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***State Legislation and  
Local Implementation of  
Wellness Policies***

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# Food





# Doof





## *Childhood Obesity*

**Overweight among children aged 6–19 increased nearly four-fold from 1963–2000.**



# *State Response*

# 2005 California Legislative Effort

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- ◆ *SB 12 (Escutia)–Nutritional Standards for a la carte foods*
- ◆ *SB 965 (Escutia)–Nutritional Standards for Beverages K–12*
- ◆ *SB 281 (Maldonado)–Fruits and Vegetables*
  - *\$18 million in state budget*
  - *Grant program to purchase fruits and vegetables for breakfast*

# California's NEW Beverage Standards

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*Expands current beverage standards to high schools beginning in 2007 with full implementation by 2009.*

*The following beverages may be sold:*

- Drinking water with no added sweetener,*
- Milk (non-fat, 1% and 2%)*
- Fruit and vegetable juice with at least 50% real juice*
- Electrolyte replacement beverages with no more than 42 g added sweetener per 20 oz.*

# California's NEW Food Standards

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*Establishes criteria for all a la carte foods sold in schools K-12 beginning 2007*

*Elementary a la carte food standards allows only:*

- Nuts, nut butter, seeds, eggs, fruit, cheese packaged for individual sale, vegetables, and legumes.*
- Dairy and whole grain food that meet 35/10/30 and no more than 175 calories per item.*



# California's NEW Food Standards

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## Middle and High School a la carte food standards allows only:

■ A la carte snacks that meet 35/10/35 and no more than 250 calories/item.

(35% of total calories from fat; 10% of total calories from saturated fat; 35% sugar by weight)

■ A la carte entrée items that have no more than 400 calories and no more than 4 grams of fat/100 calories.

# ***What changed?***

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## ■ ***Increased awareness of issues***

- *Data collection*
- *Media advocacy & attention*
- *Community mobilization*
- *State-level coalitions*
- *Success of other districts in implementing*
- *Will influence other states to take action*



# ***Federal Response***

# ***The Child Nutrition and WIC Reauthorization Act of 2004***

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- ◆ ***Enacted June 30, 2004***
- ◆ ***Section 204–Local Wellness Policies***
- ◆ ***By June 30, 2006 each local education agency shall establish a local wellness polic***

## *What?—Goals*

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- *Goals for nutrition education, physical activity, and other school based activities that are designed to promote student wellness in a manner that the local school district determines is appropriate.*



## *What?—Nutrition Guidelines*

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- *Nutrition Guidelines for all foods available on each school campus in the district during the school day, with the objective of promoting student health and reducing childhood obesity.*

# ***ALL Foods Available on Campus***

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- ◆ *School meals*
- ◆ *A la carte cafeteria sales*
- ◆ *Vending machines*
- ◆ *Student stores*
- ◆ *Concession stands*
- ◆ *Classroom parties and special events*
- ◆ *Fundraising events*

# *What?—Plan for Measuring Implementation*

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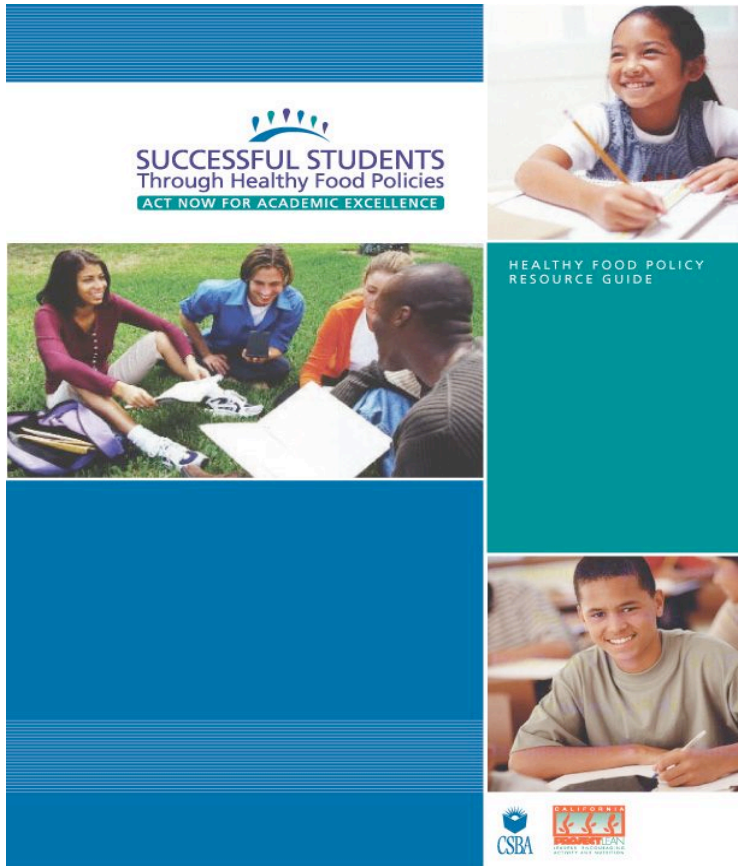
- ◆ *Establish a plan for monitoring policy implementation*
- ◆ *Designation of operational responsibility.*

# *What?—Stakeholder Involvement*

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*Policy must be developed with involvement from the following:*

- Schools
  - Board Members
  - Administrators
  - Food service directors
- Students
- Parents
- Public



# *Student Wellness A Healthy Food and Physical Activity Policy Resource Guide*



# Comprehensive Program

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- *What School Districts Can Do*
  - *Emphasize proper nutrition and physical activity as a priority.*
  - *Ensure quality school meals.*
  - *Monitor competitive food sales.*
  - *Provide an environment conducive to good health.*
  - *Support nutrition education and physical education.*
  - *Promote healthy eating.*
  - *Explore revenue generating alternatives.*
  - *Assess the Districts nutrition and physical activity programs and environments.*



***California Project LEAN***

[www.californiaprojectlean.org](http://www.californiaprojectlean.org)