

BE A CHAMPION FOR SCHOOL WELLNESS

August 7, 2019
2-3 PM EST

PRESENTED BY
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Learning Library
TODAY'S DIETITIAN

Learning Objectives

- 1 Understand and describe federally required nutrition standards and local wellness policy components.
- 2 Identify at least two components of school wellness for which dietitians can be champions in their communities.
- 3 Implement at least one action step that supports school wellness.

Our Map for the Hour

- 1 What's Required?
- 2 What's My Role?
- 3 What Can I Do?

 Our Worksheet

CHAMPIONING SCHOOL WELLNESS

DATE	NAME
PERIOD	PERIOD
PERIOD	PERIOD
PERIOD	PERIOD
PERIOD	PERIOD
PERIOD	PERIOD

Front

CHAMPIONING SCHOOL WELLNESS

DATE	NAME
PERIOD	PERIOD
PERIOD	PERIOD
PERIOD	PERIOD
PERIOD	PERIOD
PERIOD	PERIOD

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<https://www.nba.org>

Why School Wellness?

- Economics
- Academics
- It's the right thing to do



<https://www.nba.org>

 Policies & Practices

- Absenteeism decreases
- Concentration improves
- Behavior problems decrease
- Healthy habits are established

<https://www.nba.org>

Comprehensive School Wellness

Framework emphasizing:

- Active student participation
- Community support
- Health and academics connection
- Evidence based policies and practices

<https://www.cdc.gov/healthyschools/wscz/index.htm>

QUIZ

The History

2004 LOCAL WELLNESS POLICIES USDA

2006 VOLUNTARY GUIDELINES Alliance for a Healthier Generation

2007 NATIONAL STANDARD INPUT Institute of Medicine

2010 HEALTHY HUNGER-FREE KIDS USDA

2014 SMART SNACKS IN SCHOOL USDA

2016 LOCAL WELLNESS POLICIES USDA



Wellness Policy

- Does it support practice?
- Is the healthy choice the easy choice?

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What's Required

The Law

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Nutrition Standards

Smart Snacks

Water

Parties & Rewards

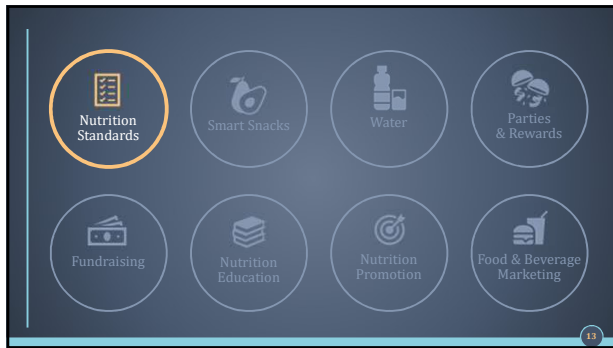
Fundraising

Nutrition Education

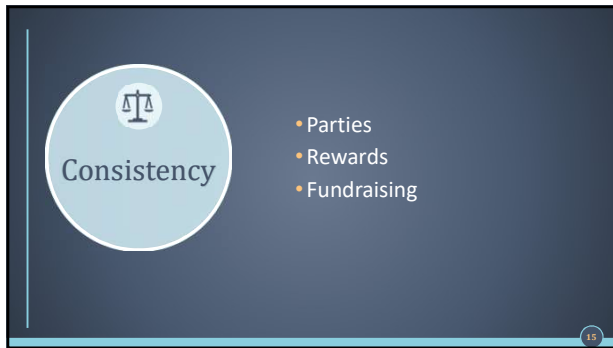
Nutrition Promotion

Food & Beverage Marketing

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Excitement

- Nutrition Education
- Nutrition Promotion
- Food and Beverage Marketing

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What's My Role?
The Natural Fit

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Education

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Remember

- Give CONSTRUCTIVE feedback
- Campaign for wellness
- Find and fill a need

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Resources

USDA: <https://www.fns.usda.gov/tn/local-school-wellness-policy>

CDC: <https://www.cdc.gov/healthyschools/wsc/index.htm>

National School Boards Association: <https://www.nsba.org>

Alliance for a Healthier Generation:
<https://www.healthiergeneration.org/take-action/schools/wellness-topics/policy-environment/local-school-wellness-policy>

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Let's Reflect

Jot It Down...

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Questions?

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4. Select "Start/Resume" Course to complete and submit the evaluation.
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