Obesity Prevention in the School Setting

Sheila M. Dunn, MBA
School Health, Nutrition and Physical Activity Specialist
New Jersey Department of Health
Shaping NJ is a public-private partnership of more than 235 organizations across New Jersey working to “make the healthy choice, the easy choice” for all residents. The 10-year vision is a New Jersey where regular physical activity, good nutrition, and healthy weight are part of everyone’s life.

- Workplace
- Communities
- Schools
- Child Care
- Health Care
School Setting

Implement Policy and Environmental Changes

- Strengthen school wellness policies through strong wellness councils.

- Involve all students in Comprehensive School Physical Activity Programs (CSPAP) throughout the school day.

- Provide Professional Development on CSPAP to Physical Education Supervisors and teachers, food service staff, classroom teachers and Wellness Team members.

- Support the efforts of schools to serve healthy and child-friendly meals and snacks.
Youth Obesity Trends in the U.S.

Figure 1: Trends in obesity among children and adolescents aged 2–19 years, by sex: United States, 1971–1974 through 2009–2010

NOTE: Obesity is body mass index greater than or equal to the 95th percentile of the sex- and age-specific 2000 CDC growth charts.
How Active are our Kids?

In High Schools:
• Only **28.7%** of high school students achieve the recommended 60 minutes per day every day of the week!
• Only **31.5%** of high school students attend physical education daily.

In Elementary Schools
Only **3.8%** of all elementary schools provided **daily** physical education.
• **26%** of elementary schools did not provide regularly scheduled recess for students in all grades.
• Only **43.6%** of elementary schools had students participate in regular physical activity breaks during school.
• Only **44.3%** of all schools supported or promoted walking/biking to school.

CHILD AND ADOLESCENT OBESITY

- Nearly one out of four (24.7%) New Jersey children aged 10-17 is overweight or obese.
- New Jersey has the 48th highest childhood obesity rate in the United States.
- 9% of New Jersey high school students are obese and 14% are overweight.
Brain Activity and Exercise

active kids learn better

BRAIN SCANS OF STUDENTS TAKING A TEST:

Red areas are very active; blue areas are least active.

after 20 minutes of sitting quietly

after 20 minutes of walking

Learn more about why active kids learn better and how schools can help at activelivingresearch.org/activeeducationbrief.

active kids learn better

GRADES:

20% more likely to earn an A in math or English

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active kids learn better

STANDARDIZED TEST SCORES:

increased 6% over 3 years

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NJ POLICIES

Nutrition Guidelines
- Promote Fruits and Veggies, low fat milk, whole grains
- Ban foods low in nutritional content
- Only offer milk, water or 100% Fruit Juice

Physical Education Guidelines
- 150 min/wk of PE for Elementary
- 225 min/week for Middle /High School
The Work That We Do
Partnerships and Grantees
### Professional Development

**New Jersey Association of Health, Physical Education, Recreation and Dance (NJAHPERD)**

- Conduct PD/TA for teachers and staff statewide and regionally.
- New Jersey School Nutrition Association - Regional trainings for kitchen staff on using fresh produce in the school lunch program.
- School Comprehensive School Physical Activity Programs Consultant Conduct Comprehensive Health and PE Core Curriculum Standards
Nutrition Education

- (5) regional “Kitchen Essentials” professional development sessions
- Conduct targeted outreach to school food service directors and staff
- Technical assistance (TA) sessions for school food service staff to implement new food service and nutrition guidelines including sodium reduction.
- Session content aligns with guidelines set forth by the Healthy Hunger Free Kids Act of 2010
Working in 5 Selected Districts

- 3 schools per district.
- Adding 2 new schools per district each year

Based on Criteria:
- Grades K – 8
- Min 40% Economically disadvantaged students
- Support of AHG Healthy Schools Program
- Capacity to Activate School Wellness Teams Through AHG
School Wellness Teams

GOALS

- Diverse team of school Health Champions
- Incentivized Scope of Work
- Stipends Given
- Conduit for CSPAP activity and Nutrition Education
- Conducts Assessment through Alliance for a Healthier Generation
Using the Alliance for a Healthier Generation ‘s tool

Demonstrate progress toward Action Plan

Report progress at each school’s district Board of Education and PTO/PTA meetings
Comprehensive School Physical Activity Program (CSPAP)
Physical Activity During School

This includes **classroom activity and recess**:

- **Classroom activity “Brain Breaks”**
  - Even 5-10 minutes in duration contributes to cognitive health (Castelli et al., 2007)
  - Pre K-12
  - You Tube –GoNoodle, AHA, google activity breaks

- **Recess**
  - Minimum 20 minutes per day/all grades K-12
  - Activity zones, active supervision, equipment, and multiple approaches
  - “Drop-in” physical activity in secondary schools

Physical Activity Before and After School

- School or community-sponsored activities/clubs/programs before and after school
  - Active commuting to school
    - Walk and bike to school
    - Walking school bus
  - Physical activity walking and running clubs
  - Intramurals (voluntary, student-centered, and all students)
- Joint use agreements with community centers/buildings

Staff Involvement

- Incorporate staff into PA programs
- Tailor programming to staff requests
- NJ DOH Worksite Wellness Toolkit
- PA breaks during meetings
- Role model for students

Family and Community Engagement

- Engaging families and community to be active beyond the school day
- Social support is critical in youth physical activity choices
- Parent/guardian-led activities
- Family events
- Youth sports

Coordination is Key

- CSPAP is a holistic approach to school physical activity
- Synergy across all components is critical
- Determine how each component complements the others
- Engage key stakeholders
- Communicate, communicate, communicate

School Wellness Policy

YEAR 3 – Princeton Center for Supportive Schools

- Research and Develop a Statewide Model School District Wellness Policy
- Convene statewide advisory committee
- Develop a Promotion Plan to Disseminate Policy
Support and maintain three (3) full time program staff/school based Coordinators, located in West New York, Elizabeth and Millville

What do Coordinators do?

- Mentor students in health, fitness and mental resilience.
- Create and Support School Wellness Councils
- Become an Alliance for a Healthier Generation Healthy School
- Implement health promotion events, staff challenges, cooking contests
- Undertake environmental projects (school gardens)
- Partnership with other non-profits, community and sports teams
School Health Resources

- **Alliance for a Healthier Generation School Health Index** - [https://schools.healthiergeneration.org/help/introduction_to_the_school_health_index/](https://schools.healthiergeneration.org/help/introduction_to_the_school_health_index/)
- **SHAPE AMERICA** - [http://www.shapeamerica.org/](http://www.shapeamerica.org/)
- **NJ School Nutrition Association** - [http://nj-sna.org](http://nj-sna.org)
- **Center for Supportive Schools** – [http://supportiveschools.org/](http://supportiveschools.org/)
- **Health Corps** - [https://www.healthcorps.org/what-we-do/school-programs/living-labs/](https://www.healthcorps.org/what-we-do/school-programs/living-labs/)
- **New Jersey Core Curriculum Content Standards, Comprehensive Health and Physical Education**, Brendan O'Reilly, Coordinator - [http://www.state.nj.us/education/aps/cccs/chpe/](http://www.state.nj.us/education/aps/cccs/chpe/)
- **NJ State Department of Agriculture** - [http://www.nj.gov/agriculture/](http://www.nj.gov/agriculture/)
- **Farm to School** - [http://www.farmtoschool.nj.gov/](http://www.farmtoschool.nj.gov/)
- **Safe Routes to School** - [http://www.saferoutesnj.org/](http://www.saferoutesnj.org/)
- **Sustainable Jersey for Schools** - [http://www.sustainablejerseyschools.com/](http://www.sustainablejerseyschools.com/)
Contact Information

Sheila M. Dunn, MBA School Health, Nutrition and Physical Activity Specialist
New Jersey Department of Health
609-777-7792
Sheila.Dunn@doh.state.nj.us