



# NUTRITION AND PHYSICAL ACTIVITY REPORT

2012-2013

Julia Bauscher, *School Nutrition Services*  
Donna Benton, *Curriculum and Instruction*  
Bonnie Ciarroccki, *Physical Development  
and Health Services*  
Beverly Winsch, *Data Management,  
Planning, and Program Evaluation*



# NEW SCHOOL LUNCH REQUIREMENTS

- Fruit or vegetable required; greater daily requirement
  - Subgroups required
- 100% Whole Grain
- Age appropriate serving sizes and calorie ranges

2012-13 Nutritional Value of School Lunch	K-5	6-8	9-12
Calories	550	626	775
% Calories Saturated Fat	7.66%	5.71%	7.84%
Sodium, mg	1057	1166	1226

# LOCAL FOOD

	2011-2012	2012-2013
Contracts	2	6
Produce Items	10	15
Value purchased NSLP	\$30,201.35	\$55,554.40*
Value purchased FFVP (35 schools)	\$0	\$65,380.15

SCNS commitment to Farm-to-School resulted in receiving a recent USDA F2S implementation grant for \$100,000.



# BREAKFAST IN THE CLASSROOM





READY,



SET,



GO!



# RESULTS

	<b>2011-12</b>	<b>YTD Oct 2012-2013</b>
Breakfast ADP (avg)	282	424
% Change	-	50%
Free participation	62%	84%
Reduced participation	46%	84%
Paid participation	50%	60%



**Additional Students  
Served: 3,600 per day**



# BREAKFAST IN THE CLASSROOM (BIC) – YEAR 1 PRELIMINARY DATA\*

	2011	2012	DIFF
BIC TARDINESS RATE	6.2%	6.2%	0
ELEM TARDINESS RATE	5.4%	5.3%	-.1%
BIC ATTENDANCE RATE	95.6%	95.6%	0
ELEM ATTENDANCE RATE	95.9%	95.8%	-.1%
BIC BEHAVIOR REFERRALS**	1001	795	-206 (20.6%)
ELEM BEHAVIOR REFERRALS**	2906	2409	-497 (17.1%)
BIC SCHOOL NURSE OFFICE VISITS (8 Elementary Schools)	7810	7896	+86 (1.1%)
ELEM SCHOOL NURSE OFFICE VISITS (25 Elementary Schools)	26,914	28,746	+1832 (6.8%)

\*As of 4<sup>th</sup> Pupil Month

\*\*As reported in Infinite Campus



# PHYSICAL ACTIVITY AND PHYSICAL EDUCATION REPORT

---

Annually we are required by Kentucky law **KRS 160.345** (commonly called Senate Bill 172) to report on physical activity:

“Each school council of a school containing grades K-5...shall develop and implement a wellness policy that includes moderate to vigorous physical activity each day. The policy may permit physical activity to be considered part of the instructional day, not to exceed thirty (30) minutes each day, or one hundred and fifty (150) minutes per week. Each school council shall adopt an assessment tool to determine each child’s level of physical activity on an annual basis...shall report...each year on how the schools are providing physical activity under this subsection and on the **types** of physical activity being provided.”





Name of PE Teacher(s): \_\_\_\_\_

Full Time                      or                      Part Time

Average number of minutes each student participates in Physical Education (PE) per week \_\_\_\_\_

Does your SBDM Wellness Policy include “moderate to vigorous physical activity each day”?

YES

NO

School Name \_\_\_\_\_



Average Number of minutes each student participates in Physical Activity (PA) per week **During** School \_\_\_\_\_

Type:

“Recess”

Classroom PA

Other (please list) \_\_\_\_\_

Physical Activity (PA) offered to students  
**Before/After** School

Types: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY PROGRAM (CSPAP)



Supports:

- “Senate Bill 172” KRS 160.345
- School’s Wellness Policy
- School’s Practical Living Program Review



# PHYSICAL ACTIVITY

## During School

### **Types:**

- PE Class
- “Recess”
- Brain Breaks
- AM/PM Broadcast Activities
- Movement DVDs

### ○ **Types:**

- Walking
- Running
- Cross Country
- Track
- Martial Arts
- Yoga
- Dance
- Tennis
- Jump Rope

## Before and After School



# PHYSICAL ACTIVITY TRAINING AND IMPLEMENTATION IN ACTION





# LET'S MOVE in School

**[www.LetsMoveInSchool.org](http://www.LetsMoveInSchool.org)**

---

A comprehensive report including each school's successes and recommendations has been given to each Board Member, Area Assistant Superintendents, and posted online.



# Health Promotion Schools of Excellence (HPSE) is a Coordinated School Health Program (CSH) designed to promote and maintain healthy lifestyles and to reduce health risk behaviors of students, staff and parents.



## Focus Areas:

- Cardiovascular disease
- Cancer prevention/early detection
- Physical fitness
- Injury Prevention



## Forty-four participating schools (34 elementary, 4 middle, 3 high, 3 special)



# ***PHYSICAL EDUCATION FOR PROGRESS (PEP) GRANT***

**Three Year Grant(approx. \$800k) to enhance and expand current programs focusing on chronic disease prevention and control**

➤ **NINE PARTICIPATING ELEMENTARY SCHOOLS**

➤ **TEACHERS RECEIVE:**

- Professional Development

➤ ***STUDENTS RECEIVE:***

- Y5210-24 week physical activity/nutrition program
- Go Healthy Nutrition
- Funtastic Pedometer Program



# 2012 PEP/HPSE PHYSICAL BEST DATA

## PRE-POST BMI CHANGE

	<b>NORMAL</b>	<b>OVERWEIGHT</b>	<b>OBESE</b>
PEP	+1%	0	-1%
HPSE	+1%	0	-1%

## MET WALK/RUN STANDARDS

	<b>PRE</b>	<b>POST</b>	<b>CHANGE</b>
PEP	14.8%	20.8%	+6%
HPSE	18.6%	22.1%	+3.5%



# 2012 PEP/HPSE Y5210 DATA

## Y5210 SURVEY KNOWLEDGE GROWTH FOR COMMON ITEMS

		POST	CHANGE
How Much Physical Activity Do You Get On a Daily Basis?	PEP	41.3%	+2%
	HPSE	47.8%	+1.9%
How Many Servings of Fruits and Vegetables Should You Eat Each Day?	PEP	59.4%	+8.6%
	HPSE	64.7%	+8.4%
I Try to Do Better At Eating Healthier Foods Every Day.	PEP	81.4%	+9.6%
	HPSE	84.1%	+3.3%
I Try to Do Better at Being Physically Active Every Day.	PEP	88.8%	+6.2%
	HPSE	89.4%	+1.8%

# WELLNESS COMMITTEE NEXT STEPS FOR 2013-2014

- Develop SMART Goals that Ensure School Compliance with District Wellness Policy.
- Revise District Wellness Committee to Model Best Practices Used in other Successful School Districts.

