



**SUFFOLK
PUBLIC SCHOOLS**

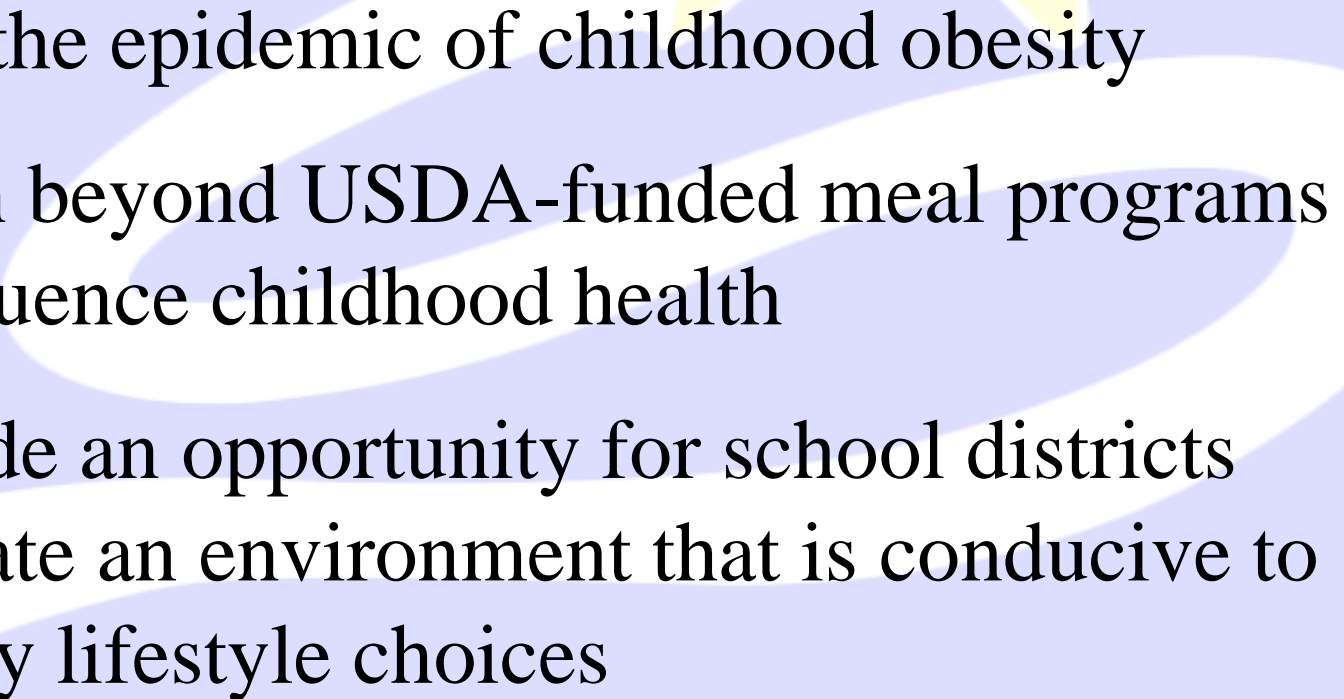
Suffolk Public Schools School Wellness Initiatives And Healthier Menu Options



**2011 Diabesity Forum
presented by the
Obici Healthcare Foundation
March 11, 2011**

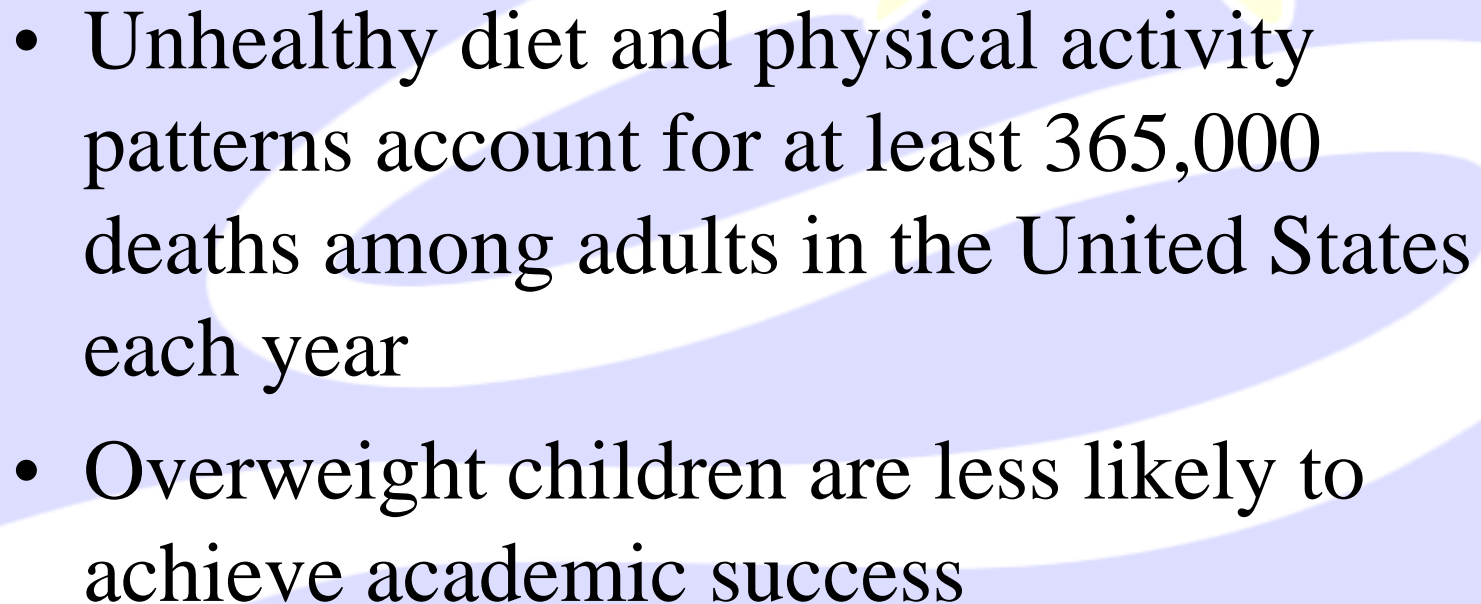
School Wellness Policy: Why?



- Curb the epidemic of childhood obesity
 - Reach beyond USDA-funded meal programs to influence childhood health
 - Provide an opportunity for school districts to create an environment that is conducive to healthy lifestyle choices
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School Wellness Policy: Why?



- Unhealthy diet and physical activity patterns account for at least 365,000 deaths among adults in the United States each year
 - Overweight children are less likely to achieve academic success
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Wellness Initiatives

The Suffolk City School Board recognizes that there exists a correlation between student health and learning. Thus, the School Board desires to provide a comprehensive program promoting healthy eating habits and physical activity for students enrolled in Suffolk Public Schools.



Wellness Policy Provisions

Policy contains the following elements:

- Appropriate goals for *nutrition education, physical activity, and other school based activities* designed to promote student wellness
- Nutrition guidelines for all foods available during the school day, with the objectives of promoting student health and reducing childhood obesity

Wellness Policy Provisions

Must Contain The Following Elements:

- Suffolk Public Schools shall ensure that nutritional standards for school breakfast and school lunch programs meet or exceed state and federal standards.
- A plan for measuring implementation of the school wellness policy, including designation of at least one person to maintain responsibility for program operation

Incorporating Wellness Education

- Curriculum
- Health & nutrition promotion
- School environment
- Cafeteria as a classroom
- Community resources



Incorporating Wellness Education

Incorporated into all
physical activities such
as:

- Recess
- Physical Education classes
- Before- and after-school wellness activities



Wellness Initiatives



The Suffolk City School Board has established the following areas to promote student wellness:

1. Nutrition Education
2. Physical Activity
3. Other School Based Activities
4. Nutrition Guidelines

Nutrition Education



- Nutrition education that teach needed skills
- Nutrition education offered in the school cafeteria
- Curriculum standards address both nutrition and physical education.
- Nutrition shall be integrated into the health education or core curricula
- School Nutrition Advisory Committee
- Health Education Standards of Learning

Physical Activity

- Physical activity during the school day
 - Elementary school students (Grades K-5)
 - Middle and high school students (Grades 6-10)
- Health education complements physical education
- Additional opportunities for physical activity
- Students with special health care needs



Other School Based Activities

- Staff
 - Programs benefiting staff health
 - Basic health screenings and flu immunizations
 - Onsite health screenings
 - Feeling Fit Wellness Program publication
 - Onsite health assessments



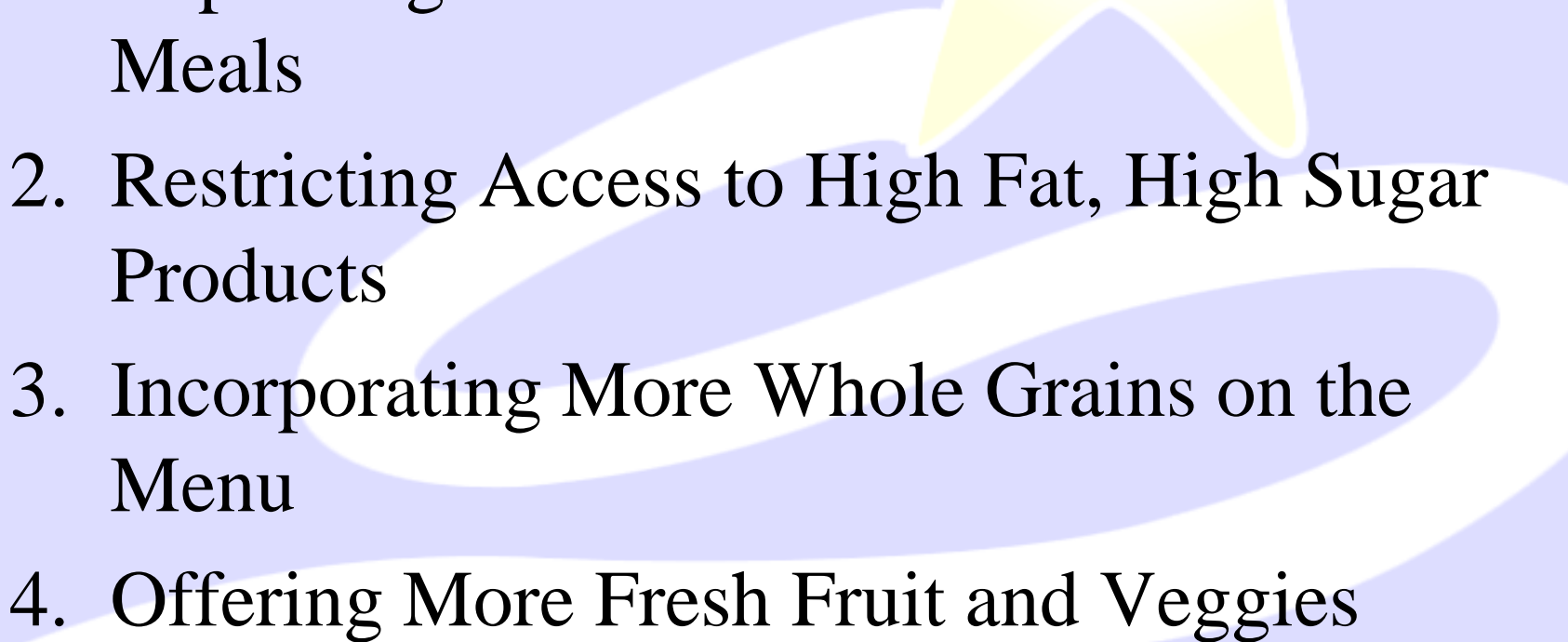
Nutrition Guidelines

- Nutritional standards
- Foods and beverages sold to students on campus
 - Snacks sold to students
 - Calories
 - Fat
 - Sugar
 - Beverages sold to students
 - Fruit Juice and Fruit Juice Drinks
 - Bottled and flavored water



Healthier Menu Options



1. Improving the Nutritional Content of Student Meals
 2. Restricting Access to High Fat, High Sugar Products
 3. Incorporating More Whole Grains on the Menu
 4. Offering More Fresh Fruit and Veggies
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Improving Nutritional Content

- Deep fat fried foods in elementary schools.
- French Fries offered in middle and high schools.
- Added more oven-able products
- Use of reduced fat beef
- Use of reduced fat pizza



REPLACE HIGH FAT & SUGAR

- Goal not to eliminate snacks
- Ice cream and baked cookie replacement
- Healthier options



More Whole Grains

- Whole grain offerings:
 - French Toast Sticks
 - Breakfast Cereals
 - Whole Grain Poptarts
 - Cheese Sticks
 - Whole Wheat Pasta
 - Fresh Baked Wheat Rolls



More Fresh Fruits And Vegetables

- Fresh fruit and vegetable options
 - A variety of fresh fruits
 - Made-to-order Salad Bar
 - Smart Choice options
 - Fresh fruit and vegetable program.



Obesity Is An Ongoing Battle

- Suffolk Public Schools understands that we play a key role in battle against Childhood Obesity.
- We have made significant improvements; however, we realize that we must keep doing more to help our students develop life long good eating habits.



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