

WELLNESS POLICY PROGRESS REPORT

MEASURING SUCCESS
COMPARING DATA BETWEEN YEARS
05/06 – 10/11

LUSD Wellness Committee
Kathy Bertelsen, Chair



INDICATOR #1 – ANNUAL FITNESS GRAM SCORES

(California Physical Fitness Test)

This fitness gram is required by the Department of Education. Data is to be compared every two years because data is only collected for grades 5, 7, and 9. This way you will be comparing the same set of students to evaluate if there was a positive or negative change. If you compared data every year – you would be comparing different sets of students. Base line data we used is for the 04-05 school year.

<u>Fitness Indicator</u>	<u>Grade</u>	<u>04/05</u>	<u>06/07</u>	<u>08/09</u>	<u>Change</u>
Aerobic Capacity	5 th grade	53.9% In HFZ	58.5% In HFZ	64.6 % In HFZ	+10.7%
	7 th grade	67.8% In HFZ	68.1% In HFZ	71.1% In HFZ	+ 3.3%
	9 th grade	50.9% In HFZ	54.6% In HFZ	67.3% In HFZ	+16.4%
<hr/>					
Body Composition	5 th grade	69.1% In HFZ	65.9% In HFZ	68.6% In HFZ	- .5%
	7 th grade	63.6% In HFZ	70.9% In HFZ	64.8% In HFZ	+ 1.2%
	9 th grade	65.0% In HFZ	60.6% In HFZ	71.2% In HFZ	+ 6.2%

Note: HFZ = Healthy Fitness Zone

Body Composition = BMI (Body Mass Index)

INDICATOR #2 – CALIFORNIA HEALTHY KIDS SURVEY

This survey is performed every other year and is a requirement of the Department of Education. It is a survey that assesses health behavior and attitudes. Two of the areas are related to nutrition and exercise.

<u>Health Indicator</u>	<u>Grade</u>	<u>Fall 2004</u>	<u>Fall 2006</u>	<u>Fall 2008</u>	<u>Fall 2010</u>	<u>Change</u>
Ate breakfast this morning	7	70%	69%	70%	70%	no change
	9	57%	62%	64%	63%	+ 5%
	11	55%	55%	57%	60%	+ 5%
Exercised vigorously 20 min 3 days a week in past 7 days.	7	75%	74%	*	*	-1%
	9	76%	81%	*	*	+5%
	11	68%	64%	*	*	-4%
Ate 5 servings of fruits or Vegetables during the previous day.	7	58%	55%	*	*	-3%
	9	41%	50%	*	*	+9%
	11	40%	49%	*	*	+9%

* Note: These behaviors were not part of the assessment tool for the 2008--2009 School Year

INDICATOR #3 – STUDENT PARTICIPATION RATES IN SCHOOL MEALS

Participation in school meals are expected to increase because a complete meal that comes with milk, fruit and vegetables is nutritious. It was a goal of the district wellness policy to have a National Lunch and Breakfast program at all schools. We have accomplished that goal.

Meal	05/06	06/07	Variance	07/08	Variance	08/09	Variance	09/10	Variance	10/11	Variance	Overall Change
Breakfast	186,551	289,292	↑ 55%	328,586	↑ 14%	276,813	* ↓ 14%	256,422	* ↓ 8%	216,414	↓ 18%	** ↑ 16%
Lunch	813,541	908,078	***↑ 12%	959,377	***↑ 6%	941,144	† ↓ 2%	915,047	† ↓ 3%	850,946	† ↓ 7%	↑ 5%

* The dramatic decrease in breakfast in 08/09 is because of the second breakfast going away and 09/10 & 10/11 likely due to reducing sugar on menu

** The overall increase in breakfast participation is attributed to improvements in the quality of the meals, improved ambience of the serving areas and adding a breakfast program at the remaining 4 schools that did not have one (Cabrillo High, Buena Vista, Los Berros and Crestline).

*** The increase in lunch participation in 06/07 and 07/08 is attributed to improvements in the quality and variety of the meals, improved ambience of the serving areas (especially at the comprehensive high schools where food courts were put in) and improved speed of service due to the addition of lunch lines at all the secondary schools).

† The decrease in lunch participation 08/09, 09/10 and 10/11 is likely because of declining enrollment (8% since fall of 2004) and an increase in paid lunch prices. Another factor that negatively affects elementary lunch participation is the increase in collaboration days.

INDICATOR #4a – CHANGES IN SALES REVENUE – CHILD NUTRITION SERVICES A LA CARTE SALES

Food Services snack sales are expected to decrease – a positive trend – given that school lunch is a complete meal, therefore, more nutritious than snacks.

Program	05/06	06/07	Variance	07/08	Variance	08/09	Variance	09/10	Variance	10/11	Variance	Overall Change
Middle	\$175,105	\$174,067	↓ 1%	\$149,406	↓ 14%	\$100,911	↓ 32%	\$92,662	↓ 8%	\$222	↓ 76%	↓ 99.8%
High	\$167,478	\$92,596	↓ 45%	\$56,812	↓ 39%	\$12,256	↓ 78%	\$6,299	↓ 49%	\$1,864	↓ 29%	↓ 98.9%

Decreases in snack sales at middle schools each year is largely because of SB12 and SB965 laws going into effect and the healthier choices not being as appealing to the students and also because more school lunch lines were added with more variety and better quality in food choices. The dramatic decreases in high school snack sales are because the snack sales were stopped at Cabrillo High in 07/08 and then at Lompoc High in 08/09 and replaced with school lunch lines. And the stopping of snack sales at the middle schools in 10/11 led to a dramatic decrease in snack sales.

INDICATOR #4b – CHANGES IN SALES REVENUE – NON CHILD NUTRITION SERVICES SOURCES

Other sales revenue from other school snack sales were expected to decrease – a positive trend – given that fundraising choices have traditionally not been healthy food or beverage choices which have contributed to the overweight/obesity problem.

<u>School</u>	<u>Items Sold</u>	<u>06/07</u>	<u>08/09</u>	<u>09/10</u>	<u>Variance</u>
Los Berros	After School Snacks	\$1,200	\$14,836	\$9,120	↑ \$7,920*
Lompoc Middle School	Beverage Machines	\$1,830	none	none	↓ \$1,830**
Lompoc High School	Vending Machines	\$4,780	\$2,002	\$1,978	↓ \$2,802***

*Los Berros fundraising revenue increased due to funds needed for Science Camp which cost \$13,287

**Lompoc Valley MS removed their beverage machines

***High School snack & beverage sales affected by SB12 & SB965 respectively

INDICATOR #5 – NUTRITIONAL ANALYSIS OF MEALS

The meals are analyzed according to USDA guidelines which are in line with the Dietary Guidelines for Americans. It is expected that the district would meet all 7 nutritional goals as mandated by USDA (calories; total fat; saturated fat; vitamins A and C; iron, and calcium. In the interest of space, only nutrients that are not 100% in compliance with standards are listed – all other nutrients are 100% in compliance.

<u>Meal</u>	<u>2005-2006</u>	<u>2006-2007</u>	<u>2007-2008</u>	<u>2008-2009</u>	<u>2009-2010</u>	<u>2010-2011</u>
Breakfast: Elementary	99% calories	96% calories	107% calories	107% calories	100% all	101% all
Middle	102% calories	106% calories	106% calories	103% calories	100% all	99% calories
High	101% calories	100% all	108% calories	104% calories	99% calories	110% calories
Lunch: Elementary	98% calories	99% calories	100% all	100% all	101% calories	102% calories
Middle	98% calories	99% calories	101% calories	101% calories	100% all	103% calories
Middle	99% iron	86% iron	100% all	100% all	100% all	100% all
High	99% calories	99% calories	100% all	97% calories	100% all	110% calories
High	97% iron	99% iron	100% all	100% all	100% all	100% all
High	100% all	100% all	31% fat	100% all	100% all	100% all

INDICATOR #6 – INCIDENCE OF TYPE II DIABETES

	<u>05/06</u>	<u>06/07</u>	<u>07/08</u>	<u>08/09</u>	<u>09/10</u>	<u>10/11</u>
Students with Type II Diabetes	18	11	8	7	10	7

INDICATOR #7 – FEEDBACK FROM PARENTS, STUDENTS AND STAFF OF THEIR PERCEPTION OF HOW WELL THE WELLNESS POLICY IS WORKING

Parent Survey Results:

Surveys were sent to all parents in the opening day packet at the start of the 08/09 school year. A total of 2,404 surveys were returned. Following is a summary of the survey results:

Q1 – Are you aware that the LUSD has a Wellness Policy?	48.5% answered yes	49.3% answered no		
Q2 – In the past year, have you noticed any changes at your child’s school that support health and wellness?	46.8% answered yes	51.5% answered no		
Q3 – In the past year, have you noticed more lessons or activities related to health, fitness and/or nutrition?	54.6% answered yes	43.1% answered no		
Q4 – In the past year, has your student talked about health, fitness and/or nutrition more often?	57.8% answered yes	40.3% answered no		
Q5 – Are you aware of the Sports, Play Active Recreation for Kids (SPARK) physical education program at your child’s school?	34.3% answered yes	64.3% answered no		
Q6 – Do you feel that physical education is an important part of your child’s education?	96% answered yes	2.8% answered no		
Q7 – In general, how do you rate your child’s daily physical activity level?	51.8% “active”	34.9% “somewhat active”	9.9% “less active”	2.1% “inactive”
Q8 – Does your family engage in activity recreation after school or on weekend?	75% answered yes	24% answered no		
Q9 – Would you consider the foods served at your school to be healthy?	74.7% answered yes	21.4% answered no		
Q10 – Do you believe that there are more healthy food choices at your child’s school than last year?	59.6% answered yes	35.1% answered no		
Q11 – Are you aware of the healthy classroom party guidelines?	49.6% answered yes	44.1% answered no		
Q12 – Do you model healthy eating habits in front of your children?	61.1% “mostly”	33.7% “sometimes”	1.0% “hardly ever”	1.4% “don’t think about it”

INDICATOR #8 - Descriptions of the district's nutrition education, physical education, and health education curricula

Nutrition and Health Education:

- Grades K – 8 use the program, “Too Good for Drugs” from the Mendez Foundation. The program does outline the correlation to the State standards for the program at each grade level. At some grade levels, there is more emphasis on nutrition than others. The current science adoptions at those grade levels don’t appear to include any significant amount of information on nutrition or health.
- Grade 9 uses a textbook, Glenco Health by McGraw-Hill, which covers both health and nutrition education and does list the correlations to California State Standards.
- Grades 10 – 12: Nutrition and/or Health are also covered in the following secondary classes:
 - Developmental Psychology of Children I and II
 - Food Service and Hospitality
 - Food and Nutrition
 - Living on Your Own
 - Anatomy
 - Human Biology

Physical Education:

- Grades K – 12 use the Spark PE program.
- High school students are required to take 4 semesters of PE for graduation, unless they are in a sport that counts as PE credit. They are currently offered a variety of PE courses.

INDICATOR #9 - Number of minutes of physical education instruction offered at each grade span

- Grades 1-6: not less than 200 minutes each 10 school days
- Grades 7-12: not less 400 minutes each 10 school days
- Grades 10-12 who have been granted a two-year exemption pursuant to Education Code 51241(b) shall be offered a variety of elective physical education courses of not less than 400 minutes each 10 school days

Per California Department of Education requirements

Note: The Wellness Committee would like to note that they felt that anecdotally it appears that no grade level is meeting the state requirements for physical education minutes, but they feel there is no effective way to measure it at this time (discussed at the February 24, 2011 Wellness Committee Meeting).