



Epidemic of Obesity

Legislative Obesity Task Force
January 26, 2010

NC Department of Public Instruction

June St. Clair Atkinson
State Superintendent of Public Instruction



North Carolina Public Schools

- 1.5 Million Students
- 115 Local Education Agencies
- 2,500 Schools
- 190,000 Teachers/Staff



NC State Board of Education

- Mission: Graduate
- Goal: Healthy Responsible Students



Funding

- Obesity pilot programs by General Assembly – middle and high school, \$500,000
- CDC funds for NC Healthy Schools – 5-year cycle, \$750,000 annually



Partnerships

Planning

Programs



Staffing

- NC Healthy Schools Section
 - One state-funded position
 - Five federally-funded positions
 - One position housed in DPH



Coordinated School Health

- Health Education
- Physical Education
- Child Nutrition Services
- Health Services
- Healthy School Environment
- Mental Health
- Staff Wellness
- Family/Community Involvement



Partnerships

- DPI & Division of Public Health
 - Collaborative agreement
 - Joint community grants
 - Eat Smart, Move More
 - PAN



NC Department of Public Instruction

- Child Nutrition Services Section
 - 28 federally-funded positions
 - 18 housed regionally
 - One federally-funded position at DPH



Child Nutrition Services

- 8th largest meals program
- 1.8 million meals served daily
- 50 % of students – primary source of nutrition
- 15,000 employees



Student Success

- Health ↔ Academic Performance
- Connection to quality of life

Freudenberg N, Ruglis J. Reframing school dropout as a public health issue. *Prev Chronic Dis* 2007;4(4). http://www.cdc.gov/pcd/issues/2007/oct/07_0063.htm. Accessed 9/11/2008.



Impact

- Character traits
 - **Good judgment**
 - **Self-discipline**
- Student support services – key



Academic Connections

“If we are serious about saving a generation of children, ensuring that not one of them is left behind, we must see that health and achievement go hand-in-hand. Only when children are healthy and safe will we be able to focus on improving their academic performance.”

Pat Cooper, Superintendent McCombs County Schools, MS

Child Nutrition Efforts

- School Meals Initiative Team (SMI)
- 8 RDs/LDNs
- One per 8 educational regions
- Training, technical assistance, and monitoring of LEA Child Nutrition programs





Local Wellness Policy

- Physical Activity
- Nutrition Education
- Nutrition Standards
- Other School-Based Activities

The law requires goals, guidelines, assurances, a plan for measuring, and a plan for involving various stakeholders in each of these areas.



SBE/DPI Initiatives

- Elementary school nutrition standards
(Dietary Guidelines for Americans)
-
- 85% voluntary implementation at elementary level



SBE/DPI Initiatives (continued)

- Middle school nutrition standards – drafted

SBE/DPI Initiatives (continued)

- Documentation for routine compliance with federal and state nutrition standards
- Semi-annual nutrient analysis (software purchased)





Challenges

- 4,300+ students with diabetes and the number of students with celiac disease, food allergies, and sensitivities on the rise
-
- Section 504 Plans



Challenges

- The sale of competitive foods and beverages undermines the nutritional, operational, and financial integrity of the Child Nutrition Program.

Challenges

- SBE policy prohibits the sale of foods/beverages to students (except through Child Nutrition Services) during the school day.





Healthy Active Children Policy

- First in the nation to adopt a comprehensive Healthy Active Children Policy



Healthy Active Children Policy

- Requires School Health Advisory Councils in each LEA (SHACs)
- Mandates 30 minutes of physical activity daily (K-8)
- Recommends 150 minutes of physical education in elementary schools per week
- Recommends 225 minutes of healthful living education in middle schools per week
- Protects recess and other PA time
- Promotes Coordinated School Health
- Reports to State Board of Education, annually



Initiatives

- Development and use of *Energizers*
- Fit Kids Website



Progress

- 40% of NC elementary schools provide 150 minutes of physical education per week
- 44% of NC middle schools provide 225 minutes of the *Healthful Living* per week



Health Data Collection -- CDC

- **Youth Risk Behavior Survey (YRBS)**

Randomly selected middle and high schools

- **School Health Profiles**

Principals and lead health teachers in randomly selected middle schools and high schools

- **School Level Impact Measures (SLIMS)**



Healthful Living Standard Course of Study

- K–12
- Blending of health education and physical education standards
- Promotes use of evidenced-based programs and curricula selection at the local level



NCAAHPERD Partnership

- In-School Prevention of Obesity and Disease (*IsPOD*)
- All physical educators conduct bi-annual *FITNESSGRAM* testing
- All North Carolina physical educators trained in *SPARK* as a baseline program

For information www.ispod.info

In-School Prevention of Obesity and Disease, IsPOD

- Targets K-8 students
- Some high schools have paid to participate
- 4-year cycle of funding, 2008-2012
- Funding at \$3.5 million from Kate B. Reynolds Charitable Trust
- 65 LEAs and 6 charter schools participated in the IsPOD training





IsPOD

- Conducts 5 *FITNESSGRAM* measures:
 - Muscular strength
 - Muscular endurance
 - Flexibility
 - Cardio-vascular endurance
 - BMI
- 480,000+ *FITNESSGRAM* data sets to date
- **Goal 1,000,000,000 + students by 2012**



Partnerships

- In partnership with Be Active NC and funded by the Health and Wellness Trust Fund, 32,500 classroom teachers were prepared to implement the Healthy Active Children Policy and utilize the *Energizers*.
- UNC Greensboro served as evaluators.



Activities

- Encourage walk/bike to school events
- Work with school architects to encourage open activity spaces



Activities

- Encourage joint-use policies for schools and communities
- Provide before and after school programs (e.g., 21st Century Learning Centers, intramurals)



Activities

Schools promote activities or programs that limit children's screen time

- Encourage time for activity in and out of the school day
- *LimiTV* brochure produced by Healthy Schools Section
- Substitute interactive video games such as *HOPSports*, *DDR* and *Wii* sports for sedentary games



SCORE

Southern Collaborative on Obesity Reduction Efforts (SCORE)

- \$10,000 grant from the Council of State Governments (CSG)
- Educating Policy Makers
 - NC General Assembly
 - NC State Board of Education
 - NC School Boards Association
 - Others



Numerous Health Partners

- NC Department of Agriculture
- NC Institute of Medicine
- NC Prevention Partners
- Healthy Carolinians
- Be Active NC
- Health and Wellness Trust Fund
- School Nutrition Association
- NC School Boards Association



Children must be healthy
in order to be educated,
and they must be educated
to be healthy.

Former United States Senator William Cohen, Maine



For More Information

www.dpi.state.nc.us/stateboard/hrstudents/