

# Why Review Your Wellness Policy?

## Students Need Your Support

- Kids take in more than a third of their daily calories at school<sup>2</sup>
- "... school-based policies regarding foods, beverages, and physical activity are significantly related to calories consumed and expended by school-age children, and to their weight and body mass index levels."<sup>6</sup>

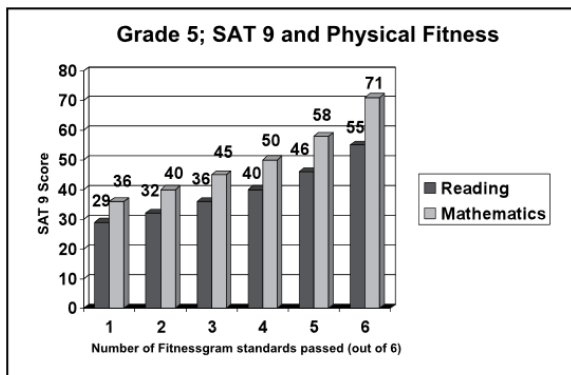
## All Policies Are Not Equal

"Districts with stronger, **more comprehensive policies** were **more successful** in implementing them at the school level."<sup>1</sup>

"Policies that only apply to some venues but not all are not as effective as comprehensive policies that apply to all venues."<sup>2</sup>

## Student Performance Rises!

"Numerous studies have shown an **association between participation in sports and several academic outcomes** including: improved grades, increased time spent doing homework, educational and occupational aspirations, self-esteem, college enrollment, eventual educational attainment, reduced drop-out rate, better occupational status, higher wages, and higher scores on standardized tests."<sup>5</sup>



Source: California Department of Education in Grissom, J. (2005). A Study of the Relationship Between Physical Fitness and Academic Achievement in California Using 2004 Test Results.

In a California Department of Education Study, **physically fit children scored twice as well on academic tests** as unfit children.<sup>5</sup>

## Food Revenues Unaffected

"Our findings suggest that concerns about school revenues or participation in meals programs are not strong arguments for rolling back USDA's healthier meal and snack standards.... In fact, **schools may even see improvements in meal program participation or revenues** overall when USDA implements the next phase of Smart Snacks standards in 2016."<sup>3</sup>

## Policies Can Work Fast!

"[P]olicies have an **almost immediate effect** on improving students' diet."<sup>2</sup>

"...districts and schools **reported seeing one or more changes** in the areas of improved school nutrition environments and eating behaviors, implementation of nutrition education in classes and outside of classes, improvements in physical activity environments, implementation of physical education programs that meet State standards, and increased opportunities and participation by students and staff in physical activity."<sup>4</sup>

<sup>1</sup> <http://onlinelibrary.wiley.com/doi/10.1111/j.1746-1561.2012.00696.x/full>

<sup>2</sup> [http://healthyeatingresearch.org/wp-content/uploads/2013/12/Competitive\\_Foods\\_Issue\\_Brief\\_HER\\_BTG\\_7-2012-WEB.pdf](http://healthyeatingresearch.org/wp-content/uploads/2013/12/Competitive_Foods_Issue_Brief_HER_BTG_7-2012-WEB.pdf)

<sup>3</sup> <http://healthyeatingresearch.org/2016/04/school-meal-revenue-participation-study/>

<sup>4</sup> <http://www.nfsmi.org/documentlibraryfiles/PDF/20100819030912.pdf>

<sup>5</sup> [http://norcalheal.cnr.berkeley.edu/docs/PERK\\_Report\\_web\\_final.pdf](http://norcalheal.cnr.berkeley.edu/docs/PERK_Report_web_final.pdf)

<sup>6</sup> [http://www.bridgingthegapresearch.org/\\_asset/13s2im/WP\\_2013\\_report.pdf](http://www.bridgingthegapresearch.org/_asset/13s2im/WP_2013_report.pdf)

