nutrition education in every grade, compared to only 26% of high schools (SNDA III)
- In elementary schools, nutrition ed generally offered as part of the grade-level curriculum; secondary schools offer as part of a course (Kann, 2007 based on SHPPS 2006)
- Not enough nutrition education being offered (Kann, 2007)
  - ES: 3 hrs, MS: 4 hrs, HS 6 hrs/year
- Teachers would like more training in diet/nutrition compared to in 2000 (from 28% to 46%) (Kann, 2007)

# Percentage of secondary schools that taught 14 key nutrition and dietary behavior topics in a required course

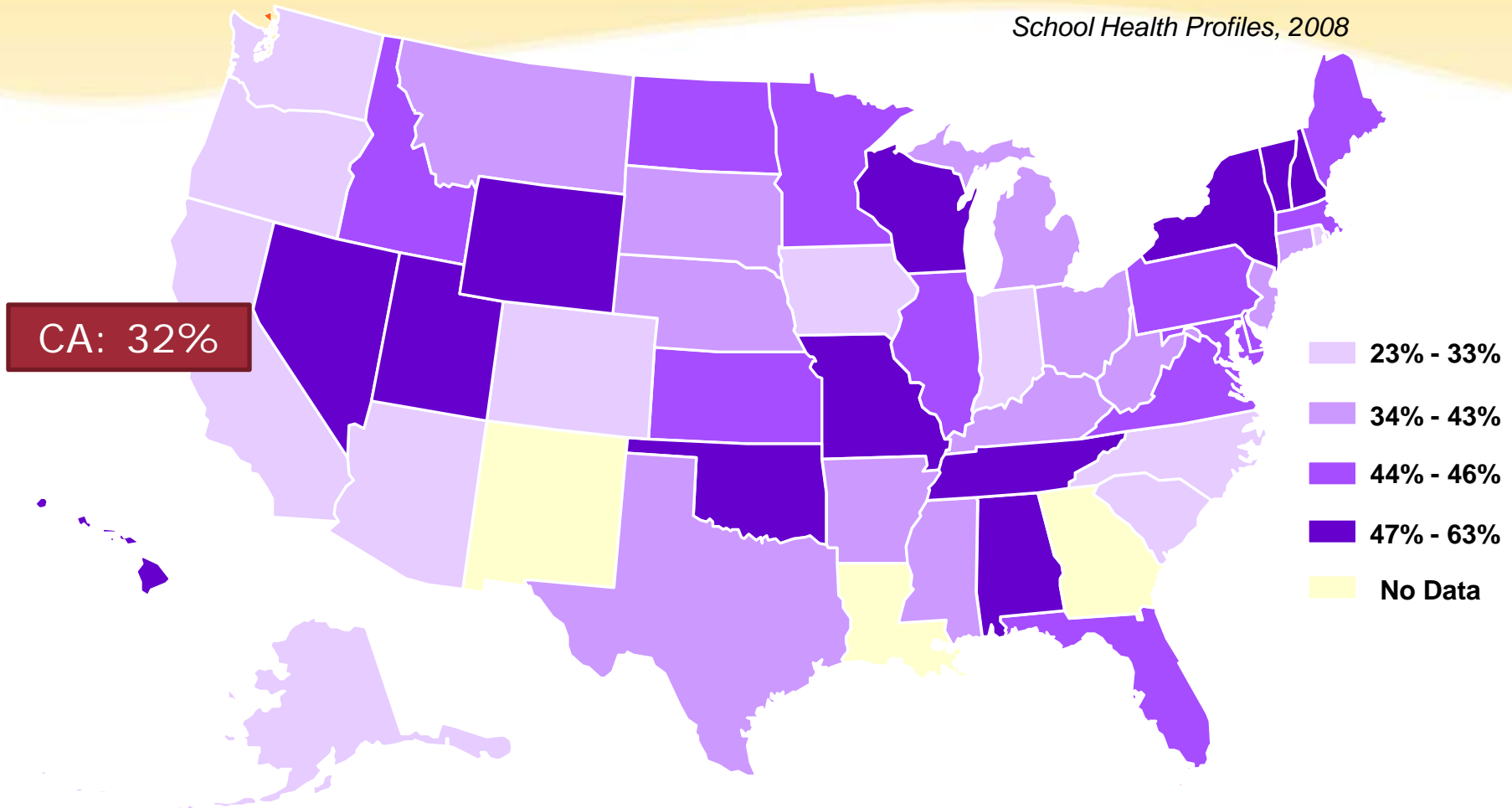
School Health Profiles, 2008



National average: 64%

# Percentage of secondary schools in which the lead health education teacher received professional development during the two years before the survey on nutrition and dietary behavior

School Health Profiles, 2008



National average: 44%

# SURVEY RESPONSES

# Survey Methodology

- Online survey from May 5 – Oct 31, 2010
- Sampling: Convenience; snow-ball
- Target Population:
  - Food service directors/managers
  - Health/wellness coordinators
  - K-12 teachers
  - Curriculum directors
  - Principals and Superintendent
- Recruitment: targeted emails, newsletters, follow-up phone calls

*Nutrition LEAP: Nutrition Learning Environments, Actions, and Policies*  
**Are you a K-12 TEACHER, SCHOOL FOOD SERVICE PROVIDER,  
PRINCIPAL, or CURRICULUM DIRECTOR?**

**MAKE YOUR VOICE HEARD!**

Please complete a brief survey online starting May 5, 2010 at  
**<https://www.surveymk.com/NutritionLEAP>**  
and get a chance to win a \$100 gift card.

*Your responses will help shape state and local  
policy recommendations to support nutrition  
education and healthy school foods.*



For more information contact: **LEAP@wellnesstaskforce.org**



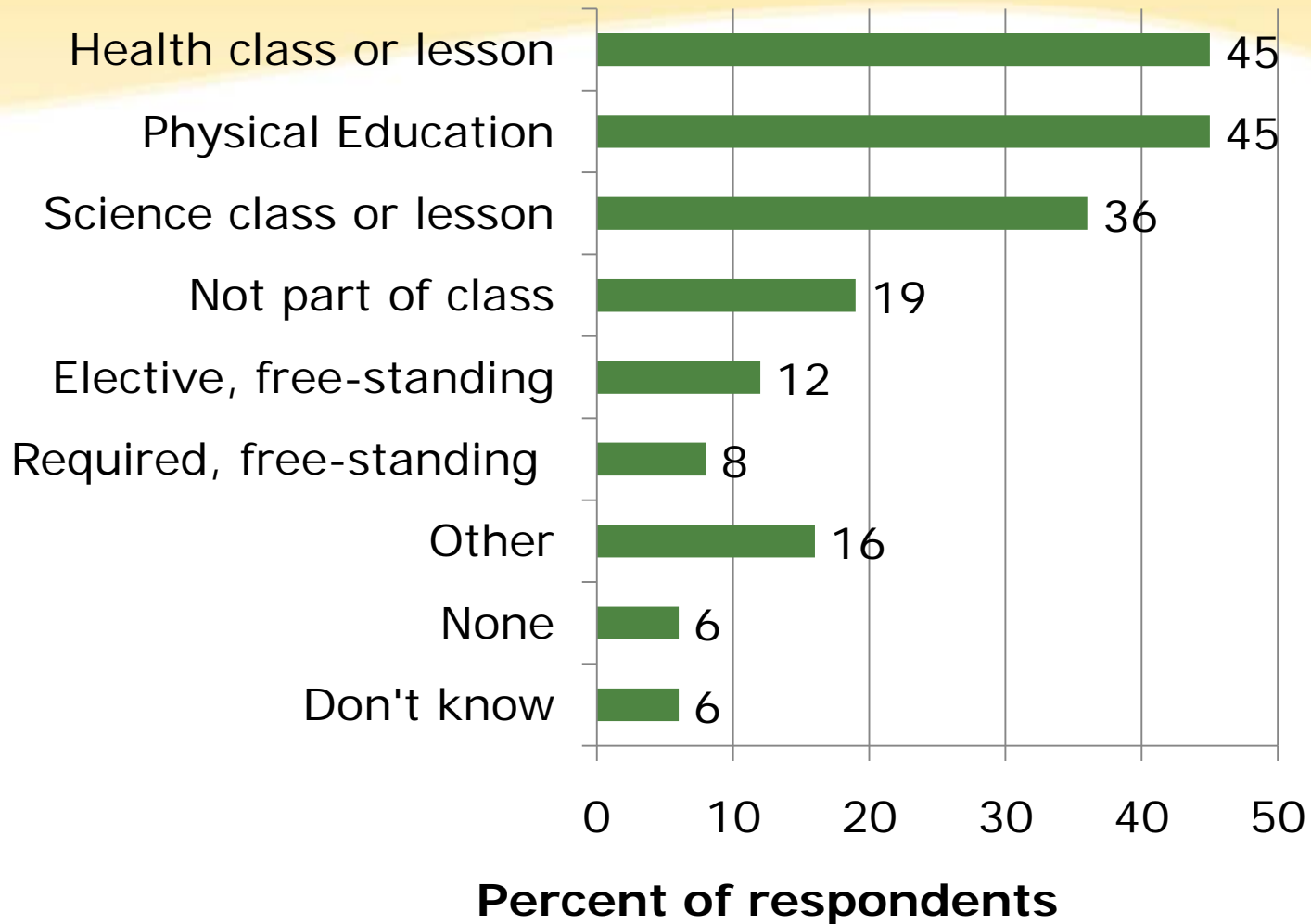
# Districts and schools represented by survey respondents reflect a wide range of free/reduced price meal eligibility

	% of students eligible for FRP meals				Mean % FRP
	0-25%	26-50%	51-75%	76-100%	
Districts	17%	30%	36%	16%	50
Schools	17%	23%	32%	29%	56

# Who answered the nutrition education questions?

Survey Sections	Number of respondents
<b>Nutrition Education</b>	<b>328</b>
<i>Percent of respondents completing NE section:</i>	
<i>Teachers</i>	55%
<i>Wellness coordinators</i>	23%
<i>Curriculum directors</i>	17%
<i>Principals</i>	16%
<i>Food service personnel</i>	6%
<i>Superintendents</i>	3%
Meal program	315
Competitive foods	323
Event/party/reward foods	528
Marketing	516

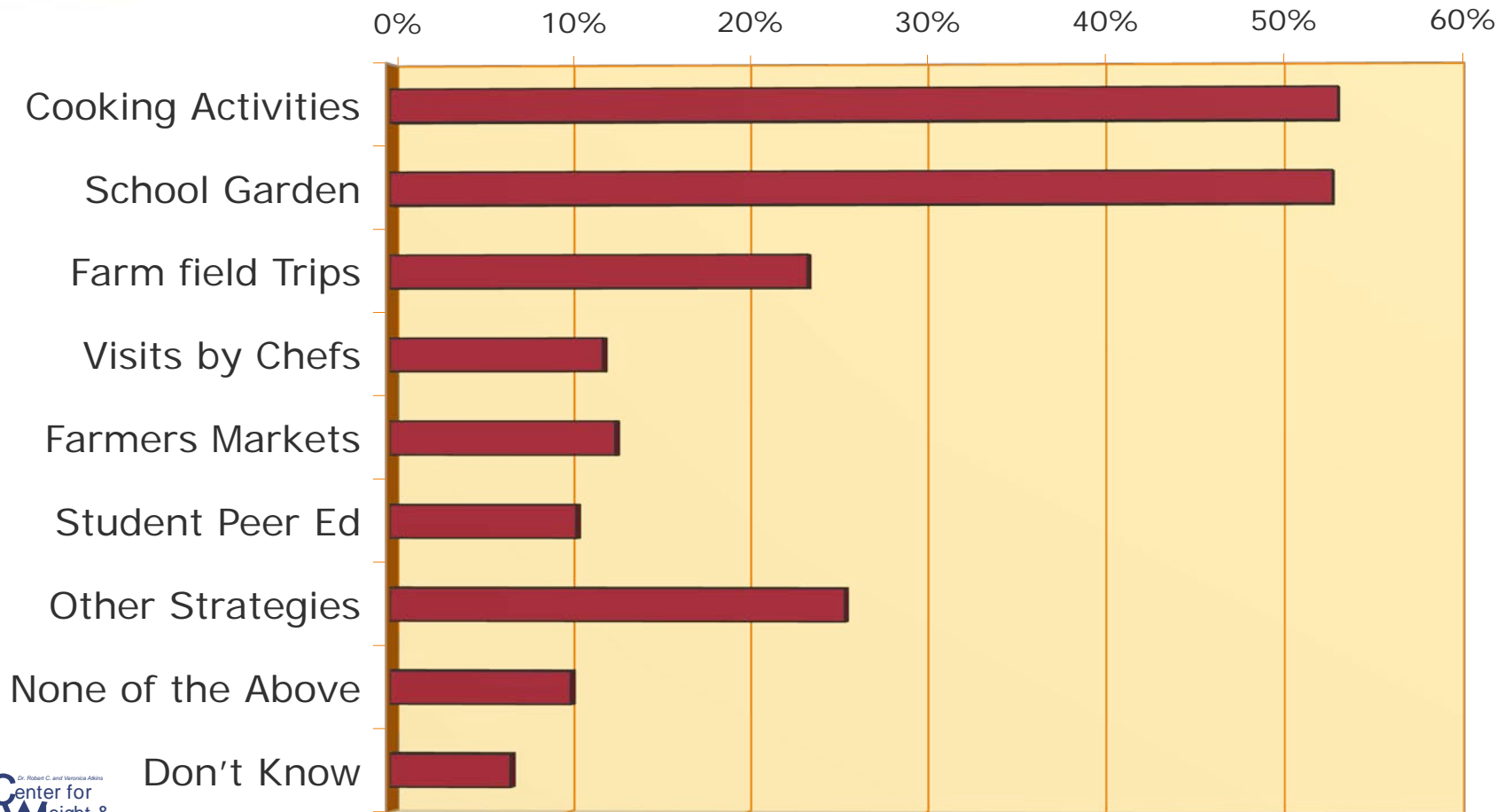
# Which classes offer nutrition ed?



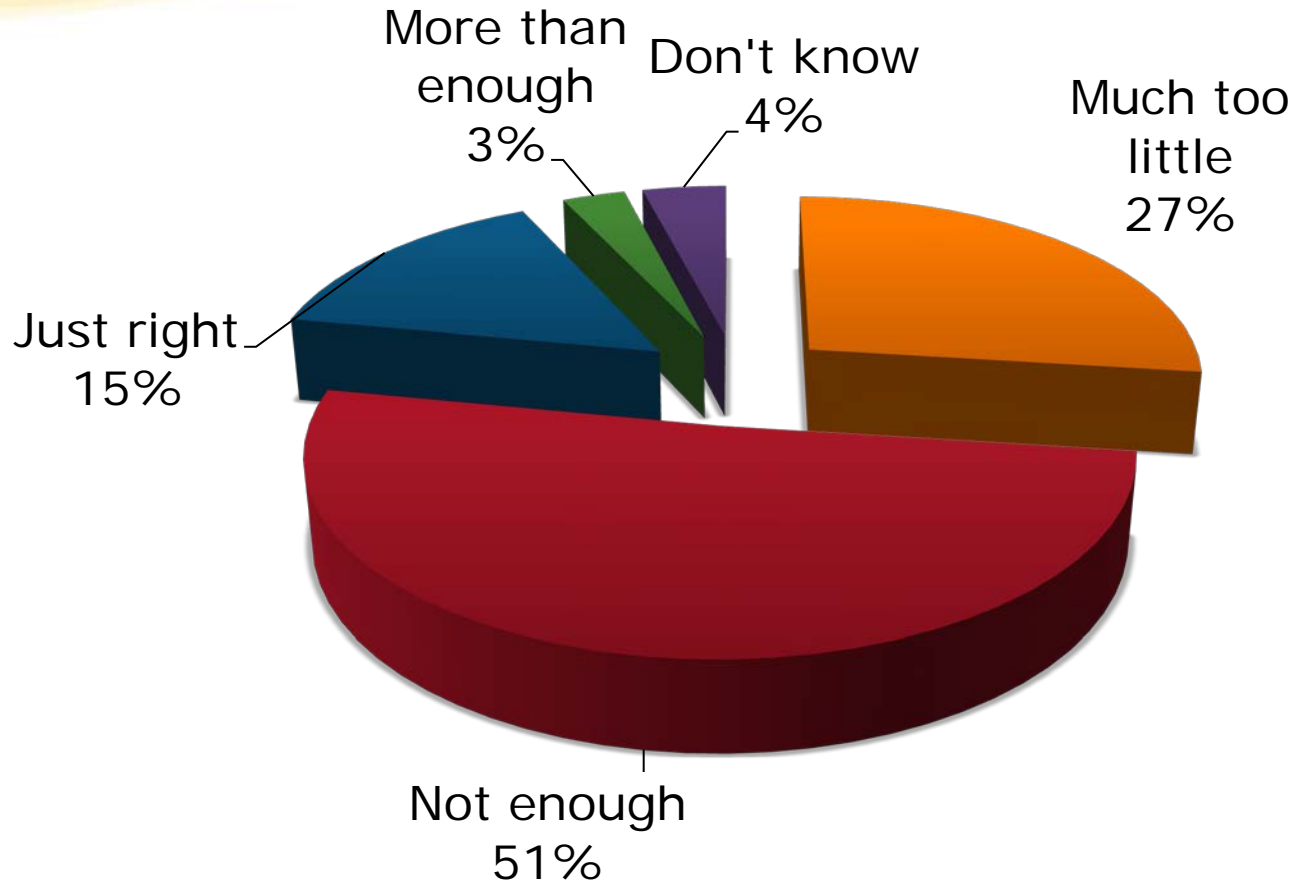
# Who Teaches Nutrition?

	Regularly	Occasionally
Elementary teachers	25	40
Physical Education teacher	14	32
Health teacher	14	14
Science teacher	7	27
Nutritionist (District Employee)	7	9
Nutritionist (Invited)	5	15
Food Service	5	10
School Nurse	3	20

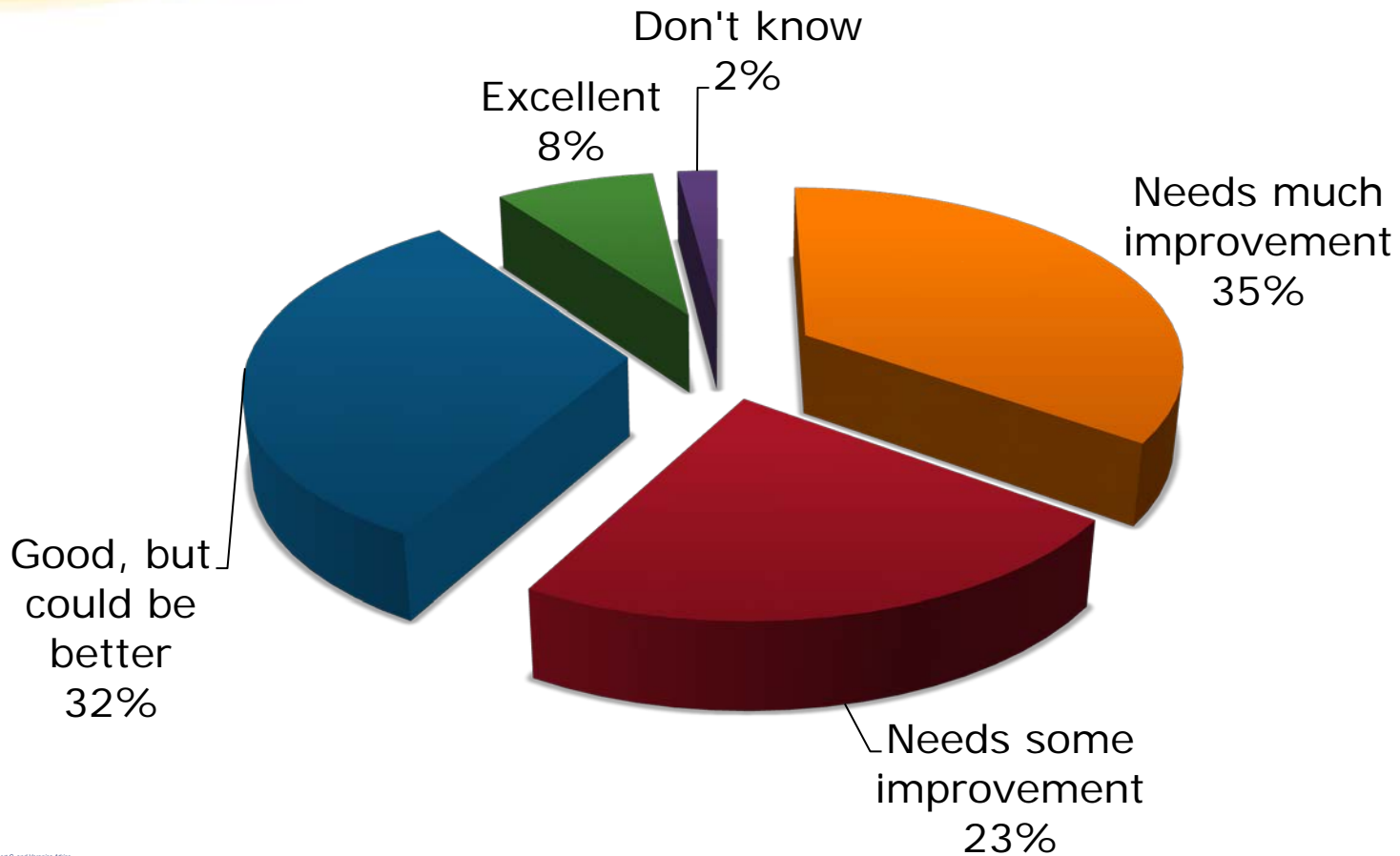
# Nutrition Education Activities Used on a Regular Basis



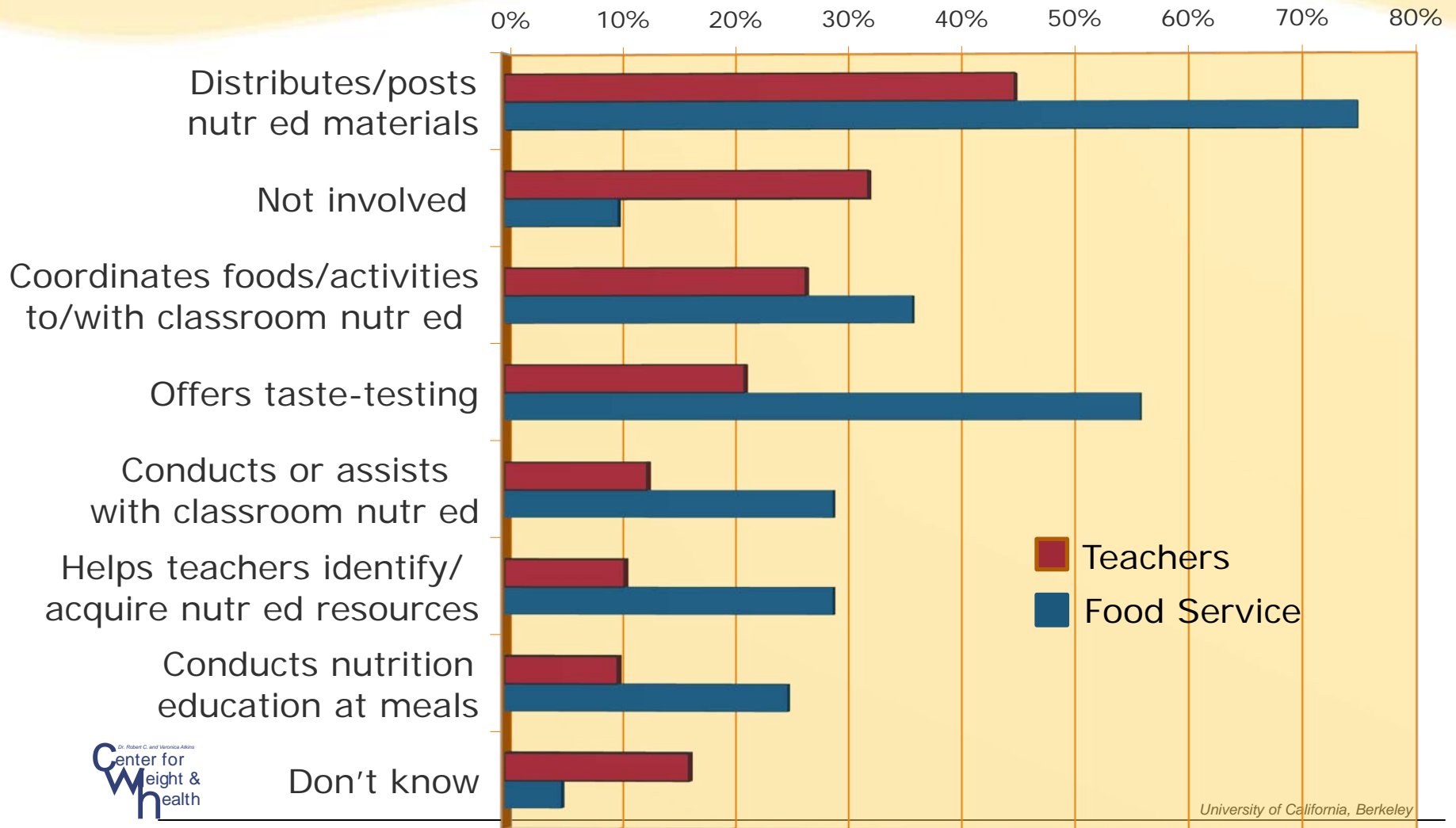
# Quantity of Nutrition Education



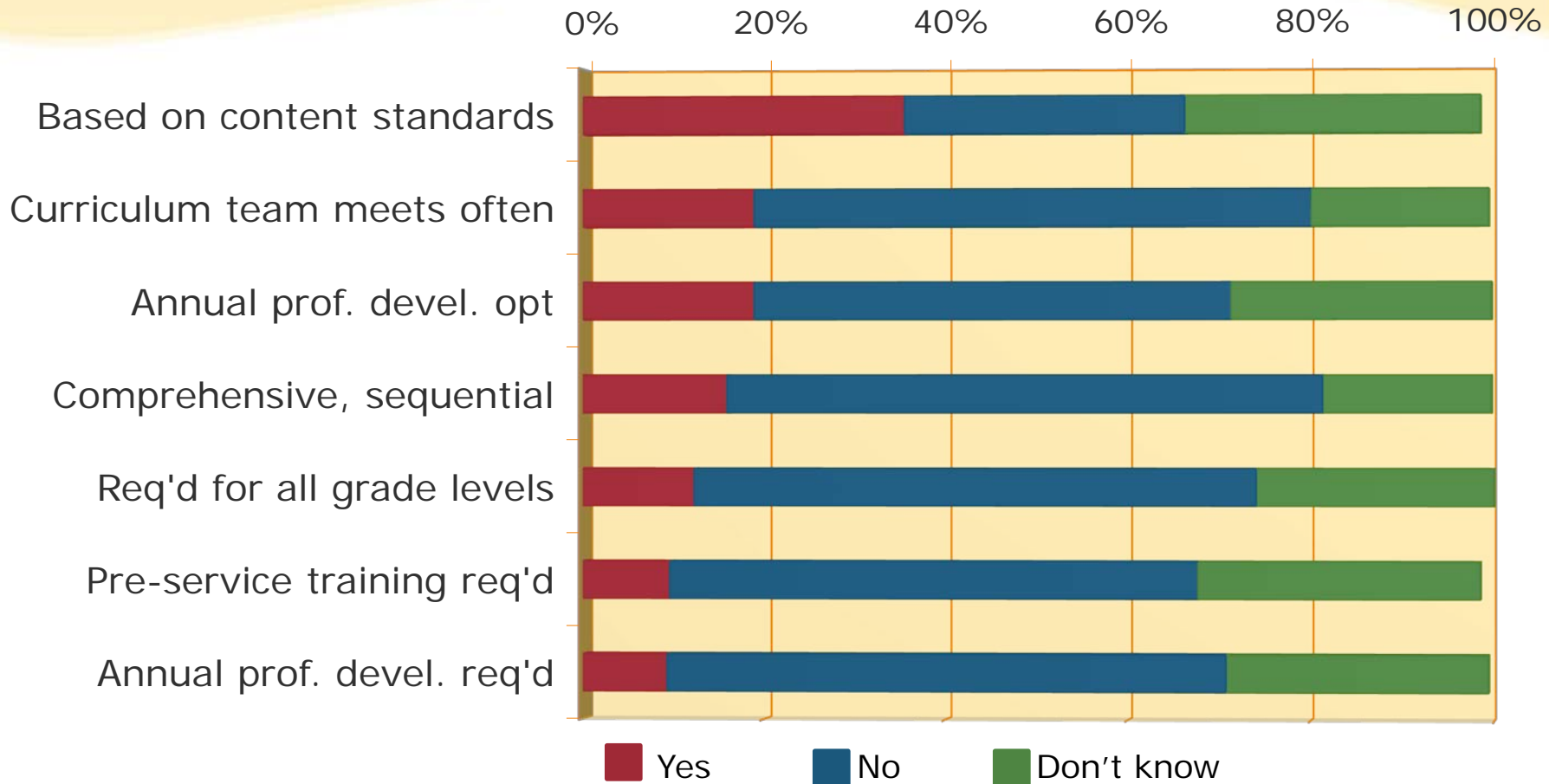
# Quality of Nutrition Education



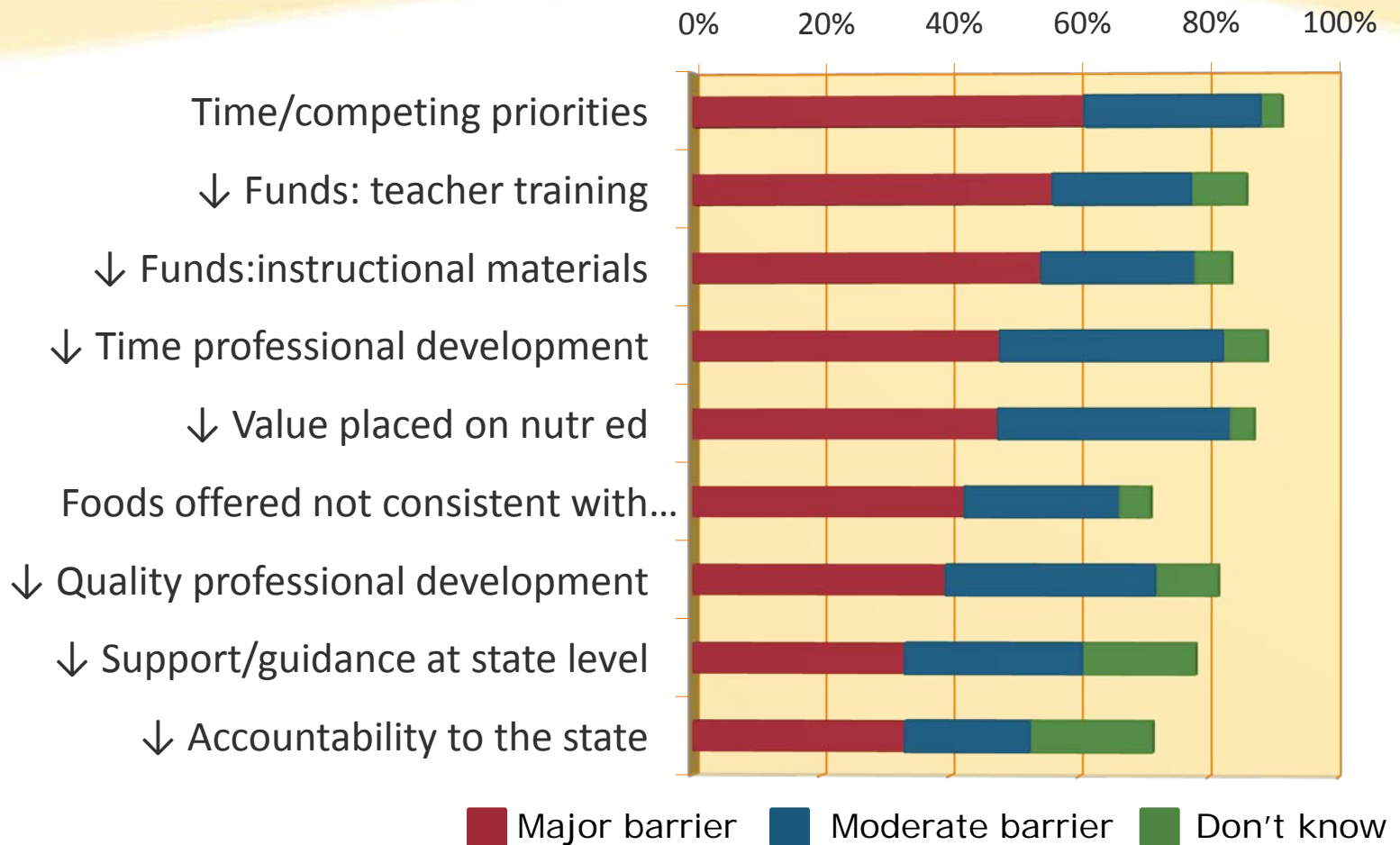
# Food Service Department Involvement in Nutrition Education



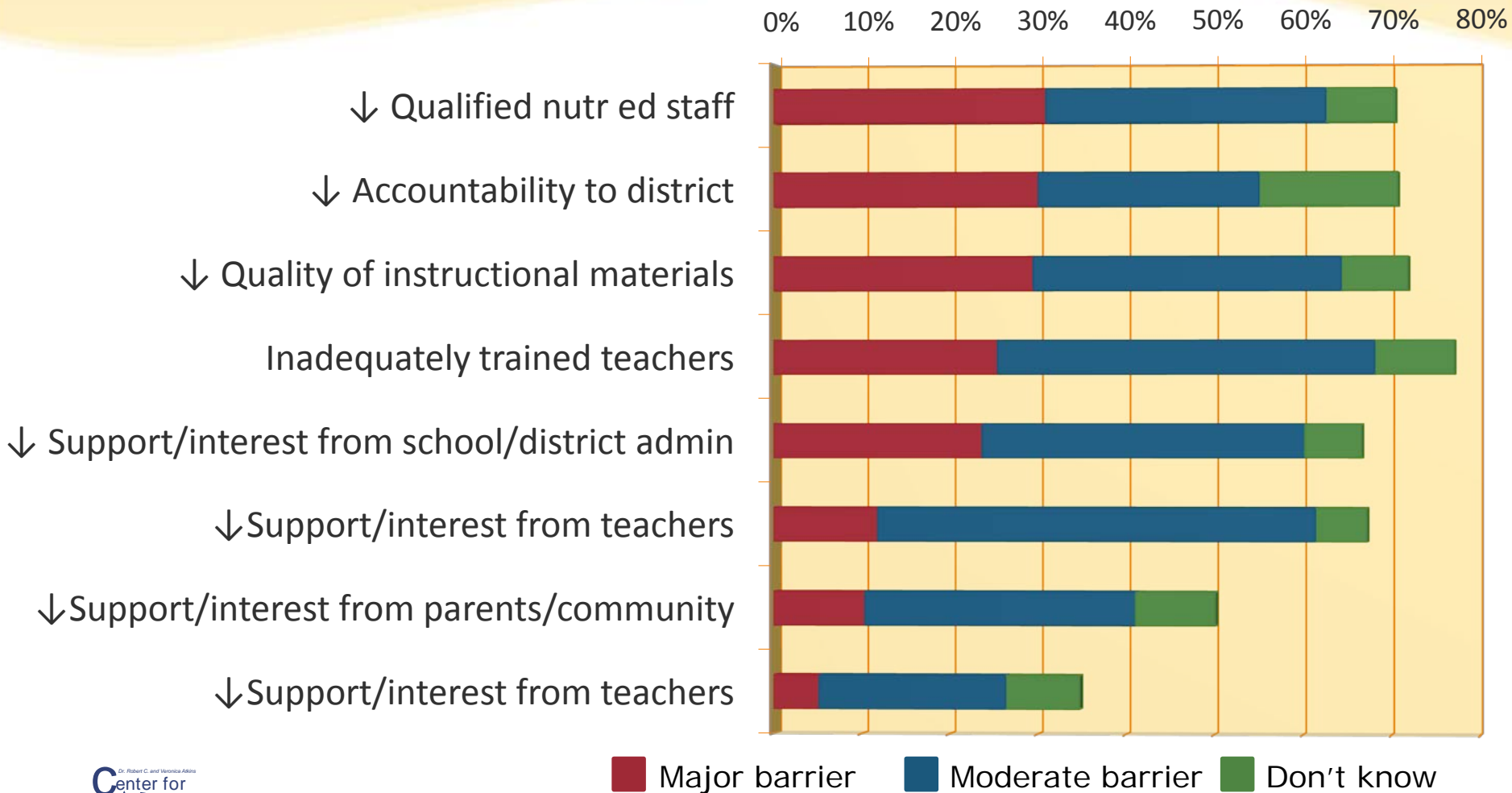
# Are the following true regarding nutrition education at your school or district?



# Barriers to Providing Nutrition Ed



# Barriers to Providing Nutrition Education



# Areas for Policy

*Common theme:*

The need to further legitimize and professionalize nutrition education

# Areas for policy: Content

## Needs identified:

- Accountability
- Curricula that addresses more than F&V
- Implementation and reach varies
- Lessons can be piecemeal and random
- Lacks respect as a discipline
- Texts and materials are out of date

## Actions to consider:

- Set up standards, criteria, training
- State-adopted curricula
- Incorporate into graduation requirements, standardized testing
- Require # of minutes
- Integrate with academics
- Integrate with PE, Home Ec
- Make stand-alone, required or elective

# Areas for policy: Instruction

## Needs identified:

- Teaching nutrition ed should be professionalized
- Not enough dedicated and qualified staff
- No incentive to teach
- Don't want to add to work load of teachers
- Not enough champions

## Actions to consider:

- Create a sub-credential
- Include nutrition ed in in-service training
- Give bonuses to teachers
- Each school should have:
  - Wellness coordinator
  - dedicated and qualified person to teach
  - Garden/nutrition teacher
  - Extra teacher
  - Nutritionist/dietitian

# Areas for Policy: Link to school food

- Incentivize: tie state meal reimbursement to nutrition ed
- Hook nutrition ed to Healthier US School Challenge
- Improve school foods so that they are consistent with nutrition education
- Food service staff should work with teachers and be involved in the nutrition ed
- Provide funding for salad bars, taste testing, cooking facilities, and to improve meals
  - No un-funded mandates!

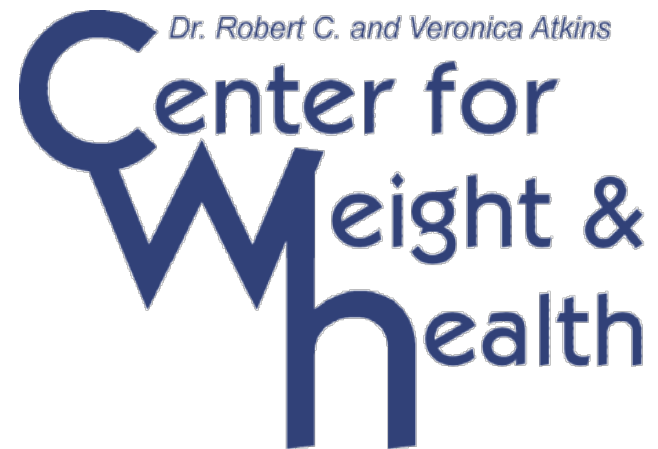
# Thank You!

- Funder: Bechtel Foundation
- CWH: Pat Crawford, Gail Woodward-Lopez, Jess Thacher, Ben Leong, Kathryn Gray, Adrian Tsang, Peg Farrell.
- Taskforce for Youth and Workplace Wellness: Whitney Chamberlain, Leah Cox
- All the members of our advisory board

# Questions?

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*For more information about this and other projects,  
please visit: <http://cwh.berkeley.edu>*