

Building Healthy Schools in Kansas

**Changing Environments through
School Wellness Policies**

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- Employed 29 years by the Kansas State Department of Education
 - 3 years – computer programmer/analyst
 - 3 years – school nutrition consultant
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- Employed 5 years in the private sector as a computer systems programmer/analyst/project manager

Philosophy

- A child who is not healthy cannot achieve his/her full potential in school or in life.
- Schools should never knowingly contribute to childhood obesity or other health problems.
- Schools should make every effort to create an environment for students and staff that is health promoting, nurturing and safe.
- Schools should partner with parents and the community to create healthful environments.
- The state agency should provide on-going support and assistance to help schools fulfill wellness policy requirements.

Kansas School Wellness Policy Model Guidelines were designed in 2005 to:

- Build upon the efforts of other respected organizations
- Reflect the most credible national standards (such as those in USDA's Healthier US School Challenge)
- Complement the CDC's School Health Index
- Actively involve a wide array of state and local experts on nutrition, nutrition education and physical education/activity
- Provide ample opportunity for input from all stakeholders

State-Level Goals

- Make it as straightforward as possible for schools to develop a comprehensive high quality local wellness policy
- Provide for flexibility and local control
- Establish a statewide system that allows for collection and evaluation of data so that progress can be measured
- Integrate efforts of related programs such as Child Nutrition, Team Nutrition, Coordinated School Health
- Assure that all federal requirements are met

Wellness Policy Guidelines

- Include three content areas:
 1. Nutrition
 2. Nutrition Education
 3. Physical Education & Activity
- Have incremental achievement levels:
 1. Basic
 2. Advanced
 3. Exemplary
- LEA reports each guideline to be at one of the following progress levels:
 1. Achieved
 2. In progress
 3. New goal
 4. Not applicable

Kansas Legislature

- Controls school finance
- In 2005, a state law was passed that required:
 1. the Kansas State Department of Education to develop model wellness policy guidelines, and
 2. Kansas schools to consider the state guidelines when creating local wellness policies.

Kansas State Board of Education

- Controls school accreditation regulations
- In August 2005, approved the Kansas School Wellness Policy Model Guidelines. The guidelines were strictly voluntary, not required.
- In May 2010, voted to require Kansas schools to achieve the wellness policy guidelines for vending at the “advanced” level by August 2010, and at the “exemplary” level by August 2011.

Training & Technical Assistance

- Statewide training workshops
- Tools for schools:
 - Wellness policy guidelines booklet
 - Templates for developing implementation plans
 - Wellness Policy Builder paper version for use in planning sessions
 - Wellness Policy Builder web version for reporting
- On-going oversight, training and technical assistance through state administrative reviews and formal classes

To access resources and data, visit:
www.kn-eat.org, School Wellness Policies

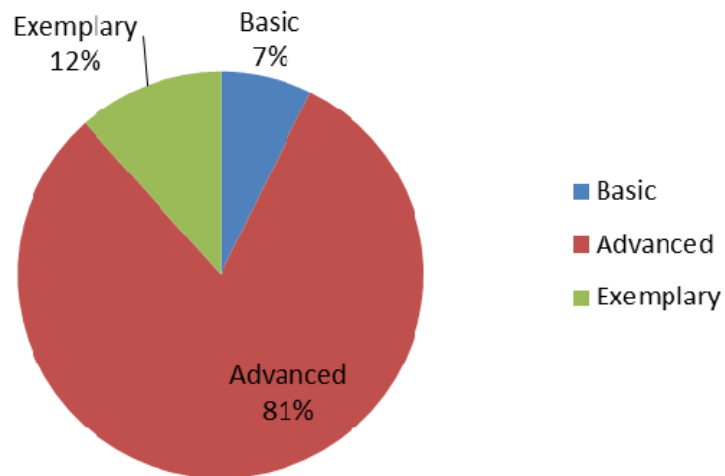
- Wellness Policy Guidelines booklet
- Planning forms
- Guidance
- Nutrition calculators
- State-level aggregate wellness policy data
- Any LEA's reported Wellness Policy Builder data
- Resources for nutrition, nutrition education, physical education/activity

The Results

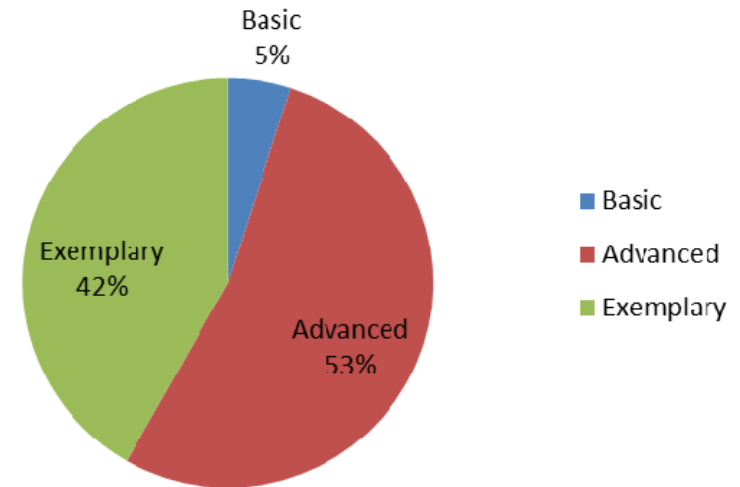
- Since 2006, all LEAs (school districts, private schools, Residential Child Care Institutions) that participate in the National School Lunch Program have implemented comprehensive wellness policies.
- All LEAs provide updated information on the status of their wellness policies to the state annually.
- Data shows that school environments became significantly healthier between 2006 and 2010.

One Example of Change

2006 Nutrition Lunch



2010 Nutrition Lunch



Changing Environments Requires:

- Having a vision of the end results
- Articulating the case
- Collaborating with stakeholders
- Developing policy
- Taking a coordinated approach
- Providing tools, technical assistance
- Helping everyone be successful
- Allowing time for change to occur

Recommended Reading

Switch

How to Change Things When Change is Hard

By Chip Heath & Dan Heath

<http://www.heathbrothers.com/switch/>

“For things to change, somebody somewhere has to start acting differently. Maybe it’s you, maybe it’s your team. Picture that person (or people). Each has an emotional Elephant side and a rational Rider side. You’ve got to reach both. And you’ve also got to clear the way for them to succeed.”

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