



Wellness Program Evaluation



Mary Jo Gruber - Chief Financial Officer
JoAnn Greenwell - Director of Community and Staff Engagement

WELLNESS SELF-ASSESSMENT

Schools play an important role in the overall health of children and adolescents. Schools can give children and adolescents more chances to:

- Consume nutritious meals, snacks, and beverages;
- Get regular physical activity; and
- Learn about the importance of lifelong healthy behaviors.

Research has linked healthy eating and physical activity with better academic performance and classroom behavior such as concentration, attentiveness, and time-on-task. For example, eating a healthy breakfast has been associated with improvements in memory, mood, and academic performance, as well as fewer absences from school. School-based physical activity has been associated with improved academic achievement, including higher grades and standardized test scores, as well as better cognitive skills, attitudes, and academic behavior. Policy changes at the federal level have helped make it possible for schools to play a leading role in preventing obesity. For example, the Child Nutrition and WIC Reauthorization Act of 2004 required that all local education agencies that participate in the National School Lunch Program or other child nutrition programs create a local school wellness policy with goals for nutrition education, physical activity, and other school activities designed to promote student wellness and set nutrition standards for all foods available on school campuses. Further, the Healthy, Hunger-Free Kids Act of 2010 requires schools to evaluate their wellness policies and report this information to the public on a tri-annual basis.

As required by the Healthy, Hunger-Free Kids Act of 2010, and because Pattonville participates in the National School Lunch program, Policy ADF (District Wellness Program) was adopted on February 28, 2006, and revised on May 24, 2016, and April 11, 2023. In compliance with the policy, the district has established a Wellness Committee that consists of at least one parent, student, nurse or other school health professional, physical education teacher, school food service representative, board member, school administrator, member of the public, and other community members as appropriate. Current Wellness Committee members are:

Co-Chairs

Mary Jo Gruber, Chief Financial Officer
JoAnn Greenwell, Director of Community and Staff Engagement
Audrey Westrich, Director of Food Service

Members

Dr. Brian Gray, Board Member
Lisa Kickbusch, Board Member

Daniel Wentz, Board Member
Melissa Yount-Ott, Parkwood Principal
Jared Beucke, Asst Principal High School
Michael Wilhite, Lead Nurse
Denise Grimshaw, Elementary PE Resource Teacher
Travis Williams, Middle School PE Resource Teacher
Anna Braswell, Department Chair PE High School
Maliyah Harris, High School Student
Michelle Evans, Parent
Julie Purviance, Staff
Lisa Schweiger, Staff (Recorder of Minutes)

Committee meeting dates and agendas are posted on the district's wellness [website](#). All Wellness Committee meeting agendas include a public comment period in which participants are encouraged to provide input on the district's wellness program. Meetings and records of the Wellness Committee adhere to the requirements of the Missouri Sunshine Law.

Community Wellness Survey Results and Analysis

Survey Background

A wellness [survey](#) was made available to parents, district employees, and secondary students in April 2023. The survey was designed to ask questions relevant to the surveyed group. Many questions were worded specifically to that group but acquired the same information across all groups. Overall, 1,220 responses were received with 67% from secondary students and 18% from parents and 15% from staff.

- Parents - 18.2% (221)
- Secondary students - 67% (817)
- Classroom teachers/support staff - 13.4% (164)
- Principals - .4% (5)
- PE teachers - .7% (9)
- Nurses - .3% (4)

Other Participation Highlights

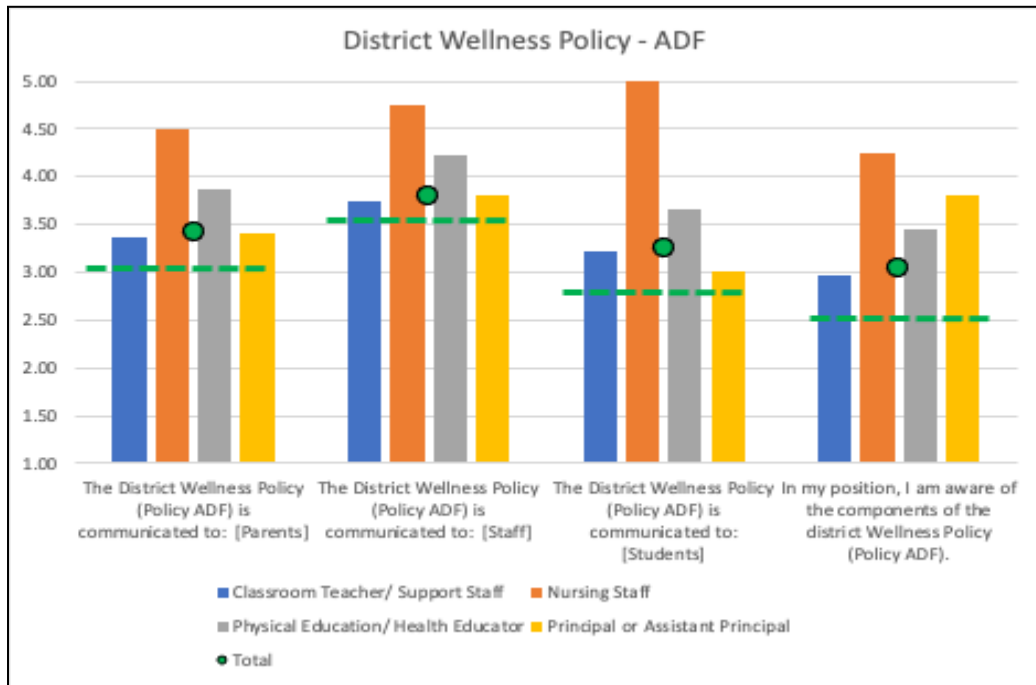
- 97% of secondary students were at the middle school level, 2% were in 9th grade, and the remaining 1% were from 10th and 11th grades.
- 78% of PE teacher respondents were from middle schools.
- 70% of parent respondents were parents of elementary students.
- Administrators across all grade levels responded.
- 44% of classroom teachers/support staff were from elementary schools, 32% were from the high school and 21% were from middle school.
- 50% of nurse respondents were from elementary schools and 50% were from middle schools.

Survey Results Demonstrate

- Results indicated a need to increase awareness regarding the District's wellness policy and feedback mechanisms. (Questions 5, 6, 7, 16, 17, 41)
- Results indicate high stakeholder awareness of District wide PE/health experiences and lower awareness of nutrition education. (Questions 18-27)
- Results indicate the need for increasing stakeholder awareness nutritional requirements and National [Smart Snack](#) initiatives. Data indicates that stakeholders feel informed about school menus. (Questions 8, 10, 12, 50)

Awareness of the District's Wellness Policy

Multiple data points suggest that community stakeholders have minimal awareness of Pattonville's wellness policy and ways to provide feedback on parts of the program. When asked if they were aware of the components of the district wellness policy (Policy ADF), more than 56% of parent participants and 59% of district staff reported they disagreed, strongly disagreed or it was unknown. In addition, a majority of respondents did not know if the policy had been communicated to students, parents, or staff. Furthermore, 72% of adult respondents reported either not having the opportunity or not knowing about the opportunity to provide feedback regarding school meal planning.



Awareness of PE and Health Programs

Multiple data points suggest that community stakeholders have positive awareness regarding encouraging participation and working collaboratively in PE classes. Respondents are also aware that the district's PE and health programs offer vigorous exercises, foster the development of movement skills, and encourage healthy habits. In addition, 63% of teachers who responded embedded within their lessons programs and/or awareness to increase students' physical activity and positive nutritional choices.

However, 48% of the PE teachers who responded were neutral or strongly disagreed about knowing the components of the district's wellness policy. Additionally, 43% of parents, 11% of PE teachers and 40% of administrators did not know if nutrition information was provided at every grade level and 65% of respondents felt the district could offer programs to build awareness regarding the importance of nutrition and body-size acceptance.

Awareness of Food Offerings

Several points stand out in the data related to school menus and knowledge of USDA meal requirements. First, almost 90% of adult respondents agreed that parents have access to school menus and nutritional information. However, 28% of respondents did not know if school meals met the USDA nutritional requirements for the national meal programs. Similarly, 69% of respondents did not know that the district participates in farm-to-school initiatives.

Because Pattonville participates in the National School Lunch and/or School Breakfast Programs, the district is required to follow and has adopted standards for all foods and beverages sold outside of or in addition to the reimbursable school meals. These standards apply during the school day anywhere on school campus/grounds. A school day is defined as midnight to 30 minutes after the end of the school day. Additional findings include:

- 43% of respondents did not feel students are encouraged to eat healthy snacks;
- 71% of respondents did not feel that parents are encouraged to plan healthy party menus, including non-food alternatives for celebrations; and
- 80% of respondents feel their school does not discourage the use of food/beverages as a reward or punishment for student behavior.

Secondary Student Response Highlights (97% of these student responses were middle school)

- 82% of secondary students responded that they feel they are at or almost at the best of their ability. (Question 51)
- 36% of secondary students responded that they ate vegetables 2-3 times a day before they were surveyed. However, 29% did not eat any. (Question 52)
- 45% of secondary students responded that they ate fruit 2-3 times a day before they were surveyed. However, 26% did not eat any. (Question 53)
- 70% of secondary students responded that they usually watch TV, play video games, or use a computer, tablet, or phone (excluding the time required for school/homework) more than 3 hours a day. (Question 55)
- Only 22% of secondary students eat breakfast at school even though it is provided for free. (Question 61)
- 17% of secondary students experienced anxiety 3-5 times in the last 7 days; 15% responded with a rate of 6 or more times. (Question 63)
- Similarly, 17% of secondary students experienced hunger 3-5 times in the last 7 days. 15% responded they experience hunger 6 or more times. (Question 65)
- 57% of secondary students would be interested in the school having more opportunities to be active before school, after school, and on the weekend. (Question 66)
- 53% of secondary students would be interested in learning more about how food choices can help them stay healthy. (Question 67)

STAFF WELLNESS

The district's staff wellness program provides support and resources to cultivate overall staff wellness to meet the variety of staff classifications, develop a positive working environment, focus on a healthy organization, and instill a culture of engagement to give our best for all our students.

The staff wellness committee is designed to include every employee and what makes their department and building unique. Wellness Captains from each building have volunteered their time to focus on district initiatives within their buildings. Having building-based captains allow the program to reach staff where they are as the captains are in the building and know staff needs and wants. The program's first-year focus was to inform staff of the great benefits already in place in Pattonville such as CareATC, PAS - Employee Assistance Program, Livigno, UMR, and many more.

In January 2023, the wellness committee launched a monthly district newsletter focused on physical, mindfulness, emotional, technology, nutrition, wellness resources, and school-based initiatives. Newsletters included links for staff to dive deeper into pertinent information.

In February 2023, Pattonville promoted CareATC in our district newsletter by partnering with CareATC for staff to complete their PHA (Personal Health assessment) for a chance to win a \$25 gift card. Staff was encouraged to participate because knowledge of your health is key to controlling high-risk health issues. Below is a copy of the newsletter article as well as a chart showing the increase in staff who completed PHA's from 2022 to 2023.

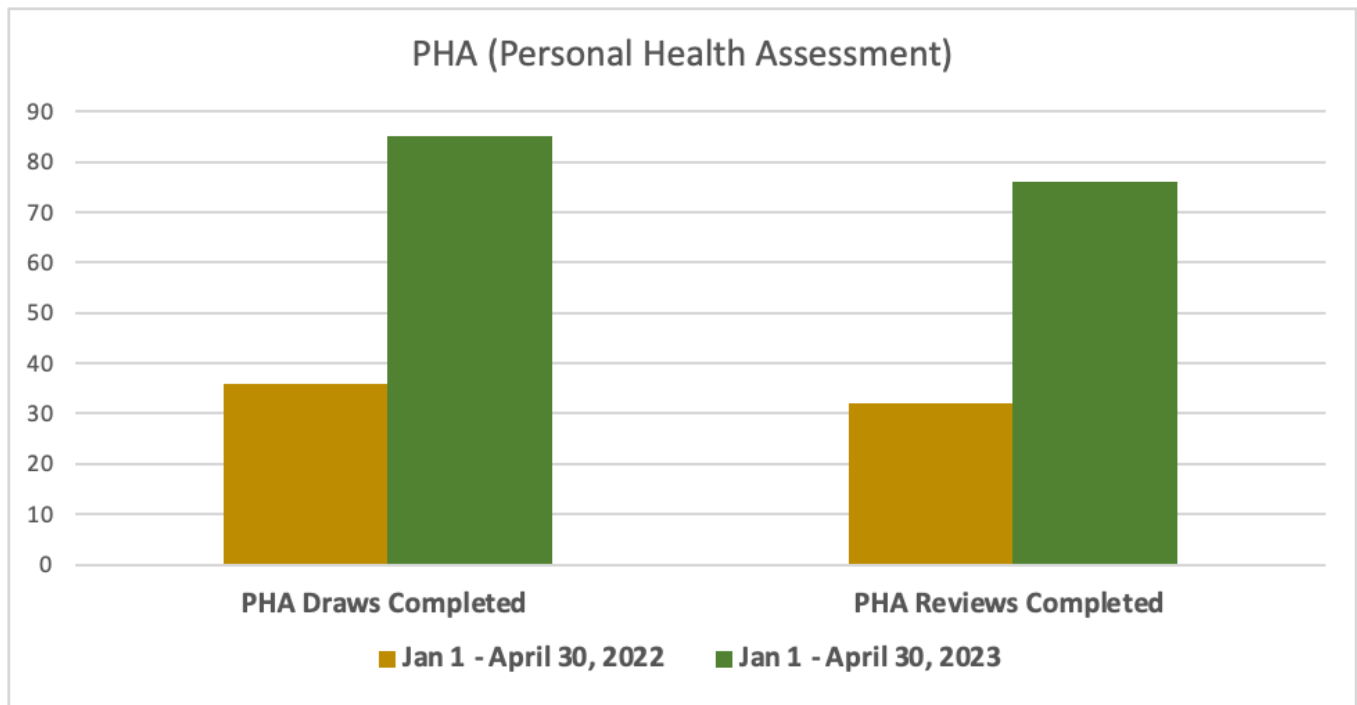
RESOURCES

What Would You Change if You Knew Your Future?

Register for a Personal Health Assessment (PHA) with CareATC. The PHA is a comprehensive health screening to identify your risk levels for certain preventable medical conditions. The PHA includes a check of your blood pressure, height, weight, waist measurement, and a blood draw.

After you have your PHA, make an appointment with CareATC to review the results prior to **March 3, 2023**, and you will be entered into a drawing to **win a \$25 gift certificate to Amazon.com**. One person from each School or Department is eligible to win.

Schedule your Personal Health Assessment



Additional increases in CareATC utilization

- February-April 2023: Pattonville averaged 92% of contract capacity vs the previous year's average of 79%
- New patients who'd never used Care ATC before:
 - February 2023 - 27 new patients
 - March 2023 - 18 new patients
 - April 2023 - 19 new patients

NEXT STEPS

- Create an overall mission and vision statement to clarify the purpose of the Wellness Committee and guide the direction of the committee's work.
- Build a clearer communication plan related to the district wellness policy to increase awareness across stakeholder groups and school levels. Improve communication in advance of each meeting through district-level communications as well as principal newsletters to reach students, staff, and members of the community.
- Improve staff engagement and knowledge of wellness initiatives with wellness newsletters and incentives led through the wellness captains.
- Provide professional development opportunities to staff regarding nutrition education and the district's wellness policy.
- The K-8 athletics program will continue working with the high school athletic director and coaches/sponsors to build the elementary and middle schools' capacity to provide ample opportunities for students to participate in an activity or sport that complements their intellectual and athletic abilities.
- Work with building leaders to educate staff and PTO's on Smart Snack initiatives and policies.
- Implement the recommendations identified by reviewing the *School Health Index (SHI)* results and new grant process (see below).

New Grant Opportunity

Pattonville has been awarded to participate with the Missouri Department of Elementary and Secondary Education (DESE) as the priority Local Education Agency in the [Centers for Disease Control and Prevention, School-Based Interventions to Promote Equity and Improve Health, Academic Achievement, and Well-Being of Students Grant](#). The purpose of this 5-year cooperative agreement is to protect and improve the health and well-being of school-age children and adolescents.

As part of the grant, the district will complete the *School Health Index (SHI) Self-Assessment*, which is an online self-evaluation and planning tool for schools. The SHI is built on the CDC's research-based guidelines for school health programs that identify the policies and practices most likely to be effective in reducing youth health risk behaviors. The SHI is completely confidential.

Recipients will then use the [Whole School Whole Community Whole Child \(WSCC\) model](#) to establish key partnerships to support school health programs; promote dissemination and implementation of CDC school health guidelines, tools, and resources through professional development and technical assistance; and use action planning to implement physical activity, school nutrition, and school health policies, practices, programs, and services within state and local education agencies, schools, and out-of-school time settings.

Expected outcomes to be achieved include an (1) increase in the number of schools with an action plan based on the completion of CDC's School Health Index (SHI); (2) increased implementation of Comprehensive School Physical Activity Programs; (3) increased school nutrition and food security policies and practices; (4) increased school-based health services that support students with chronic health conditions; and (5) increased physical activity, healthy dietary behaviors, and self-management of chronic health conditions among students.