

# Overview of State and Local Programs in Nutrition, Physical Education and Health

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Healthy Living and Health Services Subcommittee

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by  
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## Overview

- State Law and Regulations
- Programs
- Initiatives
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## School Nutrition Programs State Law and Regulations

### §22.1-207.3 (*Code of Virginia*) - School breakfast programs.

Each school board shall establish a school breakfast program in any public school in which twenty-five percent or more of enrolled school-age children were approved eligible to receive free or reduced price meals in the federally funded lunch program during the previous school year.

## School Nutrition Programs State Law and Regulations

### 8 VAC 20-290-10 - Sale of food items.

The sale of food items in school during the lunch period shall be limited to those items recognized as being components of the school lunch program's reimbursable lunch and breakfast; the income from the sale of those items shall accrue to the school lunch account.

## Virginia Standards of Learning for Physical Education

- The five strands for physical education are Skillful Movement, Movement Principles and Concepts, Personal Fitness, Responsible Behaviors, and Physically Active Lifestyle.
- Standards of Learning in each strand are sequenced and progress in complexity from grade level to grade level.
- The purpose of physical education is to help students acquire the knowledge, processes, and skills needed to engage in meaningful physical activity both in the present and for a lifetime.

## Virginia Standards of Learning for Health Education

- The Health Education Standards of Learning delineate the concepts, processes, and skills for health education in kindergarten through grade 10 for Virginia's public schools.
- The three learning goals focus on key health concepts and skills needed to facilitate the formation of healthy behaviors and practices.
- The intent of health education is to help students understand how to achieve and maintain good health for a lifetime.

## Standards For Accrediting Public Schools (SOA)

Virginia Board of Education Regulations governing the accreditation of public schools require that students participate in a program of physical fitness during the regular school year at the elementary and middle school level.



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## Standards For Accrediting Public Schools (SOA)

**Physical fitness requirements can be accomplished by either of the following:**

- Requiring students to take a sequential program of physical activity based on SOLs, or
- Requiring students not taking the sequential program to participate in another physical fitness program which would include: 1) before- or after-school programs; 2) physical activity outside of school (i.e. swim team); or 3) joint school or community recreation activities.



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## School Health Advisory Boards (SHAB)

§22.1-275.1 (*Code of Virginia*) - School health advisory board.

Each school board shall establish a school health advisory board...which shall consist of broad-based community representation... The school health advisory board shall assist with the development of health policy in the school division and the evaluation of the status of school health, health education, the school environment, and health services.

The school health advisory board shall hold meetings at least semi-annually and shall annually report on the status and needs of student health in the school division...

## School Nutrition Programs

- National School Lunch Program
- School Breakfast Program
- Afterschool Snack Program
- Fresh Fruit and Vegetable Program

# School Nutrition Programs Federal Requirements

## Local Wellness Policy

- The Child Nutrition and WIC Reauthorization Act required school divisions that participate in the USDA National School Lunch Program to develop a local wellness policy by July 1, 2006.



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# School Nutrition Programs Local Wellness Policy Requirements

## The local wellness policy must at a minimum:

- include goals for nutrition education, physical activity, and other school-based activities to promote student wellness;
- include nutrition standards for all foods and beverages available during the school day with the objective of promoting student health and reducing childhood obesity;



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## School Nutrition Programs Local Wellness Policy Requirements

### The local wellness policy must at a minimum:

- provide assurance that local guidelines established shall not be less restrictive than USDA regulations and guidance as they apply to the school nutrition programs;
- establish a plan for measuring implementation of the local policy; and,
- involve parents, students, school nutrition staff, the school board, school administrators, and the public in the development of the policy.

## State Initiatives - Healthy Virginians

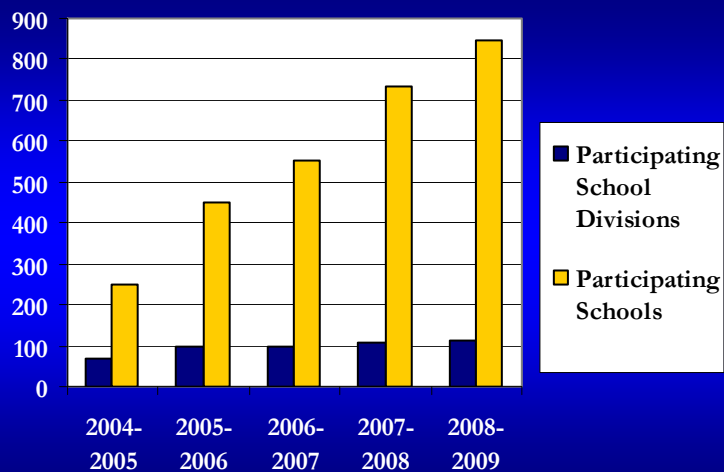
### Governor's Nutrition and Physical Activity Award

- Provides best practice standards for physical activity and nutrition in the online scorecard.
- Incorporates the recommendations of the joint committee of the Board of Education and Board of Health, as well as CDC School Health Index and other national standards.

## Governor's Nutrition and Physical Activity Award

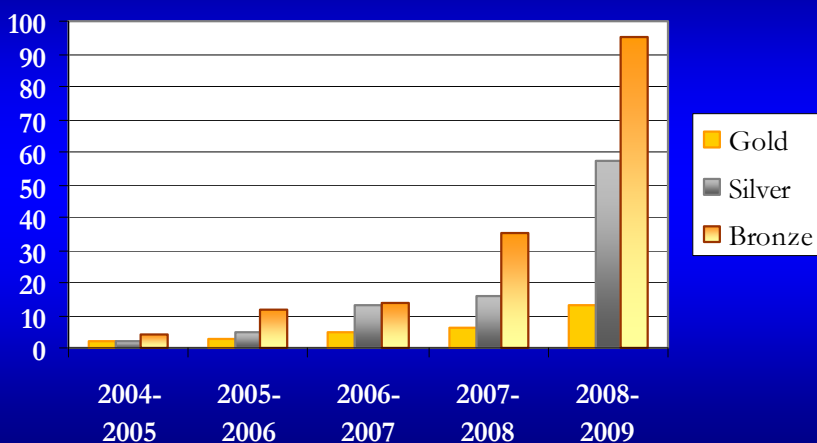
- Established February 2005
- Nearly 50 percent of the schools in Virginia and 112 different school divisions have used the online assessment tool.
- More than 75 percent of school divisions indicated the scorecard standards were used in the development of their local wellness policy.

## Scorecard Participation





## Schools Earning Awards



## State Initiatives - Healthy Virginians

### Increased School Breakfast Incentive Funding

- Incentivizes schools to increase the number of meals served to students in the USDA School Breakfast Program.
- Provides state reimbursement, 20 cents per meal, for each new breakfast served per student in membership beyond the baseline.
- Has stimulated and sustained a more than 27 percent increase in student breakfast participation since its inception.

## USDA Fresh Fruit and Vegetable Program

The program's purpose is to:

- Expand the variety of fruits and vegetables students experience;
- Enhance nutrition education;
- Increase healthy school environments; and,
- Make a difference in student's diets to impact their present and future health.



## Farm-to-School

- The Department of Education is collaborating with the Virginia Department of Agriculture and Consumer Services and the Virginia Cooperative Extension to conduct outreach with local school divisions to expand the Farm-to-School program.

## Best Practices Database

The Department of Education is in the process of developing a nutrition and physical activity best practices database that will include:

- Local school division wellness-related fitness test results
- Information on successful programs and policies implemented by school divisions to improve nutrition and physical activity in public schools.

## Other Initiatives

- **Walk Smart VA**

[http://www.walksmartactiveschools.com/registration/student/student\\_01.aspx](http://www.walksmartactiveschools.com/registration/student/student_01.aspx)

- **Safe Routes to School**

## Resources

- **Virginia Standards of Learning and Resources**  
<http://www.doe.virginia.gov/VDOE/Instruction/sol.html#general>
- ***Regulations Establishing Standards for Accrediting Public Schools in Virginia:***  
<http://www.doe.virginia.gov/VDOE/Accountability/soa-guidance-doc.pdf>
- **School Health Advisory Boards Annual Report and Local Wellness Policy Status Report**  
[http://www.doe.virginia.gov/VDOE/studentsrvcs/shab\\_board\\_report.pdf](http://www.doe.virginia.gov/VDOE/studentsrvcs/shab_board_report.pdf)
- **Governor's Award for Nutrition and Physical Activity**  
<http://www.vipnet.org/doe/login.html>

## Resources

- **USDA Fresh Fruit and Vegetable Program**  
<http://www.fns.usda.gov/cnd/FFVP/FFVPdefault.htm>
- **VDACS Farm-to-School Program**  
<http://www.vdacs.virginia.gov/marketing/farm.shtml>
- **Heart Healthy Resources for Schools**  
[http://www.doe.virginia.gov/VDOE/studentsrvcs/shab\\_heart\\_healthy\\_resources.pdf](http://www.doe.virginia.gov/VDOE/studentsrvcs/shab_heart_healthy_resources.pdf)