



Colorado Wellness Implementation Report 2006-2007

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INTRODUCTION

The Child Nutrition and WIC Reauthorization Act of 2004 includes a requirement that school districts participating in the federally reimbursed food service program nationwide adopt a wellness policy by the beginning of the 2006-2007 school year. All public school districts are to develop a district wellness policy and have a plan and designated person(s) in place to monitor its implementation.

During the 2006-2007 school year, the Colorado Department of Education Nutrition Unit (CDE) reviewed 35 school districts and 53 school sites within those districts to ascertain whether wellness policies were in place and the extent to which these policies were being implemented. In May 2007, each of the 35 districts received a copy of the School Wellness Policy Assessment Tool that had been developed by the Center for Research Strategies and approved by the CDE the previous year. They could choose to complete this tool or one of their own, and then were asked to send it back to CDE for analysis. They all chose to complete the CDE tool.

The review revealed that 80% of the 35 districts had developed and begun implementing wellness policies. At least 60% of the districts were implementing most items within the wellness policy areas of physical activity and USDA meal guidelines. The remaining two areas, nutrition education and nutrition guidelines for all foods, showed a wide variation in implementation, with 35% to 100% of the districts implementing specific policy items identified in the School Wellness Policy Assessment Tool.

METHODOLOGY

During the 2006-2007 school year, the Colorado Department of Education Nutrition Unit conducted 35 site visits to school districts and schools statewide. Toward the end of the year in May 2007, the districts and schools completed the three-page School Wellness Policy Assessment Tool containing 44 items detailing different aspects of wellness policy implementation. The form was developed by the Center for Research Strategies and modeled after a similar instrument used in Kansas to monitor wellness policy implementation. The tool includes the four required goal areas of wellness policy implementation: 1) nutrition education, 2) physical activity and physical education, 3) nutrition guidelines for all foods, and 4) USDA meal guidelines. The majority of the items within each goal area are from the Center for Disease Control School Health Index (SHI). The SHI is a self-assessment and planning tool that schools across the country can use to improve their health and safety policies and programs.¹ Colorado's Wellness Policy Assessment Tool is a self-assessment form intended to help districts and schools within districts determine which wellness policy

¹ Additional information on the SHI can be found at <http://apps.nccd.cdc.gov/shi/default.aspx>.

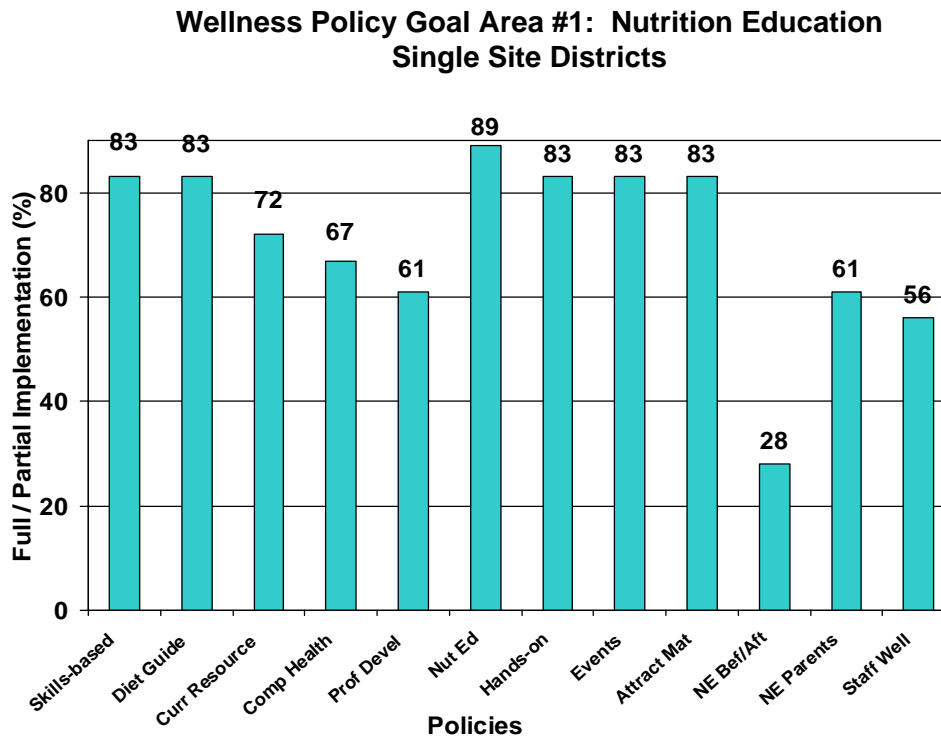
areas are being partially or fully implemented. The form was approved by the Education Data Advisory Committee (EDAC) in January 2007. See Appendix A for a copy of the form.

In total, 53 assessment forms were completed, 18 by single-site school districts that have one cafeteria and one school building for all K-12 students, and 35 by multi-site school districts that include separate elementary, middle, high, K-8 and 6-12 schools. The single-site assessments were completed as a district/combined school response. The multi-site assessments were completed by individual schools for their respective sites. A summary of how each of the four wellness policy areas is being implemented is detailed below, delineated by single-site and multi-site districts, with results displayed first in graph format, followed by an explanation of the items. The legend for the graph is attached in Appendix B.

WELLNESS POLICY GOAL AREA #1: NUTRITION EDUCATION

There are 13 items listed in the School Wellness Policy Assessment Tool related nutrition education, grouped into activities that take place in the classroom, materials displayed in the cafeteria, programming that takes place before and after school, education that includes the family and community outside of the school setting, and activities related to staff wellness.

Single-Site Districts

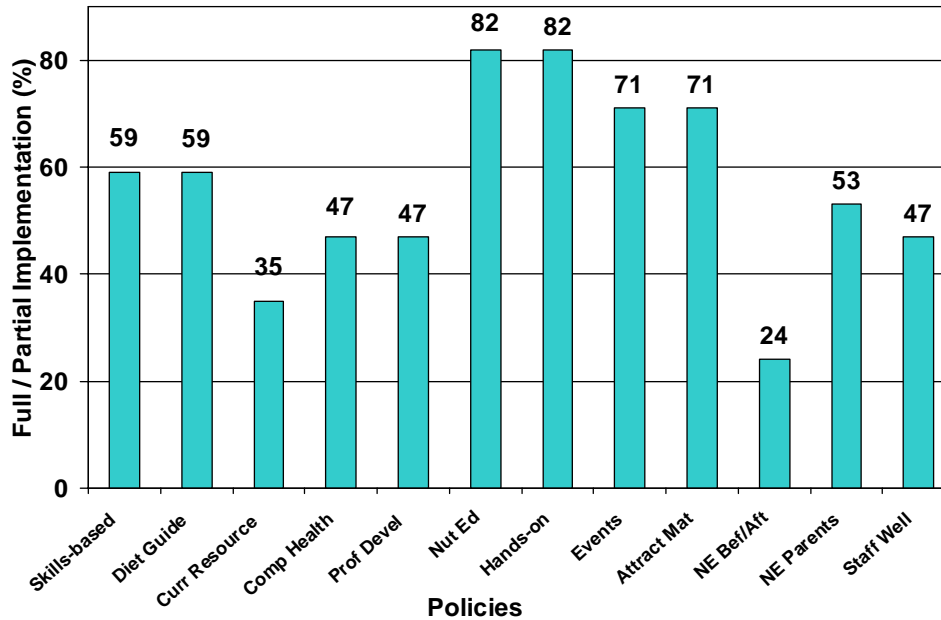


- At the K-12 district level, between 56% and 83% of the districts reported partial or full implementation for all of the nutrition education items, with the exception of the one item: *before and after school programming includes nutrition education*, which was reported in only 28% of the districts².

² Some districts do not have before and after school programming, and therefore, this item does not apply universally across all districts.

Multi-Site Districts

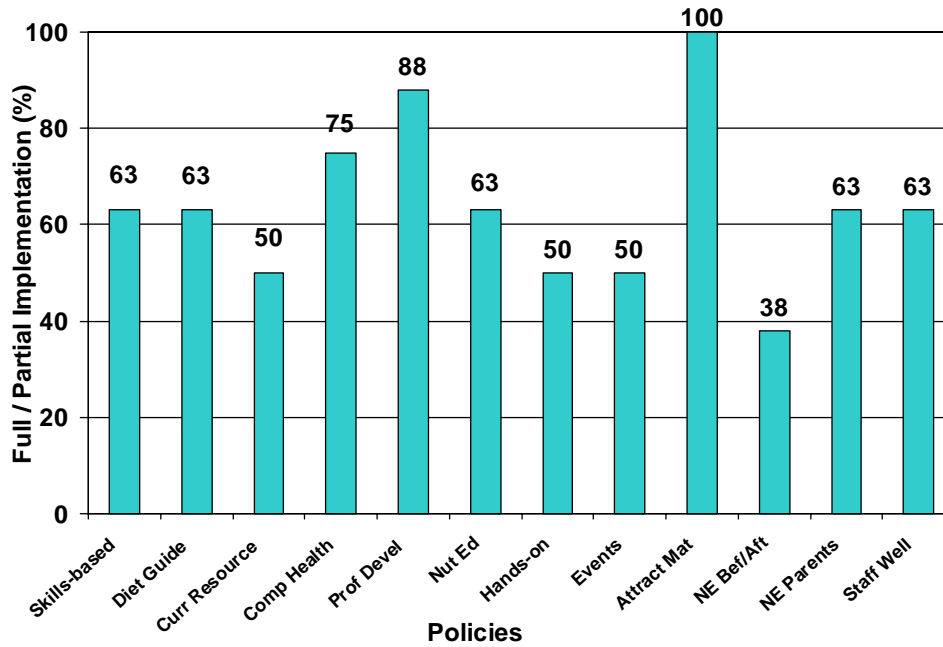
Wellness Policy Goal Area #1: Nutrition Education Elementary Schools



➤ 50% of the elementary schools reported partial to full implementation for all the nutrition education guidelines in seven of the 13 areas as listed below:

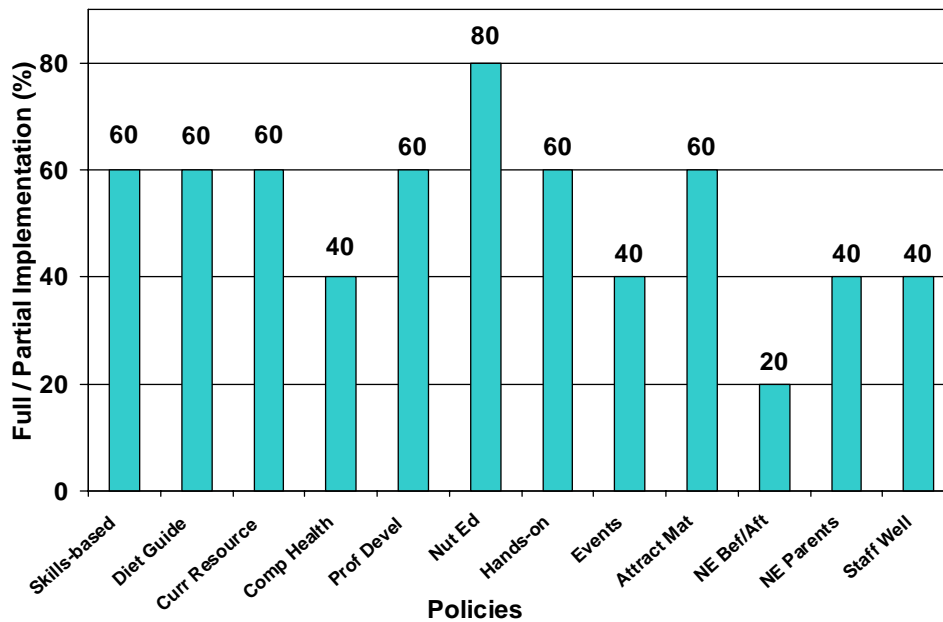
- *Nutrition education curricula are skills-based.*
- *Nutrition education curriculum incorporates the 2005 Dietary Guidelines for Americans nutrition concepts.*
- *Nutrition education is provided to students.*
- *Nutrition education instruction is comprised of hands-on activities that engage students in participatory learning.*
- *Classrooms participate in one or more events that are either centered on nutrition or include nutrition as a main component.*
- *Attractive, current education materials are displayed in dining areas.*
- *Nutrition education is provided to parents, community, school board.*

Wellness Policy Goal Area #1: Nutrition Education Middle Schools



- 50% of middle schools reported partial to full implementation for all the nutrition education guidelines with the exception of *before and after school programming includes nutrition education*, which was implemented among 38% of the middle schools.

Wellness Policy Goal Area #1: Nutrition Education High Schools



- 60% of the high schools reported partial to full implementation for all the nutrition education guidelines in seven of the 13 areas as listed below:
 - *Nutrition education curricula are skills-based.*
 - *Nutrition education curriculum incorporates the 2005 Dietary Guidelines for Americans nutrition concepts.*
 - *Classroom nutrition resources are current, easily accessible and a plan is in place for periodically up-dating resources.*
 - *Teachers are provided with opportunities for professional development.*
 - *Nutrition education is provided to students.*
 - *Nutrition education instruction is comprised of hands-on activities that engage students in participatory learning.*
 - *Attractive, current education materials are displayed in dining areas.*

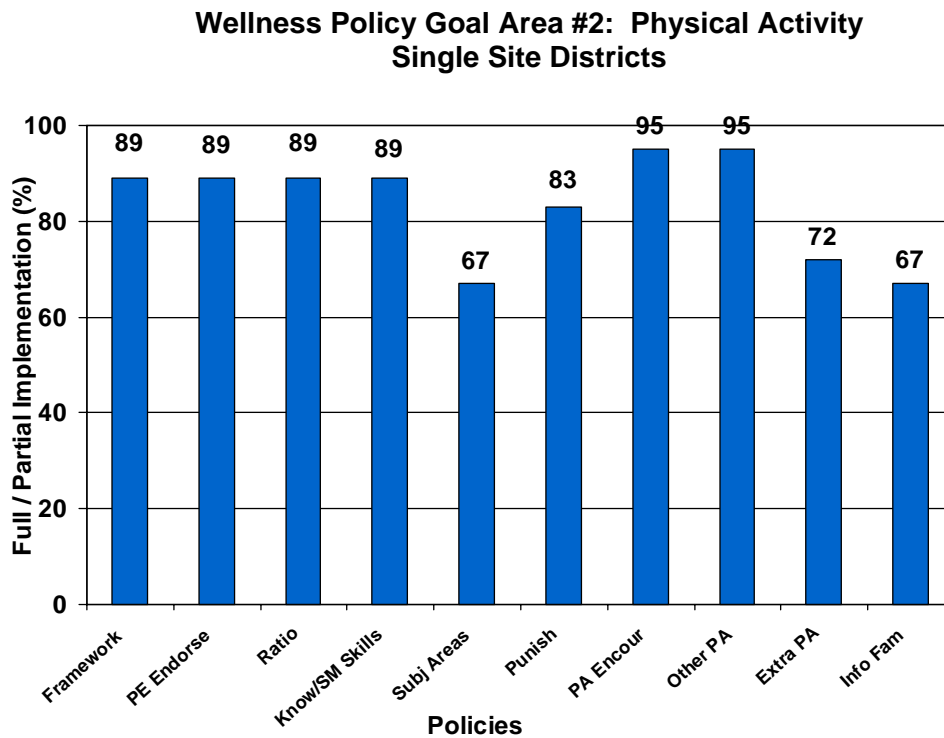
- 100% of the K-8/6-12 schools reported fully or partially implementing the following items. (None of the other school levels reported 100% implementation in these areas):
 - *Nutrition education incorporates the dietary guidelines.*
 - *Nutrition education is provided to students.*
 - *Nutrition education instruction is comprised of hands-on activities that engage students in participatory learning.*
 - *Classrooms participate in one or more events that are either centered on nutrition or include nutrition as a main component.*
 - *Before and after school programming includes nutrition education*
 - *Nutrition education is part of a comprehensive PreK-12 health education curriculum, or is integrated throughout the curriculum in subject areas such as math, science, language arts, or social studies.*

- The one area where implementation was lowest (i.e., between 20% and 38%) for elementary, middle and high schools was *before and after school programming includes nutrition education.*

WELLNESS POLICY GOAL AREA #2: PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

There are two questions on the School Wellness Policy Assessment Tool related to requirements at the district level for physical education classes, and ten additional items related physical activity and physical education. The additional items relate to physical education curricula, endorsement of physical education teachers, physical activity throughout the school day, including recess and in-classroom activity, activities offered before and after school, and physical activity resources provided to families and the community.

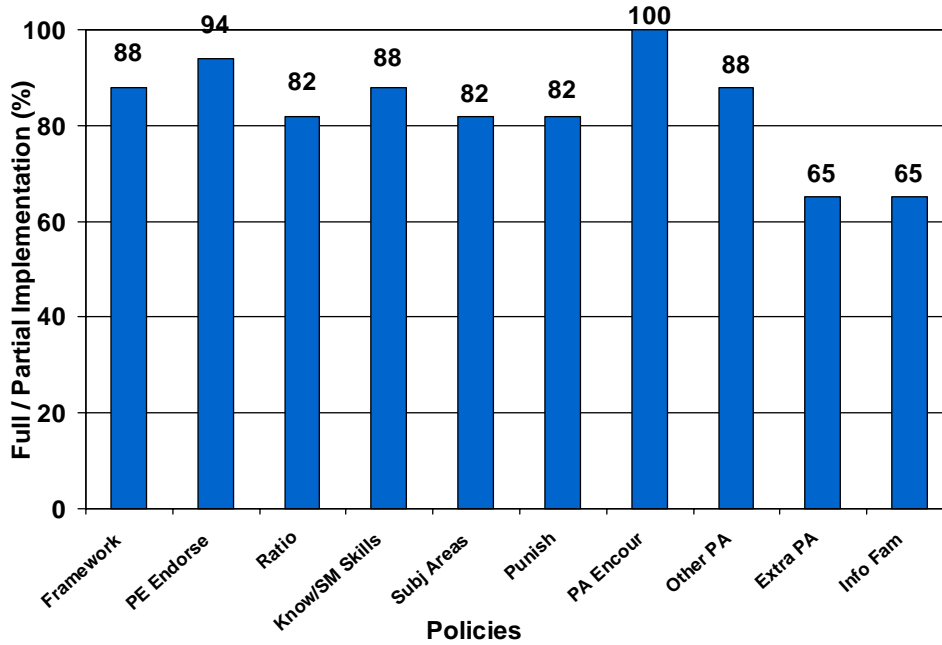
Single-Site Districts



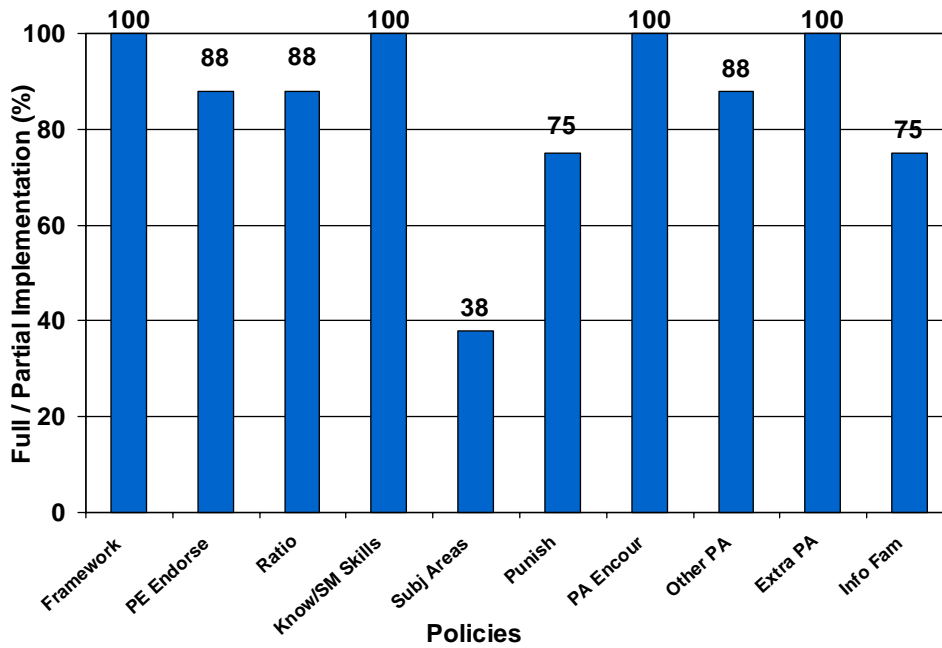
- Between 67% and 89% of the districts who filled out the assessment at the K-12 district level reported partially or fully implementing all 10 items related to physical activity.

Multi-Site Districts

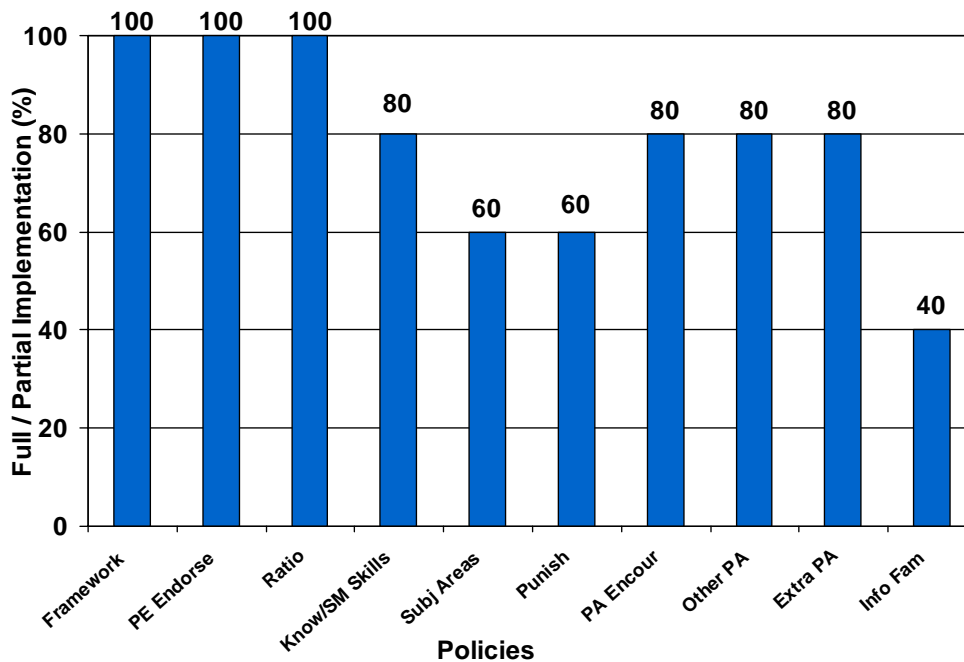
**Wellness Policy Goal Area #2: Physical Activity
Elementary Schools**



**Wellness Policy Goal Area #2: Physical Activity
Middle Schools**



Wellness Policy Goal Area #2: Physical Activity High Schools



- 100% of the schools representing at least two levels (e.g., middle and high schools) reported partially or fully implementing the following items:
 - *The physical education department has a framework and curriculum.*
 - *Physical education teachers are endorsed in physical education and licensed by the Colorado Department of Education.*
 - *Physical education class student/teacher ratio is addressed.*
 - *Physical activity is encouraged verbally and through the provision of adequate space and age-appropriate equipment.*

- Between 60% and 80% of schools reported having either partially or fully implemented the suggested guidelines related to:
 - *Classroom health education includes the knowledge and self-management skills needed to maintain a physically active lifestyle.*
 - *Other supervised opportunities for physical activity are provided throughout the day.*
 - *Extracurricular physical activity programs, clubs or intramural programs are offered.*
 - *Physical activity is incorporated into other subject areas (math, language arts, social studies, science) or between lessons.*³

³ The one exception to this pattern is at the middle school level where only 38% of schools report that physical activity is incorporated into other subject areas (math, language arts, social studies, science) or between lessons.

- *Physical activity is not used (e.g. running laps) or withheld (e.g., recess, physical education) as punishment. This guideline does not apply to extracurricular sports teams.*
- The one item where implementation was lowest among schools related to family and community involvement (i.e., *Information and resources are provided to help families incorporate physical activity into their lives.*) For this item, partial to full implementation occurred in between 40% to 75% of reporting schools, with the highest implementation occurring in middle schools (or 75%).

PHYSICAL EDUCATION REQUIREMENTS

Single-Site Districts

- At the K-12 district level, 50% of the districts reported a range of 60 to 135 minutes of required physical education per week and/or 1 credit for graduation. The silver standard established by the Alliance for a Healthier Generation.⁴ for minutes per week was met in half of the districts, and the gold standard was met in two. This gold standard is also the recommended standard put forth by the National Association for Sports and Physical Education (NASPE), and is the standard all schools should aim to strive for.

K-12 District (N = 18)

Required Amount of Minutes per Week			
50 min/wk	60-135 min/wk	136-200 min/wk	>200 min/wk
28%	50%	17%	11%
Required Number of Credits for Graduation			
½ credit	1 credit	1.5 credits	2 credits
6%	50%	6%	33%

Multi-Site Districts

- Most of the schools reported requiring physical education classes:
 - 88% of the elementary schools

⁴ The Alliance for a Healthier Generation is a national organization collaborating with the American Heart Association to establish best practice criteria at the bronze, silver and gold levels for programs, policies and practices that positively impact healthy eating and physical activity behaviors among students and staff in schools. The criteria are reviewed and revised annually by the American Heart Association and the Healthy Schools Program Expert Panel. Further information about the Healthy Schools Program Framework: Criteria for Developing a Healthier School Environment can be found at www.healthiergeneration.org.

- 75% of the middle schools
 - 80% of the high schools
 - 80% of the K-8, 6-12 schools
 - 94% of the K-12 districts
- Almost all elementary schools (or 94%) require a specified amount of time for physical education, ranging from 50 to 90 minutes per week, which meets the bronze criteria for elementary school programs established by the Alliance for a Healthier Generation. One of the elementary schools in this sample met the silver standard of 100 minutes/week, and none have yet met the gold standard of 150 minutes per week.

Elementary Schools (N = 17)

Required Amount of Minutes per Week		
50 min/wk	60-90 min/wk	120 min/wk
47%	47%	6%

- At the middle school level, seven of the eight middle schools in this sample, or 88%, specified a required amount of time for physical education, ranging from 50 to 180 minutes per week. One middle school met the bronze standard for middle schools of 90 minutes per week, one met the silver standard of 135 minutes per week, and 1 met the gold standard of 225 minutes per week.

Middle Schools (N = 8)

Required Amount of Minutes per Week			
50 min/wk	90-135 min/wk	150-180 min/wk	225 min/wk
25%	25%	38%	13%

- At the high school level, 100% of the schools require physical education credits for graduation, ranging from 1 to 3 credits required for graduation.

High Schools (N = 5)

Required Number of Credits for Graduation		
1 credit	2 credits	3 credits
60%	20%	20%

- At the K-8/6-12 level, 80% of the schools require a specified amount of time for physical education at the middle school level and a certain amount of credits for graduation at the high school level. Minutes per week of physical education did reach the silver standard for some schools, but not the gold standard.

K-8/6-12 (N = 5)

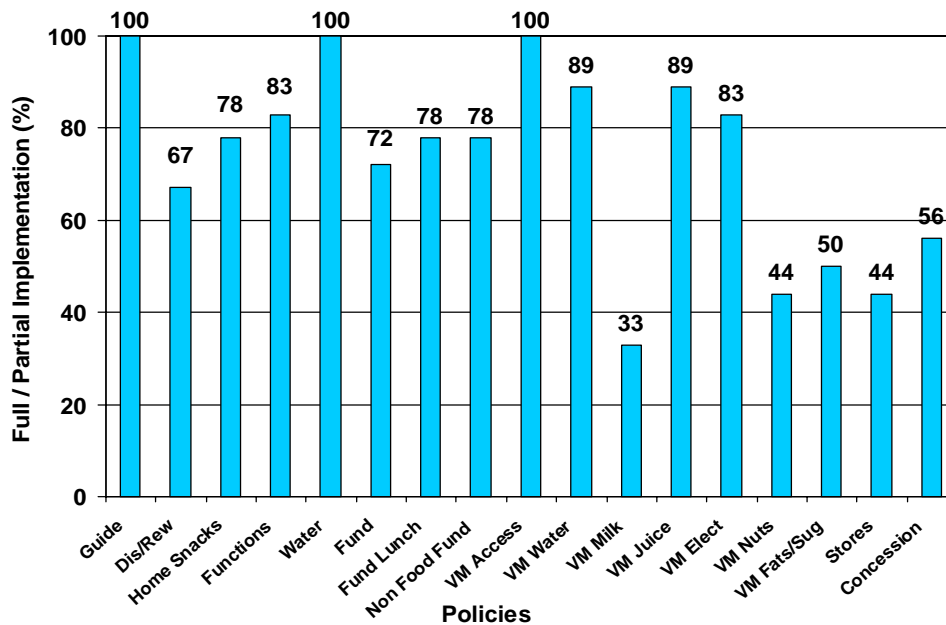
Required Amount of Minutes per Week		
75 min/wk	100 min/wk	120 min/wk
20%	40%	20%
Required Number of Credits for Graduation		
1 credit		2 credits
20%		40%

WELLNESS POLICY GOAL AREA #3: NUTRITION GUIDELINES FOR ALL FOODS

There are 13 items listed in the School Wellness Policy Assessment Tool for nutrition guidelines for all foods that detail activities related to fundraising, restricting use of food for reward, portion size, and availability of functioning water fountains. One of the 13 items relates to vending machines, school stores and concession stands, and includes a subset of 6 additional items related to that item.⁵

Single-Site Districts

**Wellness Policy Goal Area #3: Nutritional Guidelines
Single Site Districts**



- At the K-12 district level, between 60% and 100% of the districts reported implementing most items in this goal area, with the exception of the following three of the six vending machine requirements:
 - *Milk, including chocolate milk, soy beverage, rice beverage and other similar dairy or nondairy beverage.**

⁵ Colorado Senate Bill 04-103 of 2004 encouraged all school districts “to adopt a policy by resolution providing that, by the 2006-07 school year, at least fifty percent of all items offered” in vending machines in each school meet the criteria for acceptable nutrition standards laid out in the bill. Few 2006-07 school year respondents’ elementary schools have vending machines and those that do usually restrict access to students. Therefore, the guidelines in the bill pertain primarily to middle and high schools. Asterisks (*) indicate guidelines contained within the bill.

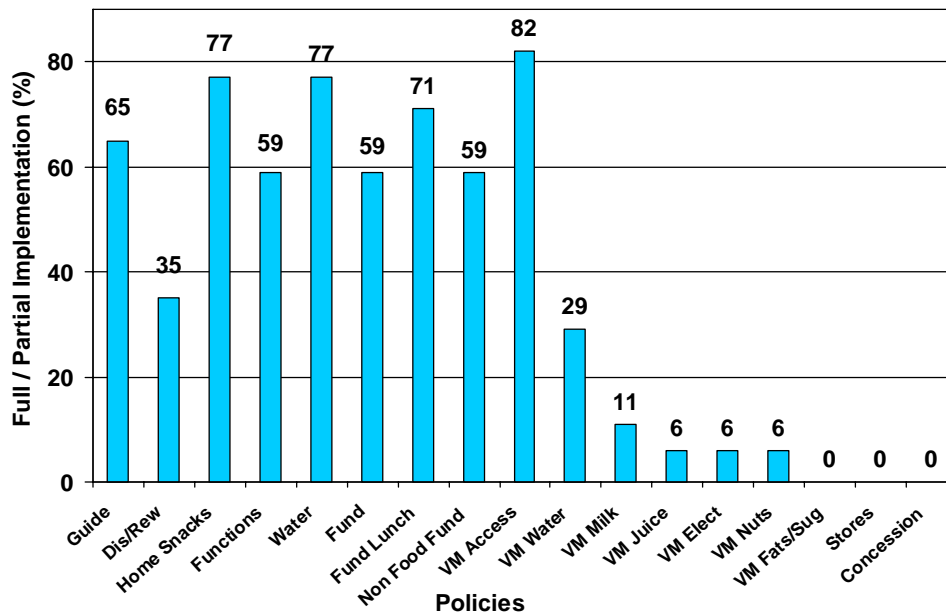
- *Nuts, seeds, dairy products, fresh fruits or vegetables, and packaged fruits in their own juice.**
- *Any other food item containing no more than 35% of total calories from fat and no more than 35% of its total weight in sugar.**

and the two following items:

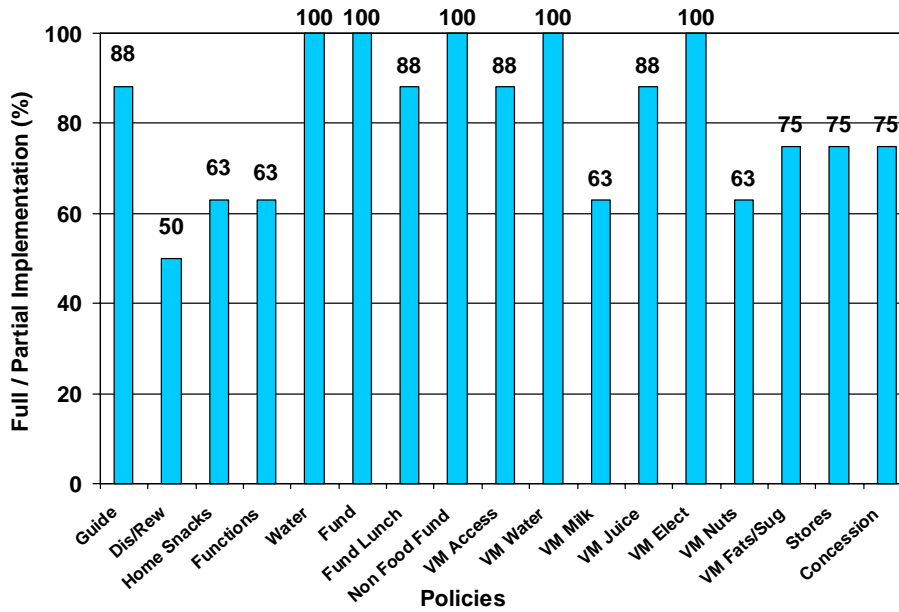
- *Guidelines have been established for food offered in school stores.*
- *Guidelines have been established for food offered in concession stands.*

Multi-Site Districts

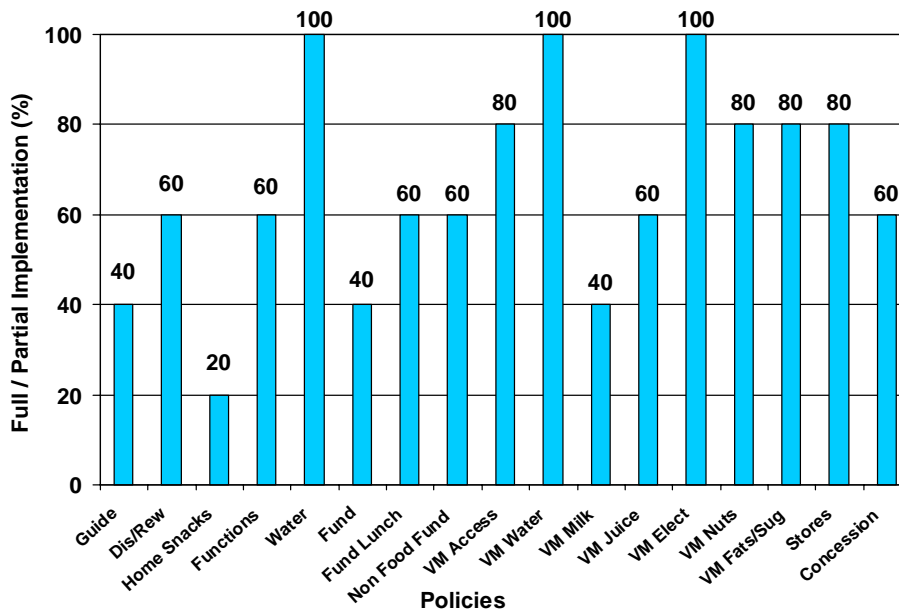
**Wellness Policy Goal Area #3: Nutritional Guidelines
Elementary Schools**



Wellness Policy Goal Area #3: Nutritional Guidelines Middle Schools



Wellness Policy Goal Area #3: Nutritional Guidelines High Schools



- 100% of the middle, high and K-8/6-12 schools as well as K-12 districts recorded partially or fully implementing the following two items:

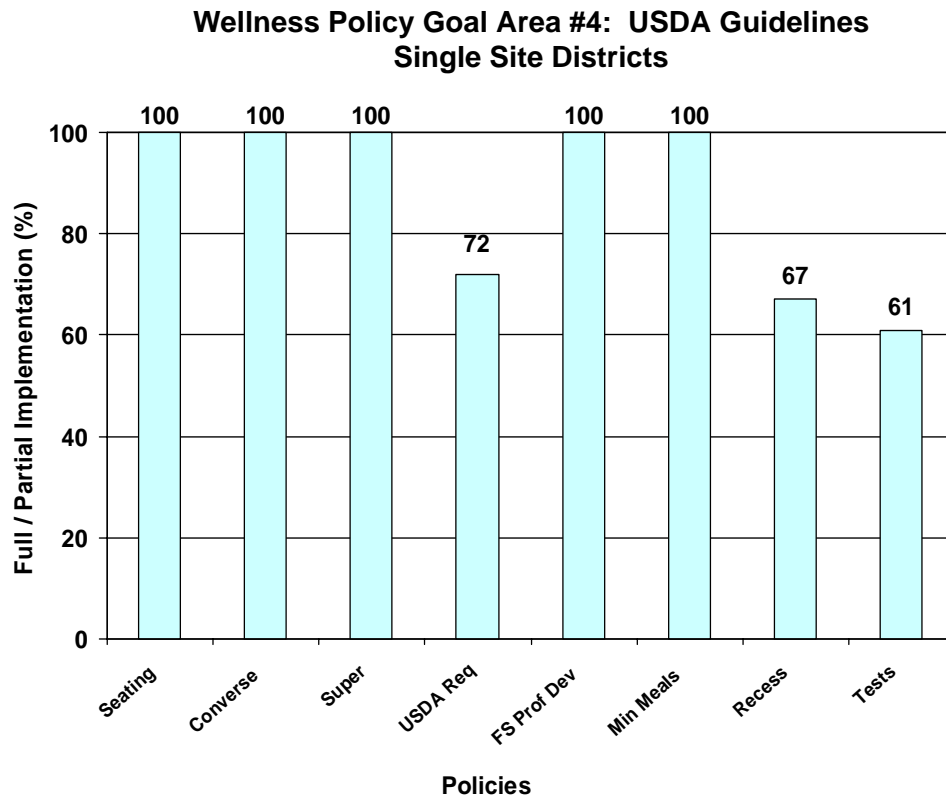
- *Every student has access to a school facility with a sufficient number of functioning water fountains or other means which provide him or her with sufficient water.*
- *At least 50% of foods and beverages offered in vending machines meet the standard of plain, non-caloric water.**
- 100% of the schools representing at least one level, and usually two levels (e.g., elementary, middle, high, K-8/6-12), reported partially or fully implementing the following items:
 - *Guidelines have been established for all food available on the school campus during the day.*
 - *Schools encourage parents to provide a variety of nutritious foods if students bring lunch or snacks from home.*
 - *At least 50% of fundraising activities will not involve the sale of food or beverages.*
 - *Non-food fundraisers are encouraged, such as flowers, gift wrap, sporting events and family fun events.*
 - *Electrolyte replacement beverages in vending machines contain 42g or fewer of additional sweetener.**
- Between 60% and 80% of the schools reported partially or fully implementing an additional 6 items, including:
 - *It is required that healthy food choices are made available to students at every school function that includes food.*
 - *Fundraising activities involving the sale of food or beverages will not take place until after the end of the last lunch period.*
 - *Restrictions are in place for student access to vending machines, school stores, and other venues that contain foods of minimal nutritional value.*
 - *At least 50% of juices in vending machines contain 100% fruit juice or are fruit drinks with no less than 50% juice without additional sweeteners.**
 - *At least 50% of food items in vending machines include nuts, seeds, dairy products, fresh fruits or vegetables, or packaged fruits in their own juices.**
 - *At least 50% of food items in vending machines contain no more than 35% of total calories from fat and no more than 35% of weight in sugar.**
- The items where implementation was lowest among the schools (i.e., between 35% and 50%) included:

- *There is a prohibition or restriction on using food as a discipline or reward for students.*
- *Portion size is addressed in the food goals.*
- *At least 50% of the beverages in vending machines include milk, including chocolate milk, soy beverage, rice beverage or other similar dairy or nondairy beverage.**

WELLNESS POLICY GOAL AREA #4: USDA MEAL GUIDELINES

There are 8 items listed in the School Wellness Policy Assessment Tool for USDA meal guidelines that detail activities related to school meals and meal service, a few examples of which include: having adequate seating for students, having adult supervision in the cafeteria, scheduling recess before lunch, and having students participate in taste tests to provide input on school meal choices.

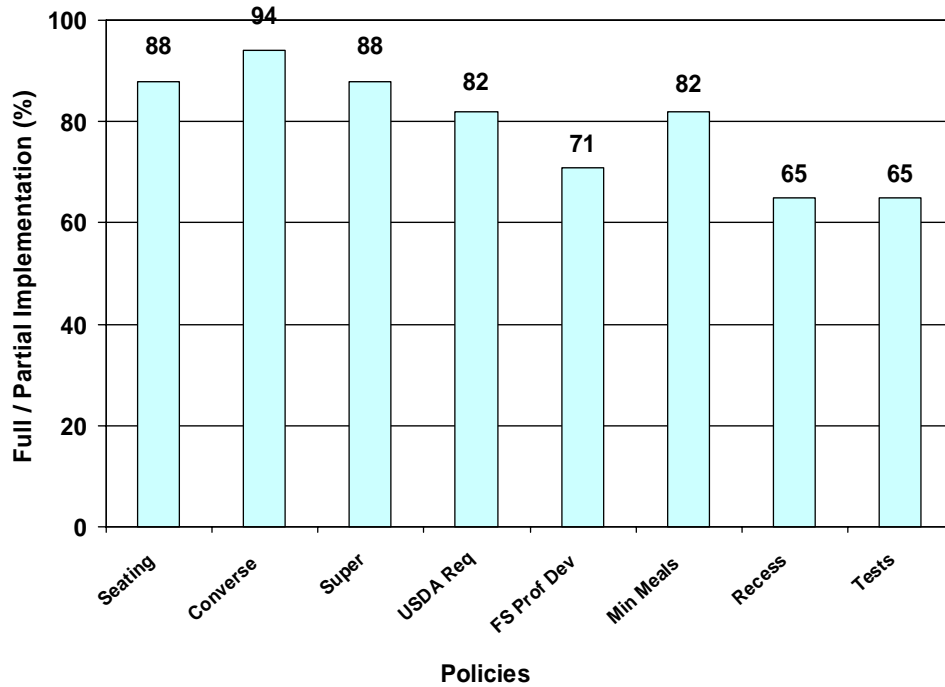
Single-Site Districts



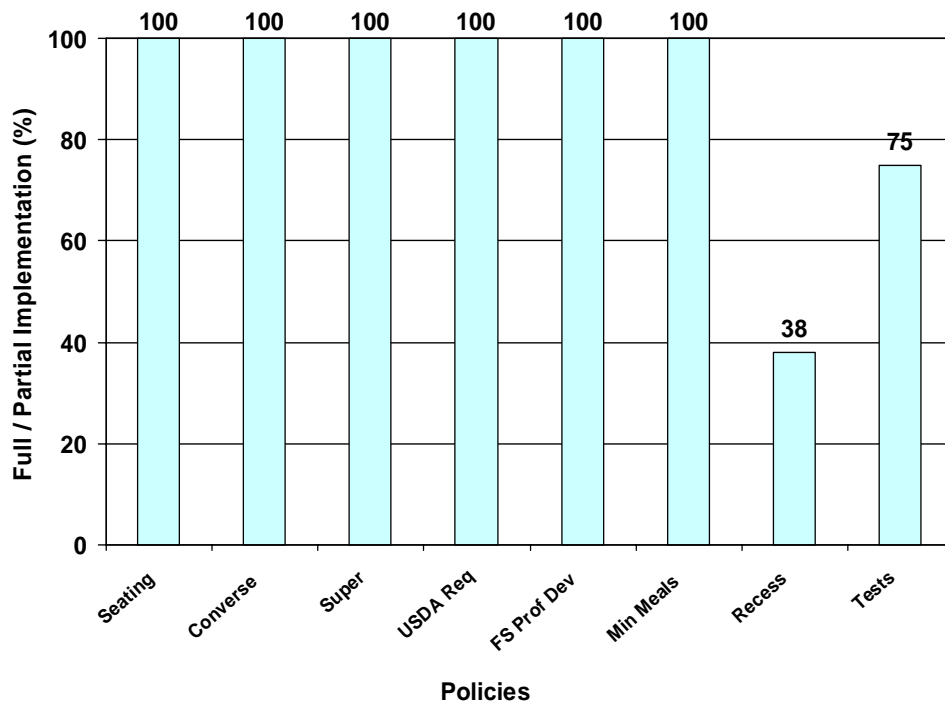
- Among the assessments filled out at the K-12 district level, 72% to 100% of the districts reported partial to full implementation of 6 of the 8 items. The two areas of lowest implementation were recess before lunch for elementary students (67%) and students participating in taste tests or surveys to obtain their input on school meals (61%).

Multi-Site Districts

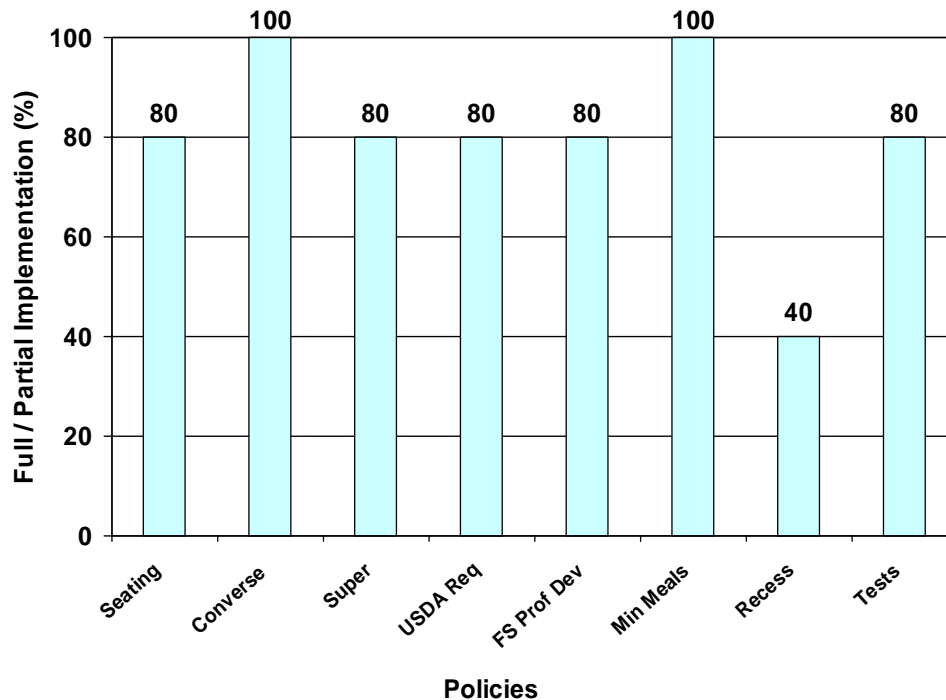
**Wellness Policy Goal Area #4: USDA Guidelines
Elementary Schools**



**Wellness Policy Goal Area #4: USDA Guidelines
Middle Schools**



Wellness Policy Goal Area #4: USDA Guidelines High Schools



- 100% of the schools representing at least two levels (e.g., middle and high schools) reported partially or fully implementing the following items:
 - *The cafeteria has adequate seating to accommodate students during each serving period.*
 - *Students are allowed to converse with one another while they're eating.*
 - *The dining area has adequate adult supervision.*
 - *Information is made available to students and parents concerning USDA school meal requirements and the nutrition content of food and beverages provided/sold.*
 - *Students have at least 10 minutes to eat breakfast and 15 minutes to eat lunch, not including time spent walking to and from class or waiting in line.*

- Between 75% to 80% of schools reported partially or fully implementing the following suggested guidelines related to the USDA guidelines for school meals:
 - *School food service personnel are encouraged to attend professional development training.*
 - *Students participate in taste tests and/or surveys to obtain their input on school meals.*

CONCLUSIONS AND RECOMMENDATIONS

It is evident from the results of the first year wellness policy assessment that there has been great progress toward establishing and implementing policies around the state of Colorado. The 2006-2007 school year was the first year that school districts were required to have wellness policies in place and to begin implementation of the policies. Although some items within the goal areas of the wellness policies have not been implemented, or are being implemented in low percentages, the majority of the multi-site and single-site districts are currently implementing many of the items specified in the Wellness Policy Assessment Tool. Items related to the USDA guidelines for school meals are being implemented by a large percentage of the schools at the multi-site and single-site district levels, as are items related to general physical activity. Items related to physical education classes are also being addressed, but not yet at the highest recommended standard for minutes per week of physical education. Nutrition education guidelines are being met to varying degrees by the different schools and districts, some implemented in a high percentage of the schools and districts and others implemented by a lower percentage.

State Level Recommendations

Steps can be taken at the state level to improve wellness policy implementation among both single- and multi-site districts. Options for strengthening and expanding wellness policies throughout Colorado include:

- Provide additional professional development opportunities to teachers, including physical education teachers, and school staff on topics related to nutrition education and physical activity.
- Offer technical assistance to schools and districts to assist them with wellness policy implementation.
- Make funding and other resources available to assist school personnel with wellness policy implementation.

Specific recommendations related to items in the goal areas include:

- Encourage schools to have students participate in taste tests and surveys to provide their input on foods offered in school meals.
- Encourage schools to offer recess for students before lunch.
- Encourage teachers to refrain from using food as a reward in classrooms.
- Provide guidelines to schools for recommended foods to offer during classroom parties.
- Provide suggestions to parents on how to encourage family physical activity.
- Encourage schools to provide physical activity opportunities throughout the school day.
- Encourage districts to require that physical education teachers be endorsed in physical education.

District and School Level Recommendations

The following are recommendations that individual districts and schools can consider to help improve wellness policy implementation at their sites:

- Build recurring training guidelines into the food service personnel job descriptions.⁶
- Access the following wellness policy resources to help create sustainable healthy school environments. The resources are listed by topic area.

Resource Guide Making It Happen! School Nutrition Success Stories (PDF) Resource Guide, SNA (PDF) School Site Resource Kit - COPAN Website Link (PDF)
Nutrition Education Tools for Schools - National Dairy Council (PDF) Nutrition Literacy Toolkit Website Link (PDF) Integrated Nutrition Education Program (PDF) Colorado Comprehensive Health Education Act (PDF) National Health Education Standards and Skills (PDF) SNA's Keys to Excellence for Nutrition Education (PDF) Colorado Beef Council, National Cattlemen's Association (PDF)
Physical Activity Shape of our Nation's Children Fact Sheet, NASPE (PDF) What Constitutes a Quality PE Program (PDF)
Recess Recess Before Lunch Colorado, WDC (PDF) Recess in Elementary Schools, COPEC (PDF) Physical Activity Tools, Bright Futures (PDF) Youth Physical Activity (Journal of Pediatrics 2005) (PDF)

⁶ There is no state or federal requirement for training of food service personnel.

Foods on Campus

Nutrition Guidelines, Standards and Toolkits

[Nutrition Guidelines for Schools, AFHK \(PDF\)](#)

[Recommended Standards for all Foods Available in School, NCDH \(PDF\)](#)

[School Foods Toolkit, CSPI \(PDF\)](#)

Food Groups to Encourage

Dairy

[Dairy Foods and Your School Wellness Executive Summary \(PDF\)](#)

Fruits and Vegetables

[Fruit and Vegetable Website Link \(PDF\)](#)

Meats and Beans

[American Dry Bean Association \(PDF\)](#)

[Colorado Beef Council \(PDF\)](#)

Whole Grains

[Wheat Foods Council \(PDF\)](#)

USDA

[Dietary Guidelines for Americans 2005 \(PDF\)](#)

[Anatomy of MyPyramid \(PDF\)](#)

[MyPyramid Mini Poster \(PDF\)](#)

A La Carte

[Massachusetts A la Carte Food and Beverage Standards to Promote a Healthier School Environment \(PDF\)](#)

[Healthy Food and Beverage Choices, NMAFHK and NANA \(PDF\)](#)

[Team Nutrition Healthier US School Challenge A la Carte Standards \(PDF\)](#)

Vending and Concession

[How School Vending Undermines Efforts \(PDF\)](#)

[Nutritious School Vending \(PDF\)](#)

[Senate Bill 04-103 \(PDF\)](#)

School Stores

[Healthy School Stores, Alabama AFHK \(PDF\)](#)

[Montana Nutrition Sense Toolkit Website Link, OPI \(PDF\)](#)

Classroom Parties

[Guide to Health School Parties, AFHK, Alabama \(PDF\)](#)

[Healthy Ideas for Classroom Snacks and Parties, NMAFHK & NANA \(PDF\)](#)

[Let's Party Book Description \(PDF\)](#)

Food as a Reward

[Alternatives for Using Food as a Reward, MI State University \(PDF\)](#)

[Constructive Classroom Rewards \(PDF\)](#)

[Foods as Rewards, NMAFHK and NANA \(PDF\)](#)

Fundraising

[Creative Financing and Fun Fundraising, AFHK and CADHS \(PDF\)](#)

[Fundraising Activities, NMAFHK and NANA \(PDF\)](#)

[Fund-raising Efforts Support Healthy Eating, MNDCFL \(PDF\)](#)

[Healthy Foods and Healthy Finances, AFHK \(PDF\)](#)

[Healthy Fundraising for Schools, Tips from AFHK Team Members \(PDF\)](#)

[Non Food Ways to Raise Funds and Reward, Texas Department of Ag, 2004 \(PDF\)](#)

2007 Resource Up-date

Institute of Medicine Nutrition Standards for Foods in Schools (researched based) Report Brief

<http://www.iom.edu/Object.File/Master/42/505/Food%20in%20Schools.pdf>

Alliance for a Healthier Generation

<http://www.healthiergeneration.org/schools.aspx>

Healthy Schools Program

- Increasing opportunities for students to exercise and play
- Putting healthy foods and beverages in vending machines and cafeterias
- Providing resources for teachers and staff to become healthy role models

Wellness Policy Implementation Action Plan Check List

This tool guides schools and school districts in prioritizing implementation based on the school or districts needs and the resources available for implementation.

<http://www.cde.state.co.us/cdenutritran/download/pdf/LocalWellnessPolicyImplementationPlanChecklist.pdf>

In summary, more work needs to be done. While the overall picture of wellness policy implementation is encouraging, there are specific policy areas where implementation is inconsistent, particularly across various school levels. Customized strategies should be developed to define areas for improvement and provide the necessary training and resources to enable schools to meet the ultimate goal of the wellness policies, that is, to create a safe and healthy school environment that optimizes the ability of students to learn and thrive.

Appendix A

School Wellness Policy Assessment Tool

Instructions: This assessment tool is to be used for school districts and schools to assess the current status of their wellness policies. There are four sections entitled Nutrition Education, Physical Activity, Nutrition Guidelines for All Foods, and USDA Meal Guidelines. These sections detail ‘examples of evidence’ that districts and schools can use to determine the extent to which School Wellness Policies are being implemented and what additional work remains to be done.

Items listed under each respective section are examples of evidence that may specify how your policy is being implemented. They are intended to serve as a self-assessment of the current status of implementation in your district or school and to provide possible ideas for improvement. Circle the number corresponding to the current status for each item:

1—Applicable but not addressed	2—Partially implemented	3—Fully implemented	Other—The district or school
<p>Applies to items the district or school has not implemented. Example—the process of establishing guidelines for all foods has not been addressed.</p>	<p>Applies to items the district or school has begun but has not fully implemented. Example—the district has begun implementation of nutrition education with the second grade. It is not part of a comprehensive K-12 health education curriculum.</p>	<p>Applies to items the district or school has fully implemented. Example—Nutrition Guidelines have been established for all foods offered on the school campus. Guidelines address times for operation of the various food venues outside the school meal programs.</p>	<p>May have other evidence of implementation that is not on this form. Please attach a separate page with a brief description of other district or school examples of evidence that are not included here.</p>

Please answer every item to the best of your ability. This form is intended to be filled out by a team of members on the wellness policy committee at either the district or school level. Any one person may not be able to answer all the items within every section, so it is important to have various members of the wellness policy team aid in filling out the different sections of the assessment. Please do not leave any section incomplete. Please list the district name and school name if answering at the school level, and the name(s) of the person(s) completing this form and their positions (e.g., classroom teacher, physical education teacher, food service director, parent representative, principal, etc).

District _____	School _____		
1) _____ Name	_____ Position	4) _____ Name	_____ Position
2) _____ Name	_____ Position	5) _____ Name	_____ Position
3) _____ Name	_____ Position	6) _____ Name	_____ Position

Please check if answering this assessment at the district or school level: District level School level
Please circle grade level(s) to which this assessment pertains: **ES** **MS** **HS** **K-12** **K-8** **6-12** **Other:** _____

P.L. 108-265 Section 204 (a) 1): Goals for Nutrition Education, Physical Activity and Other School-Based Activities

Nutrition Education Definition: All students have the opportunity to participate in a variety of learning experiences that support the development of healthful eating habits.

	Applicable but not addressed	Partially Implemented	Fully Implemented
The nutrition education curricula are skills-based.	1	2	3
The nutrition education curriculum incorporates the 2005 Dietary Guidelines for Americans nutrition concepts.	1	2	3
The nutrition curriculum materials are scientifically based providing accurate nutrition information.	1	2	3
Classroom nutrition resources are current, easily accessible, and a plan is in place for periodically up-dating resources.	1	2	3
Nutrition education is part of a PreK-12 comprehensive health education curriculum, or is integrated throughout the curriculum in subject areas such as math, science, language arts, or social studies.	1	2	3
Teachers are provided with opportunities for professional development.	1	2	3
Nutrition education is provided to students.	1	2	3
Nutrition education instruction is comprised of hands-on activities that engage students in participatory learning.	1	2	3
Classrooms participate in one or more events that are either centered on nutrition or include nutrition as a main component.	1	2	3
Attractive, current nutrition education materials are displayed in dining areas.	1	2	3
Before and after school programming includes nutrition education.	1	2	3
Nutrition education is provided to parents, community, school board.	1	2	3
Staff wellness related to healthy eating habits and nutrition is addressed.	1	2	3

Physical Activity Definition: All students will have the opportunity to participate in moderate to vigorous (defined as heavy breathing, sweating) physical activity on a regularly scheduled basis each school week during the school year. While physical education is not required in Colorado it is a means of improving student activity in the school setting and serves as a tool to teach lifelong physical activity skills to children.

Physical Education Requirements (Circle the applicable answer(s)).

The district requires physical education classes.	YES	NO				
The amount of required physical education in the district includes:						
Elementary	50 min/week	51-89 min/week	90-149 min/week	150-179 min/week	180 min/week	
Middle	50 min/week	51-89 min/week	90-149 min/week	150-179 min/week	180-224 min/week	≥225 min/week
K-8 or 6-12 (Minutes/week)	50 min/week	51-89 min/week	90-149 min/week	150-179 min/week	180-224 min/week	≥225 min/week
(Amount of PE for graduation)	½ credit	1 credit	2 credits	3 or more credits		
High (Amount of PE for graduation)	½ credit	1 credit	2 credits	3 or more credits		

Goals for Physical Activity

	Applicable but not addressed	Partially Implemented	Fully Implemented
The physical education department has a framework and curriculum.	1	2	3
Physical education teachers are endorsed in physical education and licensed by the Colorado Department of Education.	1	2	3
Physical education class student/teacher ratio is addressed.	1	2	3
Classroom health education includes the knowledge and self-management skills needed to maintain a physically active lifestyle.	1	2	3
Physical activity is incorporated into other subject areas (math, language arts, social studies, science), or between lessons.	1	2	3
Physical activity is not used (e.g. running laps) or withheld (e.g., recess, physical education) as punishment. This guideline does not apply to extracurricular sports teams.	1	2	3
Physical activity is encouraged verbally and through the provision of adequate space and age-appropriate equipment.	1	2	3
Other supervised opportunities for physical activity are provided throughout the day.	1	2	3
Extracurricular physical activity programs, clubs or intramural programs are offered.	1	2	3
Information and resources are provided to help families incorporate physical activity into their lives.	1	2	3

Nutrition Guidelines for All Foods

P.L. 108-265 Section 204 (a) 2): Nutrition guidelines for all foods available on each school campus during the school day.

Nutrition guidelines definition: All foods and beverages offered during the school day include nutrition guidelines selected by the local educational agency with the objectives of promoting student health and reducing childhood obesity.

	Applicable but not addressed	Partially Implemented	Fully Implemented
Guidelines have been established for all foods available on the school campus during the day.	1	2	3
There is a prohibition or restriction on using food as a discipline or reward for students.	1	2	3
Schools encourage parents to provide a variety of nutritious foods if students bring lunch or snacks from home.	1	2	3
It is required that healthy food choices are made available to students at every school function that includes food.	1	2	3
Portion size is addressed in the food goals.	1	2	3
Every student has access to a school facility with a sufficient number of functioning water fountains in accordance with local building codes, or other means which provide him or her with sufficient water.	1	2	3
At least 50 percent of fundraising activities will NOT involve the sale of food or beverages.	1	2	3
Fundraising activities involving the sale of food or beverages will not take place until after the end of last lunch period.	1	2	3
Non-food fundraisers are encouraged, such as flowers, gift wrap, sporting events, and family fun events.	1	2	3
Restrictions are in place for student access to vending machines, school stores, and other venues that contain foods of minimal nutritional value.	1	2	3
At least 50% of foods and beverages offered in vending machines meet the following nutritional standards. These guidelines are recommended, but not required: (Colorado SB 103 Nutritious Vending Guidelines)			
a) plain, non caloric water.	1	2	3
b) milk, including chocolate, milk, soy beverage, rice beverage and other similar dairy or nondairy beverage.	1	2	3
c) 100% fruit juices, or fruit drinks with no less than 50% juice without additional sweeteners.	1	2	3
d) electrolyte replacement beverage containing 42 g or fewer of additional sweetener per 20 oz serving.	1	2	3
e) nuts, seeds, dairy products, fresh fruits or vegetables, and packaged fruits in their own juice.	1	2	3
f) Any other food item containing no more than 35% of total calories from fat and no more than 35% of its total weight in sugar.	1	2	3
Guidelines have been established for food offered in school stores.	1	2	3
Guidelines have been established for food offered in concession stands.	1	2	3

USDA Meal Guidelines -General

P.L. 108-265 Section 204 (a) 3): USDA Meal Guidelines and Regulations

Meal guidelines definition: Guidelines for reimbursable school meals are no less restrictive than the USDA guidelines.

	Applicable but not addressed	Partially Implemented	Fully Implemented
The cafeteria has adequate seating to accommodate students during each serving period.	1	2	3
Students are allowed to converse with one another while they eat their meals.	1	2	3
The dining area has adequate adult supervision.	1	2	3
Information is made available to students and their parents/guardians concerning U.S.D.A. school meal requirements and the nutrition content of food and beverages provided/sold.	1	2	3
School food service personnel are encouraged to attend professional development training.	1	2	3
Students have at least 10 minutes to eat breakfast and 15 minutes to eat lunch, not including time spent walking to and from class or waiting in line.	1	2	3
Recess for elementary students is scheduled before lunch.	1	2	3
Students participate in taste tests and/or surveys to obtain their input on school meals.	1	2	3

Appendix B

WELLNESS POLICY CHART LEGEND

Wellness Policy Goal Area #1: Nutrition Education		Code
Classroom		Skills-based
1.1	The nutrition education curricula are skills-based.	
1.2	The nutrition education curriculum incorporates the 2005 Dietary Guidelines for Americans nutrition concepts.	Diet Guide
1.3	Classroom nutrition resources are current, easily accessible, and a plan is in place for periodically up-dating resources.	Curr Resource
1.4	Nutrition education is part of a PreK-12 comprehensive health education curriculum, or is integrated throughout the curriculum in subject areas such as math, science, language arts, or social studies.	Comp Health
1.5	Teachers are provided with opportunities for professional development.	Prof Devel
1.6	Nutrition education is provided to students.	Nut Ed
1.7	Nutrition education instruction is comprised of hands-on activities that engage students in participatory learning.	Hands-on
1.8	Classrooms participate in one or more events that are either centered on nutrition or include nutrition as a main component.	Events
Cafeteria/Dining Area		Attract Mat
1.9	Attractive, current nutrition education materials are displayed in dining areas.	
Before and After School		NE bef/aft
1.10	Before and after school programming includes nutrition education.	
Family and Community		NE parents
1.11	Nutrition education is provided to parents, community, school board.	
Staff Wellness		Staff well
1.12	Staff wellness related to healthy eating habits and nutrition is addressed.	
Wellness Policy Goal Area #2: Physical Activity		Code
General Physical Activity and Physical Education Classes		Framework
2.1	The physical education department has a framework and curriculum.	
2.2	Physical education teachers are endorsed in physical education and licensed by the Colorado Department of Education.	PE endorse
2.3	Physical education class student/teacher ratio is addressed.	Ratio
Physical Activity Throughout the School Day		Know/SM skills
2.4	Classroom health education includes the knowledge and self-management skills needed to maintain a physically active lifestyle.	
2.5	Physical activity is <u>incorporated</u> into other subject areas (math, language arts, social studies, science), or between lessons.	Subj Areas
2.6	Physical activity is not used (e.g. running laps) or withheld (e.g., recess, physical education) as punishment. This guideline does not apply to extracurricular sports teams.	Punish
2.7	Physical activity is encouraged verbally and through the provision of adequate space and age-appropriate equipment.	PA encour
2.8	Other supervised opportunities for physical activity are provided throughout the day.	Other PA
Before and After School		Extra PA
2.9	Extracurricular physical activity programs, clubs or intramural programs are offered.	
Family and Community		Info Fam
2.10	Information and resources are provided to help families incorporate physical activity into their lives.	
Wellness Policy Goal Area #3: Nutrition Guidelines for All Foods		Code
General		Guide
3.1	Guidelines have been established for all foods available on the school campus during the day.	
3.2	There is a prohibition or restriction on using food as a discipline or reward for students.	Dis/Rew
3.3	Schools encourage parents to provide a variety of nutritious foods if students bring lunch or snacks from home.	Home snacks
3.4	It is required that healthy food choices are made available to students at every school function that includes food.	Functions
3.5	Every student has access to a school facility with a sufficient number of functioning water fountains in accordance with local building codes, or other means which provide him or her with sufficient water.	Water
Fundraising		Fund
3.6	At least 50 percent of fundraising activities will NOT involve the sale of food or beverages.	
3.7	Fundraising activities involving the sale of food or beverages will not take place until after the end of last lunch period.	Fund lunch
3.8	Non-food fundraisers are encouraged, such as flowers, gift wrap, sporting events, and family fun events.	Non food fund
Vending Machines, School Stores, Concession Stands		VM Access
3.9	Restrictions are in place for student access to vending machines, school stores, and other venues that contain foods of minimal nutritional value.	
3.9a	plain, non caloric water.	VM Water
3.9b	milk, including chocolate, milk, soy beverage, rice beverage and other similar dairy or nondairy beverage.	VM milk
3.9c	100% fruit juices, or fruit drinks with no less than 50% juice without additional sweeteners.	VM juice
3.9d	electrolyte replacement beverage containing 42 g or fewer of additional sweetener per 20 oz serving.	VM elect
3.9e	nuts, seeds, dairy products, fresh fruits or vegetables, and packaged fruits in their own juice.	VM nuts
3.9f	Any other food item containing no more than 35% of total calories from fat and no more than 35% of its total weight in sugar.	VM fat/sug
3.10	Guidelines have been established for food offered in school stores.	Stores
3.11	Guidelines have been established for food offered in concession stands.	Concession
Wellness Policy Goal Area #4: USDA Guidelines		Code
General—School Meals and Meal Service		

4.1 The cafeteria has adequate seating to accommodate students during each serving period.	Seating
4.2 Students are allowed to converse with one another while they eat their meals.	Converse
4.3 The dining area has adequate adult supervision.	Super
4.4 Information is made available to students and their parents/guardians concerning U.S.D.A. school meal requirements and the nutrition content of food and beverages provided/sold.	USDA Req
4.5 School food service personnel are encouraged to attend professional development training.	FS Prof Dev
4.6 Students have at least 10 minutes to eat breakfast and 15 minutes to eat lunch, not including time spent walking to and from class or waiting in line.	Min Meals
4.7 Recess for elementary students is scheduled before lunch.	Recess
4.8 Students participate in taste tests and/or surveys to obtain their input on school meals.	Tests