



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

| | 2011-12 | YTD Oct 2012-2013 |
|--------------------------|----------------|------------------------------|
| 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 4th 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.”

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

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 lifestyle 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

| | NORMAL | OVERWEIGHT | OBESE |
|------|---------------|-------------------|--------------|
| PEP | +1% | 0 | -1% |
| HPSE | +1% | 0 | -1% |

MET WALK/RUN STANDARDS

| | PRE | POST | CHANGE |
|------|------------|-------------|---------------|
| 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.

