

INTRODUCTION

Since 2013, the Action for Healthy Kids Urban School Wellness Coalition has been working towards the goal of supporting a platform for its members to share information surrounding peer-approved best practices and to further advance urban school wellness. **The Urban School Wellness Coalition is committed to helping urban school districts inform, coordinate and enhance the development of wellness practices and policies serving the whole child in support of health and education equity. Our vision is for urban students to be cognitively, socially, emotionally and physically healthy in support of positive education and life outcomes.** The Coalition brings together health and wellness leaders from 33 urban districts to facilitate discussion around mutually important issues, provide opportunities to share information, network with peers, coordinate joint efforts and inform urban education leaders on the importance of student health as a driver of academic success. This coalition provides a unique opportunity for these leaders to engage in in-depth discussion on a broad spectrum of issues related to health and wellness.

It can be especially difficult to implement health and wellness initiatives in urban educational settings, with barriers including budget constraints, disparities amongst schools, and significant competing priorities. And yet, many large districts have recognized the intrinsic connection between health and academic outcomes, and are thus increasingly investing in student wellness strategies. In the face of staggering rates of childhood obesity and associated health issues, a growing number of districts have resurrected recess, increased emphasis on the importance of physical education, integrated nutrition education into core curriculum, and invested in healthier school meals. As districts develop and implement their plans, the time has never been more critical or opportune to share best practices and lessons learned regarding school wellness strategies across the nation's largest school districts.

As part of the coalitions collective efforts to improve urban school wellness policies, Action for Healthy Kids collected and analyzed local district wellness policies between 2014-2016 in an effort to better understand how urban district policies compare in strength and comprehensiveness and to provide districts with recommendations to improve policies based on their peers work around the country. In 2017, after the USDA Food and Nutrition services finalized regulations and guidelines on what was required in Local School Wellness Policies to be updated, the coalition's member district's policies were once again reviewed. To ensure continued implementation of best practice across member districts, policies were once again requested by member districts for analysis in 2019. For reference, your district's policy scores are benchmarked next to the average scores for the 18 Urban School Wellness Coalition districts that submitted policies for analysis in the 19-20 school year.

The federal Healthy, Hunger-free Kids Act of 2010 (P.L. 111-296) and the Local School Wellness Policy final ruling (2016) requires school districts to have local wellness policies that include, at minimum, goals for:

- Nutrition promotion & education
- Physical activity (PA)
- Competitive food and beverage guidelines



- Policies for food and beverage marketing
- Implementation plans
- Description of public involvement and public reporting updates
- Evaluation plan
- Policy leadership

This overview provides wellness policy scores based on the Rudd Center for Food Policy and Obesity's Wellness School Assessment Tool (WellSAT) 3.0, which assesses the quality of school district's written wellness policies¹. It is important to note, the WellSAT score strictly analyzes written policy, not implementation. It is also important to note that the WellSAT tool has been revised from the 2.0 to the 3.0 model since the 2017 evaluation. For this reason, although prior year scores can be reviewed and compared to show general changes or improvements, scores should not be directly compared as a year-over-year analysis. For a complete list of the changes that were made between the 2.0 and 3.0 versions, [please refer to this document](#).

Through comparison to other urban districts and the average WellSAT score for each section, AFHK will work to highlight strengths in each districts work and areas of opportunity for policy development.

HOW WERE WELLNESS POLICIES DEFINED?

In this study, wellness policies were defined to include documents provided to AFHK by your Urban School Wellness Coalition representative and include: the school board-approved district wellness policy and associated administrative policies, including implementation regulations, rules, procedures, or administrative guidelines.

For your district, the following policies and associated documents were reviewed:

- PPS Policy Manual; Section: 200 Pupils; Title: Wellness; Number: 228

Is something missing? Please let us know! We'll update based on additional policies associated with your wellness work!

WHAT DO THE SCORES MEAN?

Local wellness policies were coded and analyzed using the WellSAT tool which covers 67 policies topics that are arranged into six focus areas: nutrition education, standards for USDA Child Nutrition Programs and School Meals, Nutrition Standards for Competitive and Other Foods and Beverages, Physical Education and Activity, Wellness Promotion and Marketing, and Implementing, Evaluation and Communication. Each focus area is given two scores: a comprehensiveness score, which reflects the extent to which recommended content areas are covered in the policy and a strength score, which describes how strongly the content is stated. Both scores range from 0-100, with lower scores indicating less content and weaker language and higher score indicating more content and use of specific and directive language.¹ AFHK had two separate reviewers thoroughly review each district's policies and score them separately before deciding upon a common score. These scores





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were then reviewed independently to provide each district with recommendations to advance their work and were compared with other districts scores to find areas of strength and improvement to share across the districts.

References

1. UConn Rudd Center for Food Policy & Obesity. *WellSAT: 3.0 Wellness School Assessment Tool*. <http://wellsat.org/>. Updated 2018. Accessed October 2019.



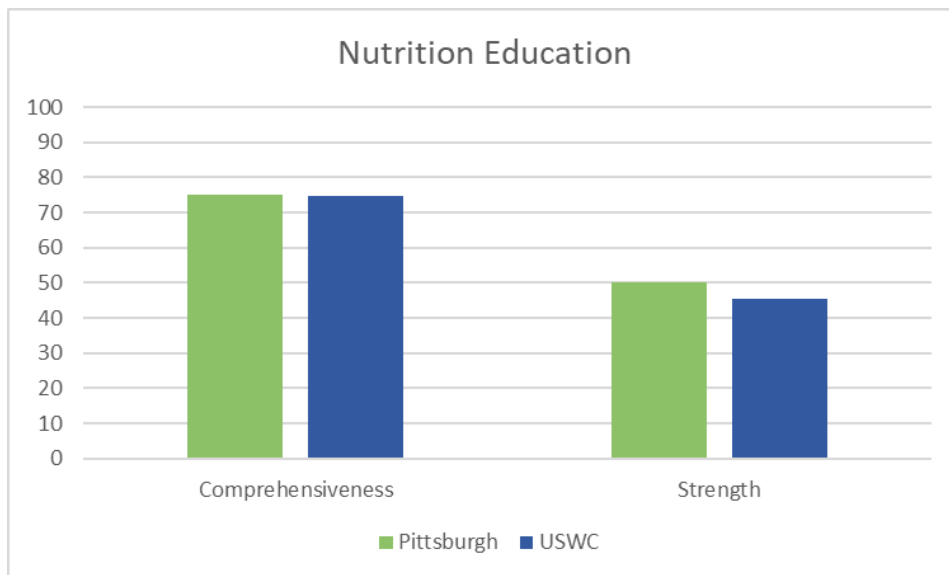
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How does your school district wellness policy compare to the average of the Urban School Wellness Coalition member districts for the 19-20SY?

SECTION 1: NUTRITION EDUCATION

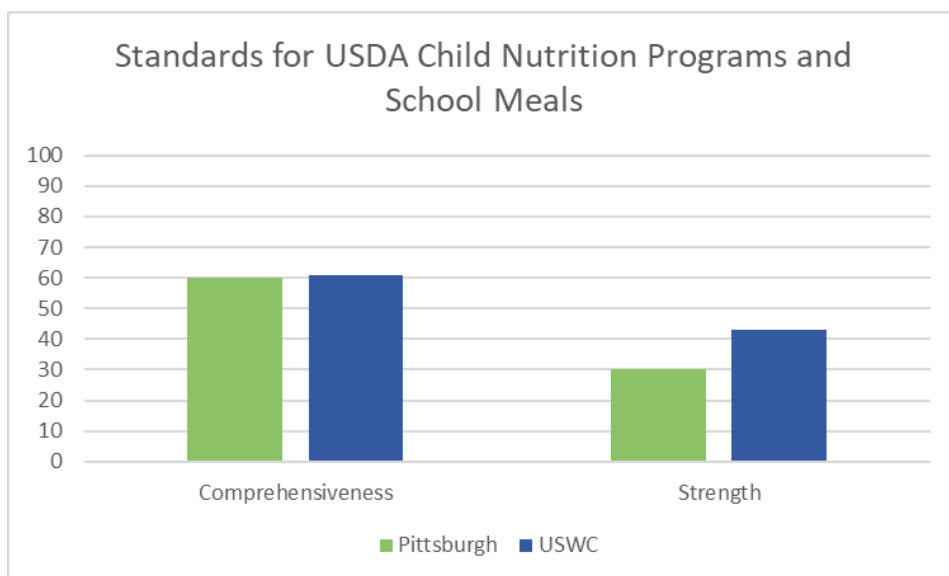


The **nutrition education components** of PPS wellness policy were **equally as comprehensive** and **stronger** than other Urban School Wellness Coalition districts.

PPS Comprehensiveness Score: 75
 (Range: 13-100, Average: 75)

PPS Strength Score: 50
 (Range: 0-100, Average: 45)

SECTION 2: STANDARDS FOR USDA CHILD NUTRITION PROGRAMS AND SCHOOL MEALS



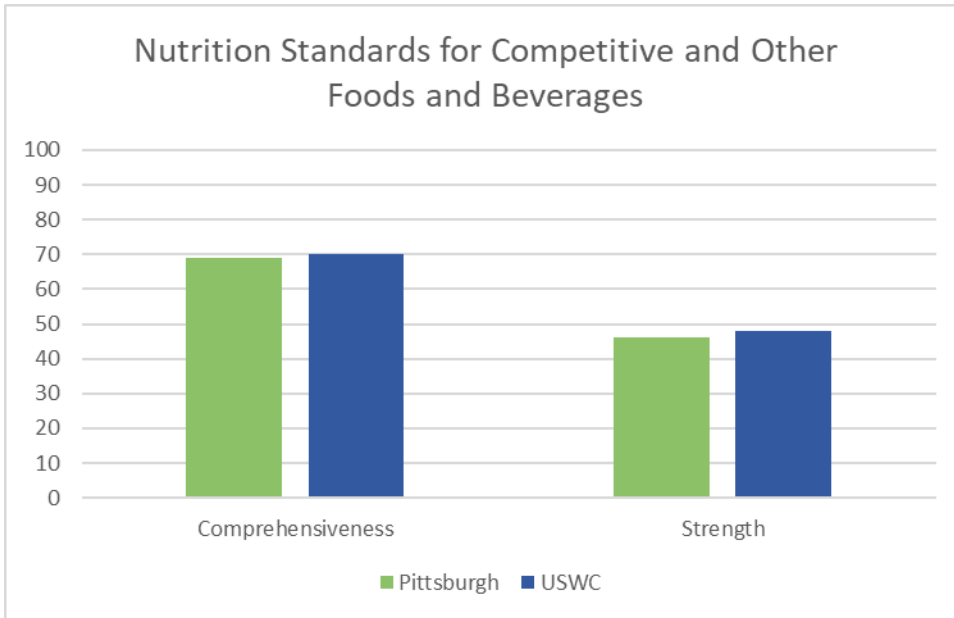
The **standards for USDA child nutrition programs and school meals** of PPS wellness policy were **slightly less comprehensive** and **not as strong** as other Urban School Wellness Coalition districts.

PPS Comprehensiveness Score: 60
 (Range: 10-100, Average: 61)

PPS Strength Score: 30
 (Range: 0-100, Average: 43)



SECTION 3: NUTRITION STANDARDS FOR COMPETITIVE AND OTHER FOODS AND BEVERAGES

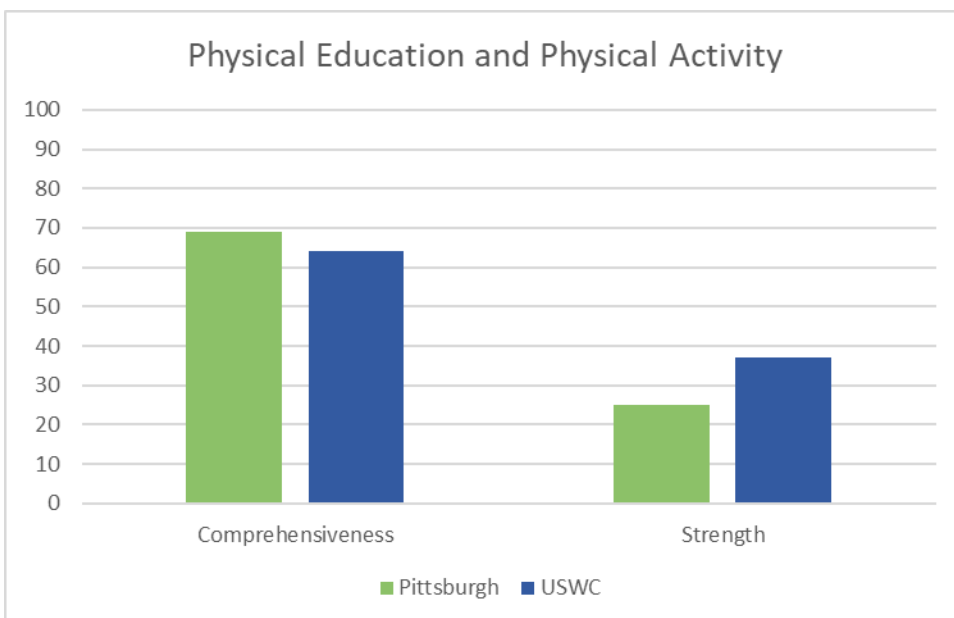


The **competitive foods and beverages components** of PPS wellness policy were **slightly less comprehensive** and **slightly less strong** than other Urban School Wellness Coalition districts.

PPS Comprehensiveness Score: 69
 (Range: 33-100, Average: 70)

PPS Strength Score: 46
 (Range: 0-85, Average: 48)

SECTION 4: PHYSICAL EDUCATION AND PHYSICAL ACTIVITY



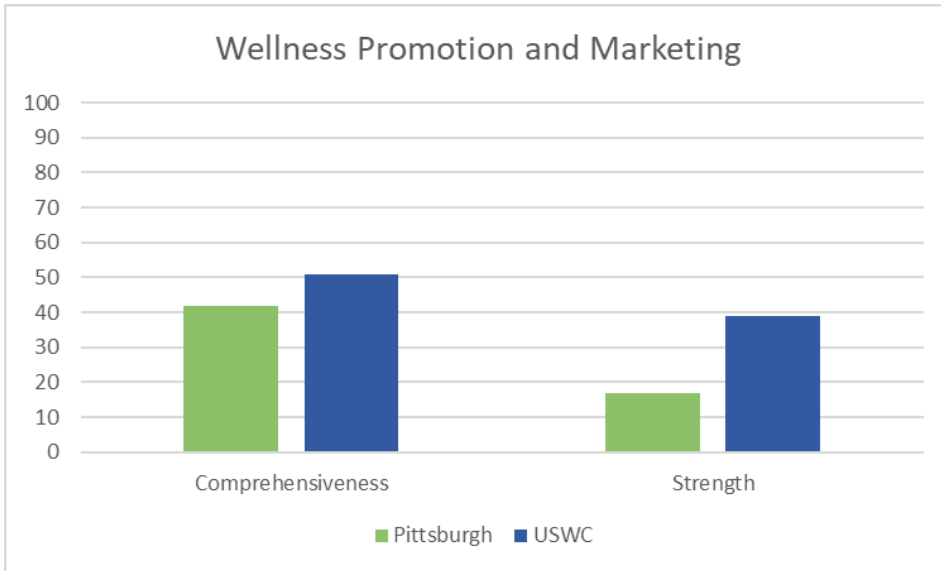
The **physical education and physical activity components** of PPS wellness policy were **more comprehensive** and **not as strong** than other Urban School Wellness Coalition districts.

PPS Comprehensiveness Score: 69
 (Range: 13-100, Average: 64)

PPS Strength Score: 25
 (Range: 0-88, Average: 37)



SECTION 5: WELLNESS PROMOTION AND MARKETING

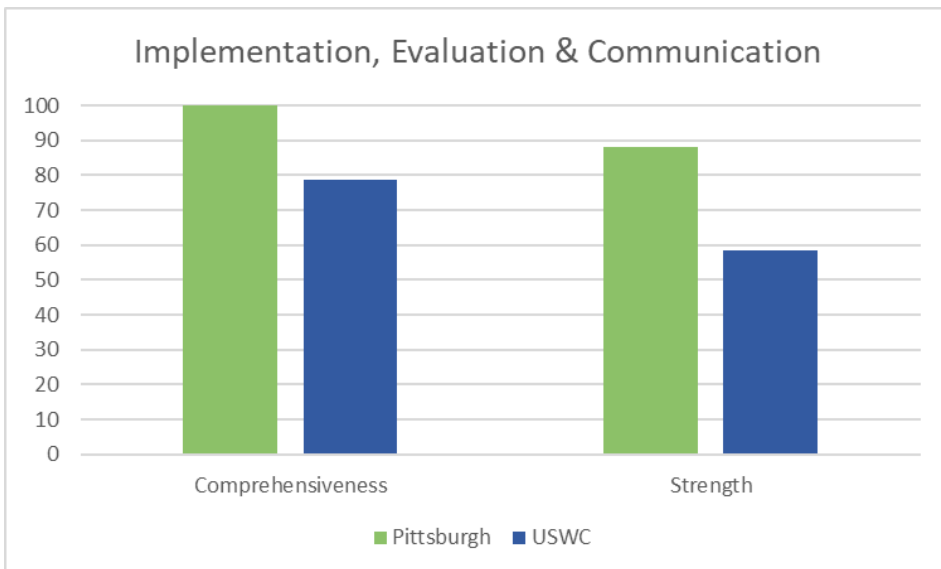


The **promotion and marketing components** of PPS wellness policy were **less comprehensive** and **not as strong** as other Urban School Wellness Coalition districts.

PPS Comprehensiveness Score: 42
 (Range: 8-100, Average: 51)

PPS Strength Score: 17
 (Range: 0-100, Average: 39)

SECTION 6: IMPLEMENTATION, EVALUATION AND COMMUNICATION



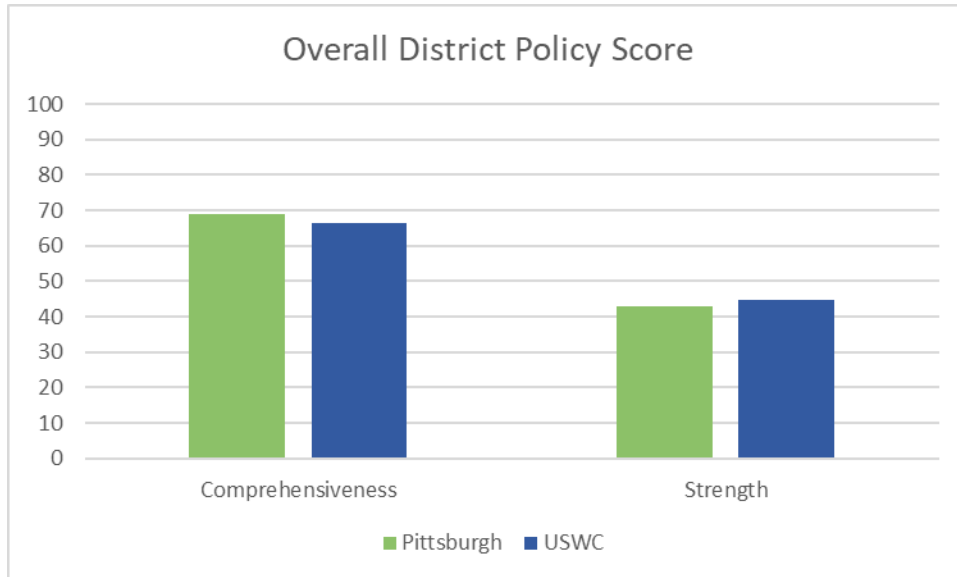
The **implementation, evaluation and communication components** of PPS wellness policy were **more comprehensive** and **more strong** than other Urban School Wellness Coalition districts.

PPS Comprehensiveness Score: 100
 (Range 50-100, Average: 79)

PPS Strength Score: 88
 (Range 13-75, Average: 59)



OVERALL DISTRICT POLICY SCORE



The PPS wellness policy overall is **less comprehensive** and **less strong** than other Urban School Wellness Coalition districts.

PPS Comprehensiveness Score: 69
 (Range: 37-92, Average: 66)

PPS Strength Score: 43
 (Range: 3-87, Average: 45)

TOTAL Score: 112
 (Range: 40-179, Average: 111
 Highest possible: 200)

POLICY HIGHLIGHTS

We applaud your work! In particular, a sample of your policy highlights includes:

- Nutrition education is comprehensive and sequential
- Free, potable drinking water is available to students throughout the day
- Requirement of all foods and beverages sold during the school day must meet Smart Snacks standards
- Physical education program promotes a physically active lifestyle
- Establishment of ongoing, school-level wellness committees
- Making the wellness policy available to the public

POLICY OPPORTUNITIES

There are always opportunities to grow and strengthen your wellness policy. In particular, you could:

- Require physical activity be used as neither a reward nor a punishment
- Specifically address wellness marketing on school property and equipment, educational materials, in and school publications
- Address active transport for all K-12 students living within walkable/bikeable distance to schools (e.g. Safe Routes to School)
- Require joint or shared-use agreements for physical activity participation at all schools
- Address how to handle feeding children with unpaid meal balances without stigmatizing them

