# Broward County Public Schools Wellness Policy Survey 2023

Presented by Christopher Ruiz
Dietetic Intern

# GOAL

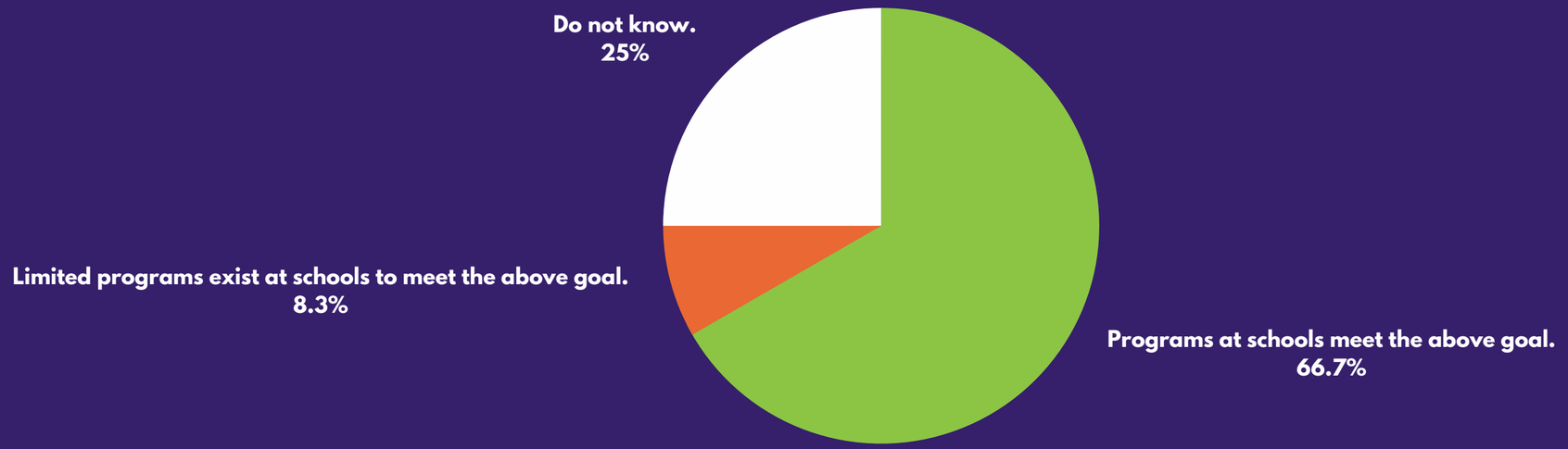
- Determine the impression of Stakeholders and Principals on the success of implementing Policy 5314 Wellness in Broward County Public Schools

# POLICY 5314

- Health and Nutrition Education
- Physical Activity and other school based activities
- All schools to have an environment that supports the consumption of healthy foods by students, their families and staff with the intent of promoting student health and reducing childhood obesity

# STAKEHOLDERS SURVEY:

Nutrition education is a component in programs taught at Broward County Public Schools (BCPS)

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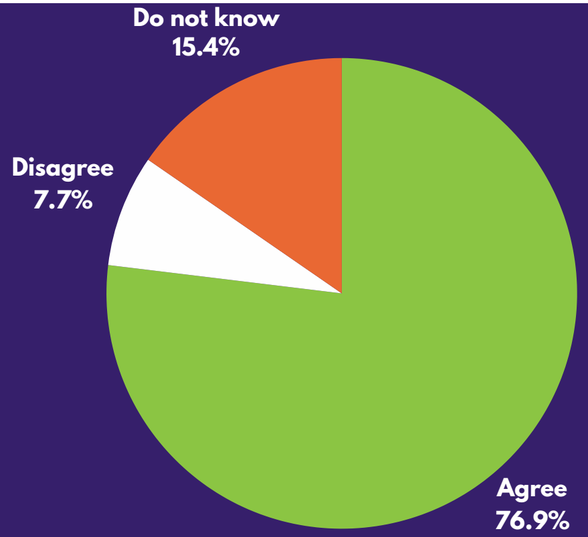
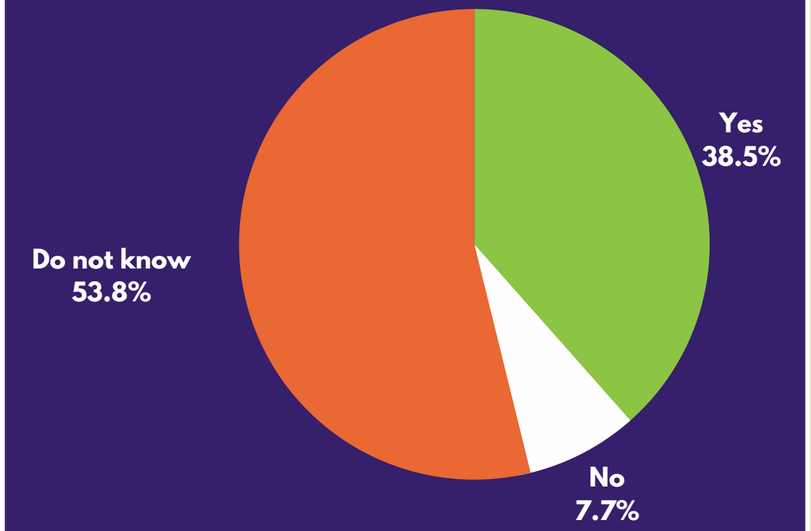


I am aware of Schools in Broward County with gardens.




Foods from the school garden are incorporated into cafeteria promotions.

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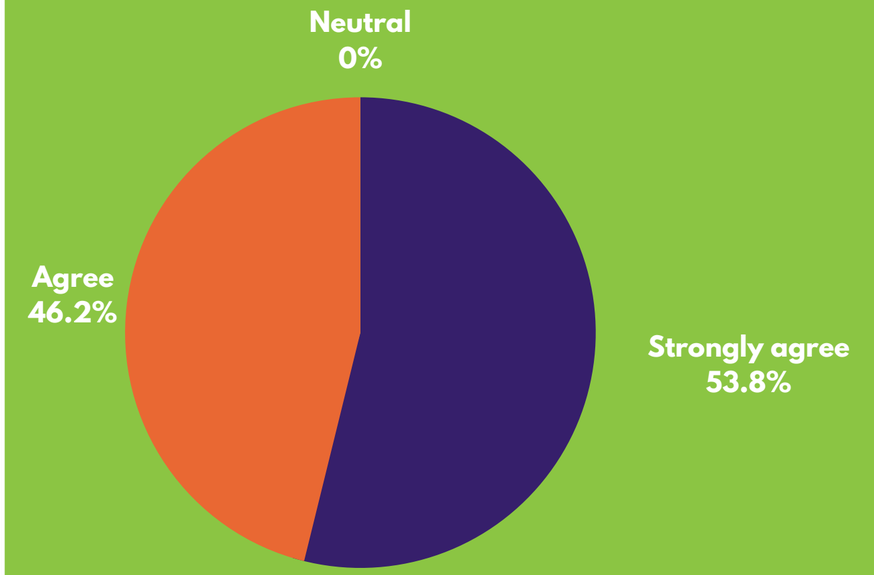

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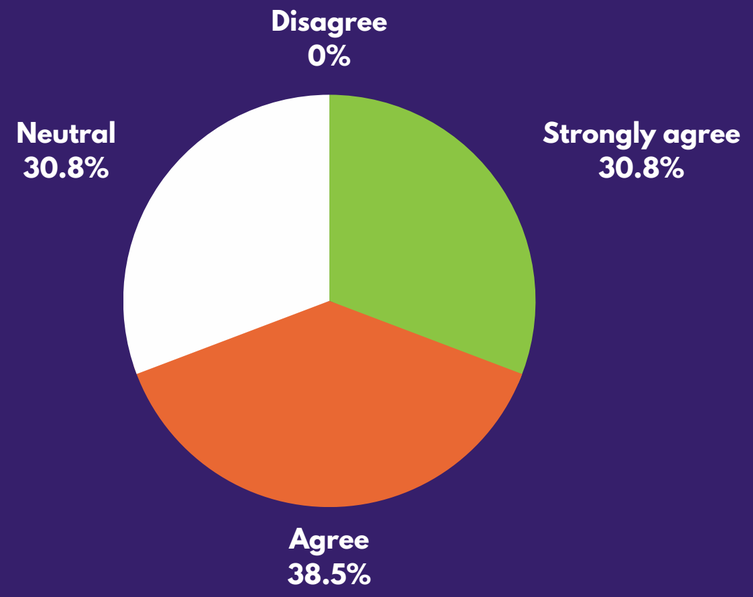


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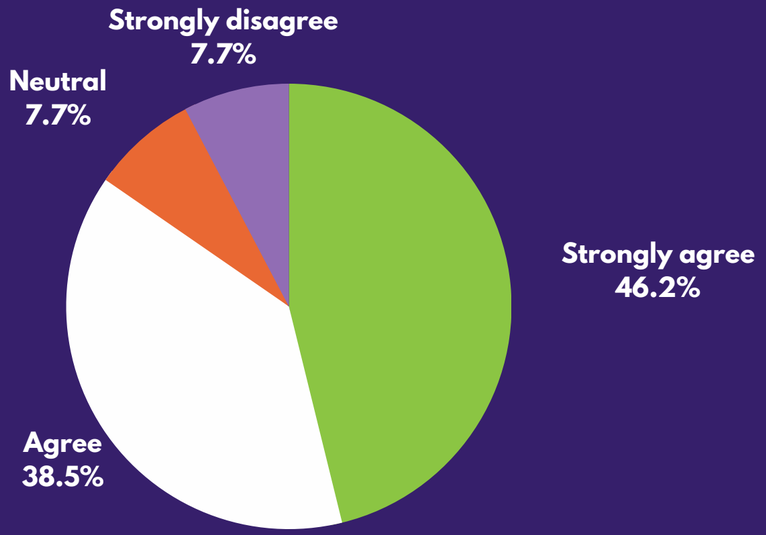
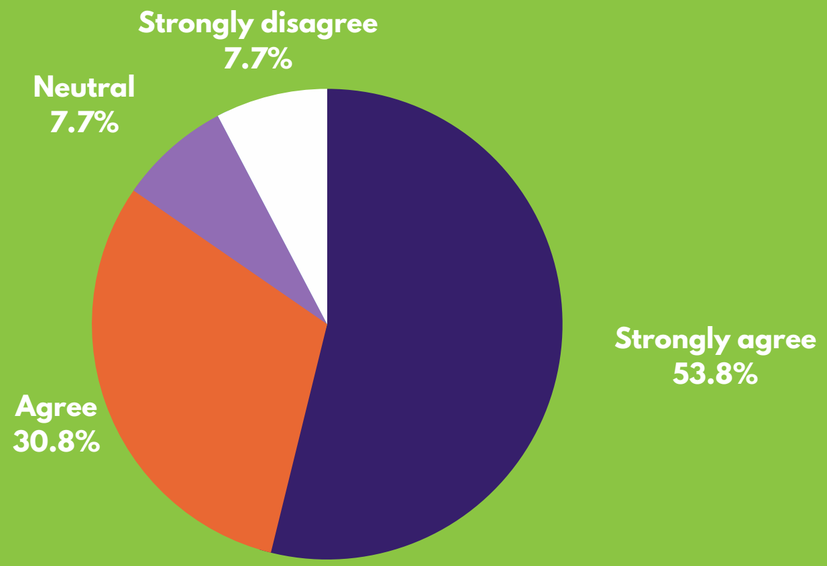
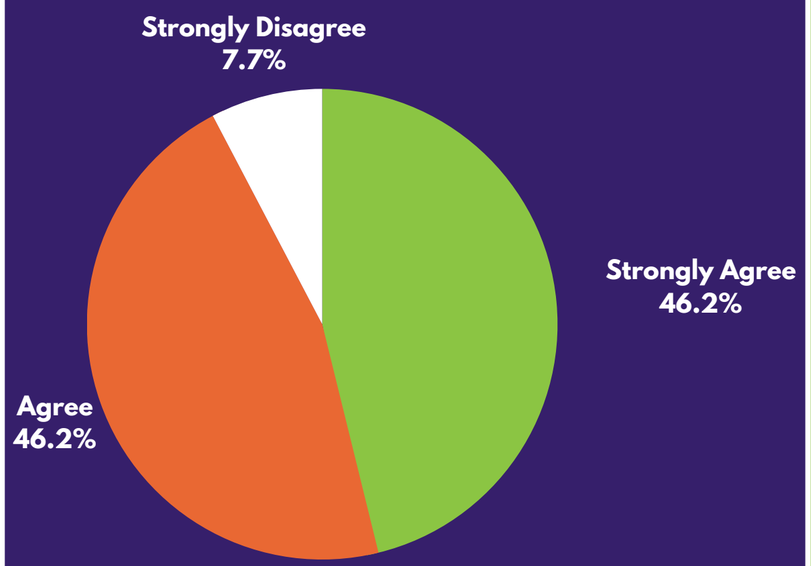



In Broward County Public Schools, every student has the opportunity to receive regular, age-appropriate, quality physical education.

Programs at schools encourage participation in physical activity before, during and after school in accordance with nationally recommended guidelines.




Broward County Public Schools provides safe and satisfying physical activity for all students including those with special needs.

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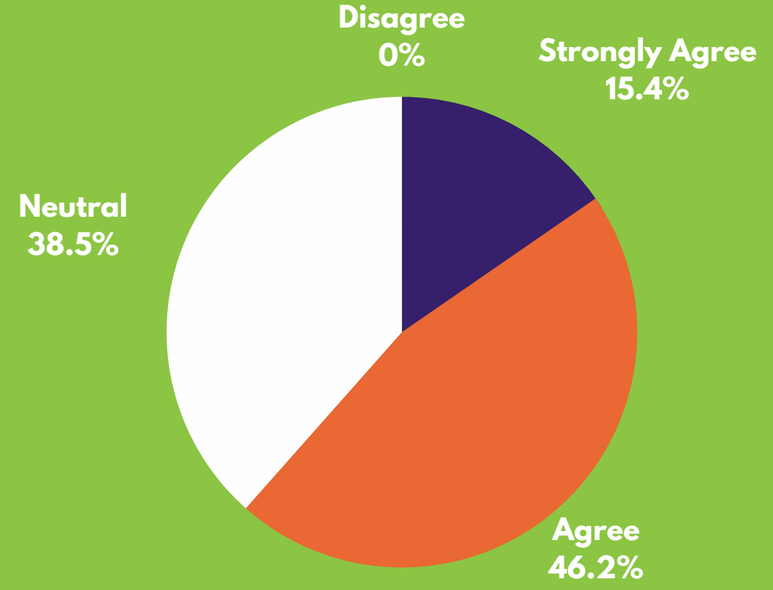
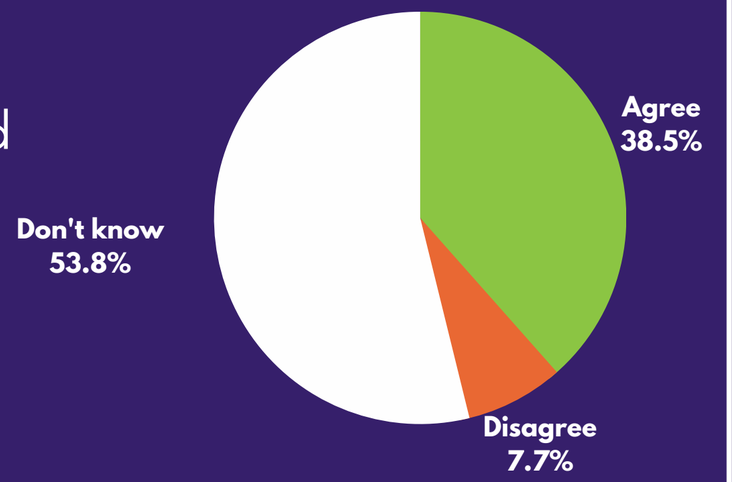


Guidelines are provided for parents on packing healthy lunches.

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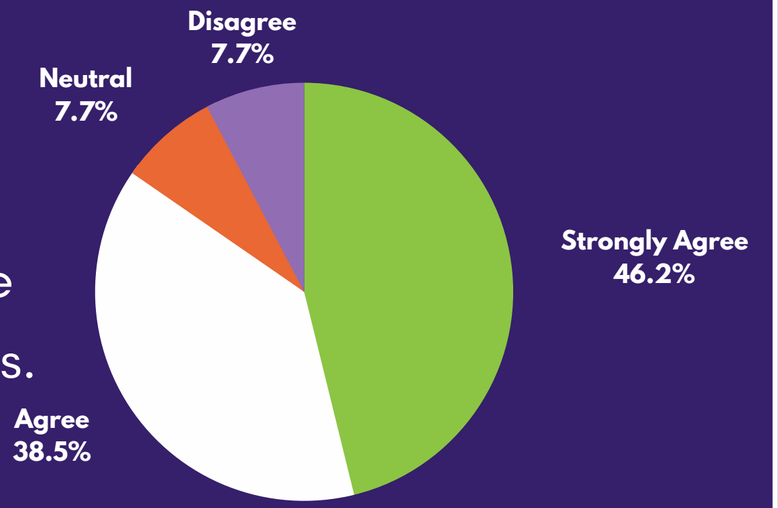


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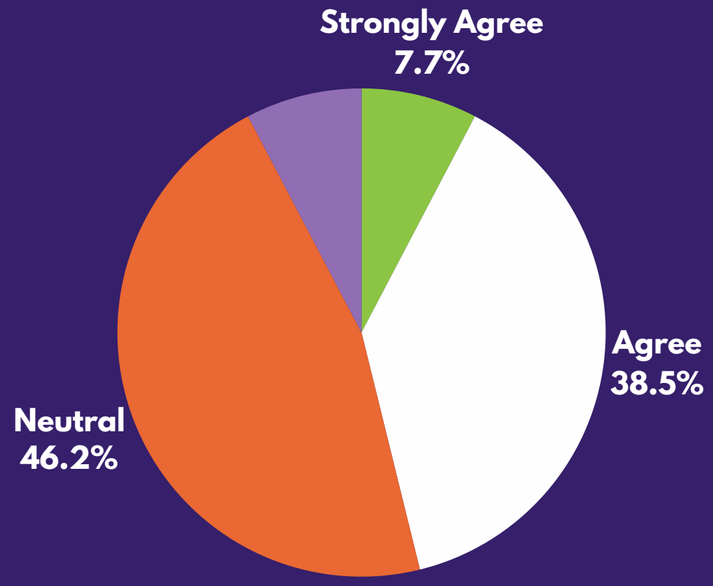
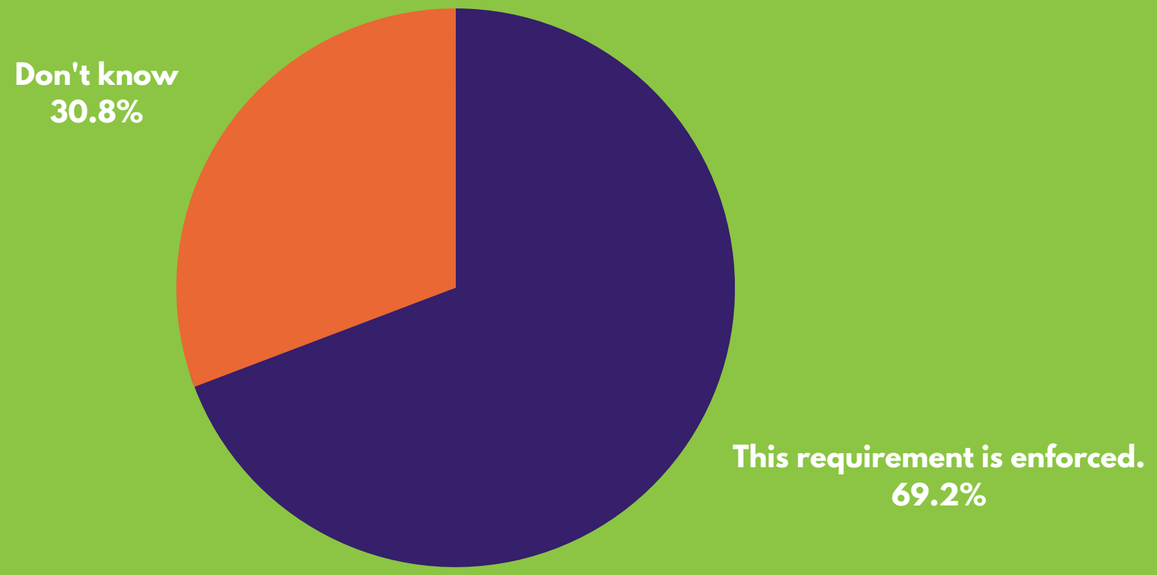
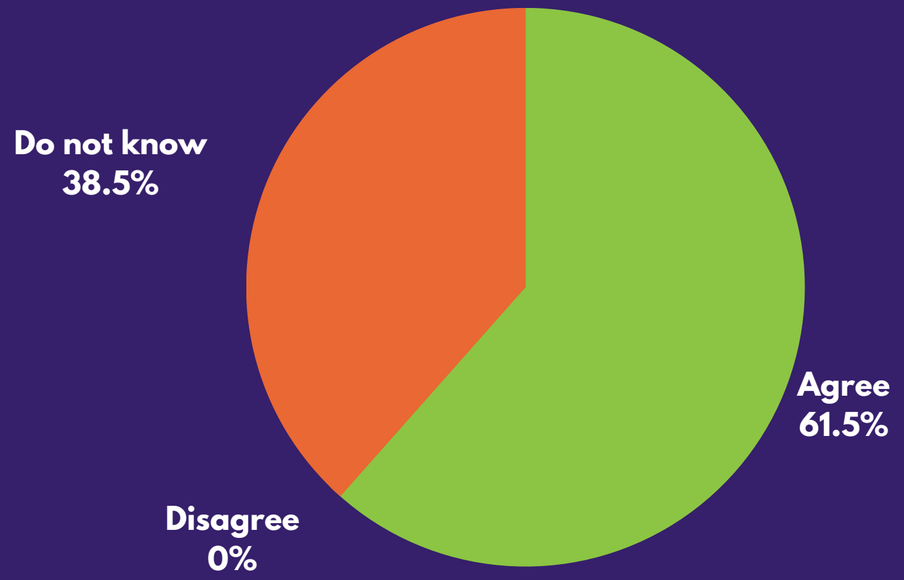


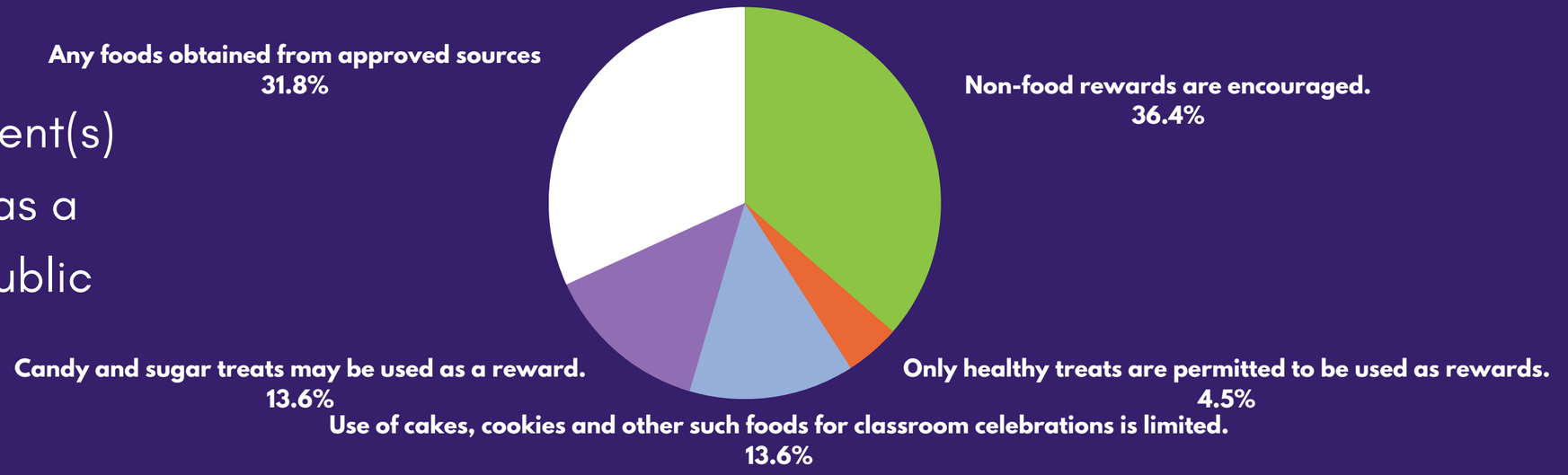
Food served in the classrooms will be obtained from approved sources, per Chapter 64E-11 of the Florida Administrative Code.




Snacks and rewards provided in Broward County Public Schools after-care programs reinforce the importance of healthy choices.



Please indicate which statement(s) best describes use of food as a reward in Broward County Public Schools:

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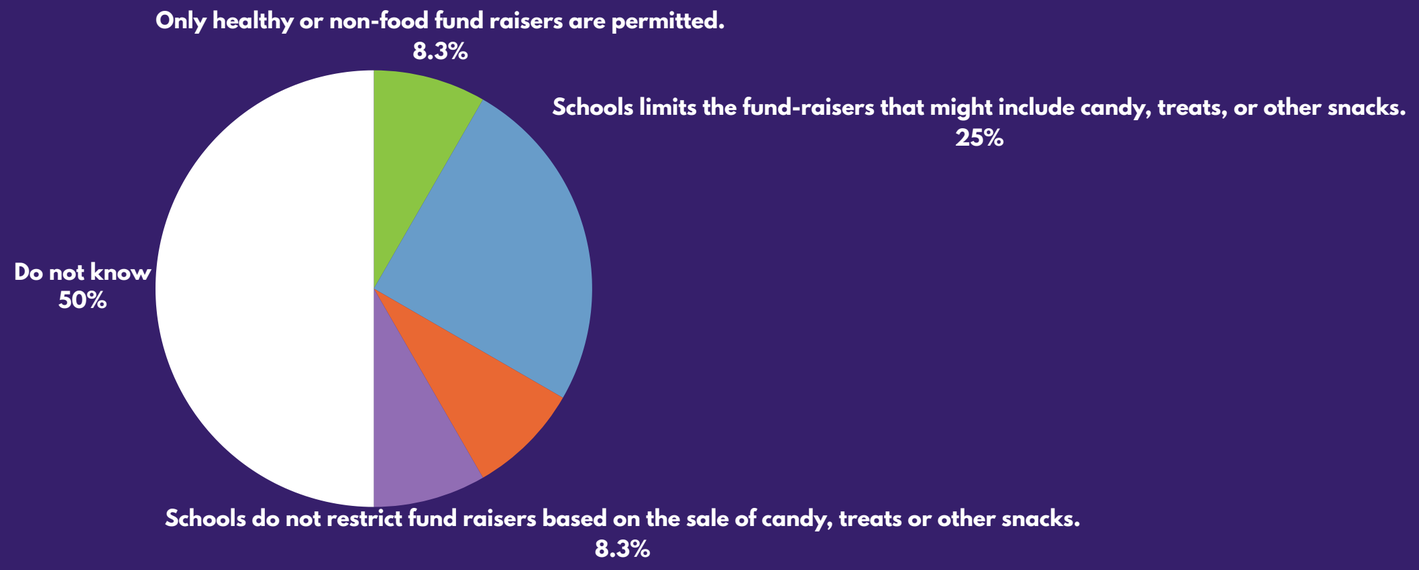
To promote positive health habits, schools shall encourage fundraisers such as the sale of non-food and nutritious food items as well as those that support physical activity events. Please indicate which statement best describes fund-raisers you have seen in Broward County Public Schools.



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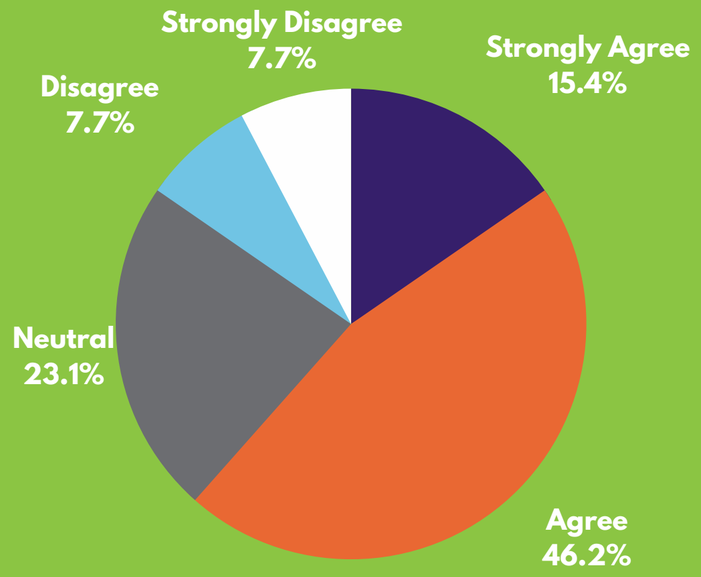
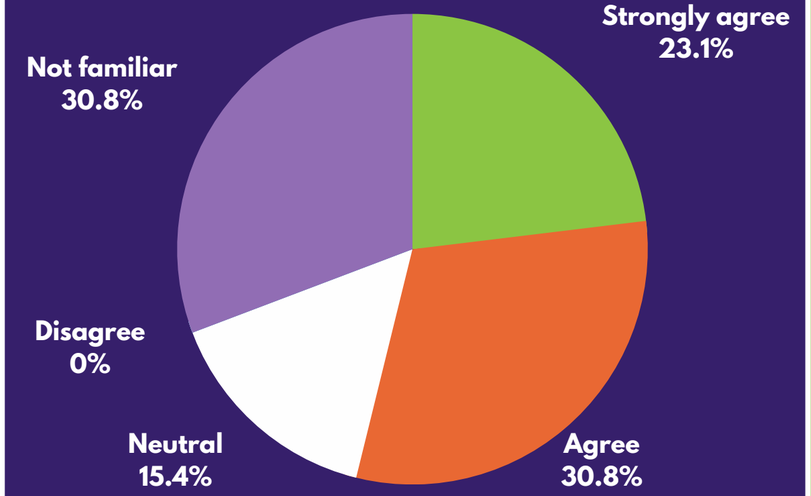



All fundraisers held during the school day are in compliance with Florida's Competitive Food Rule, 5 P-1.003, of the Florida Administrative Code.

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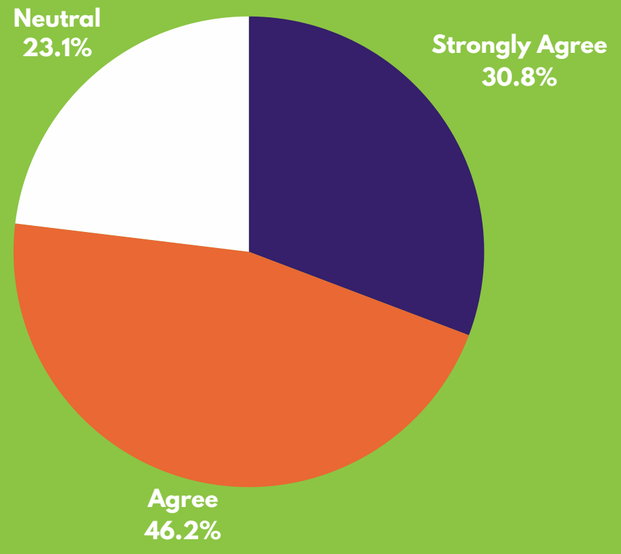

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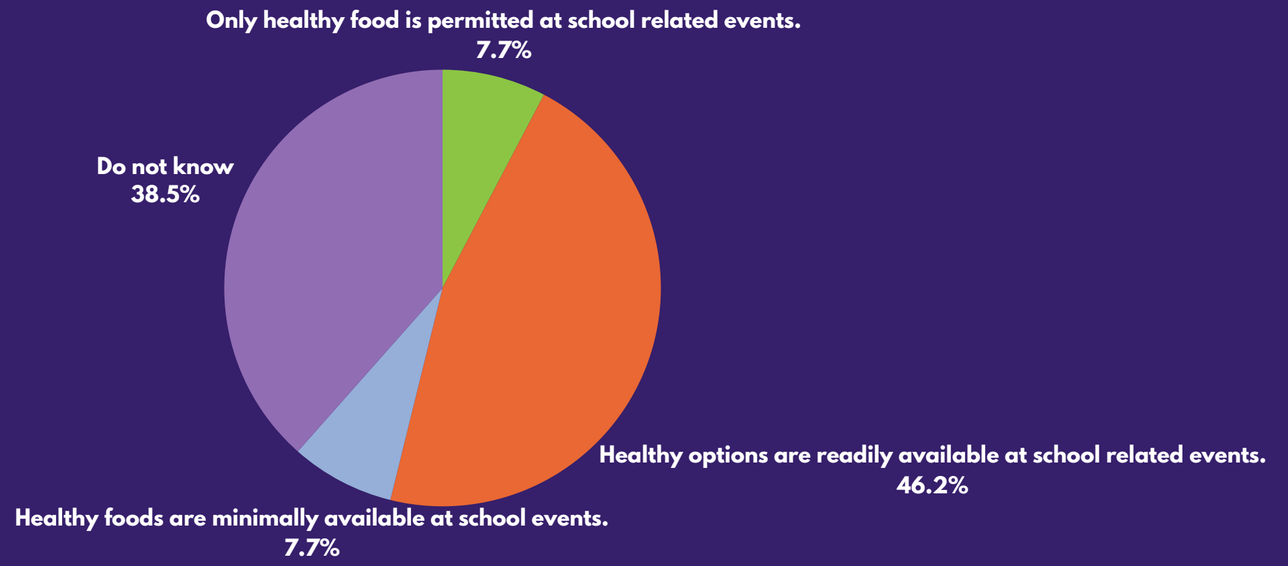


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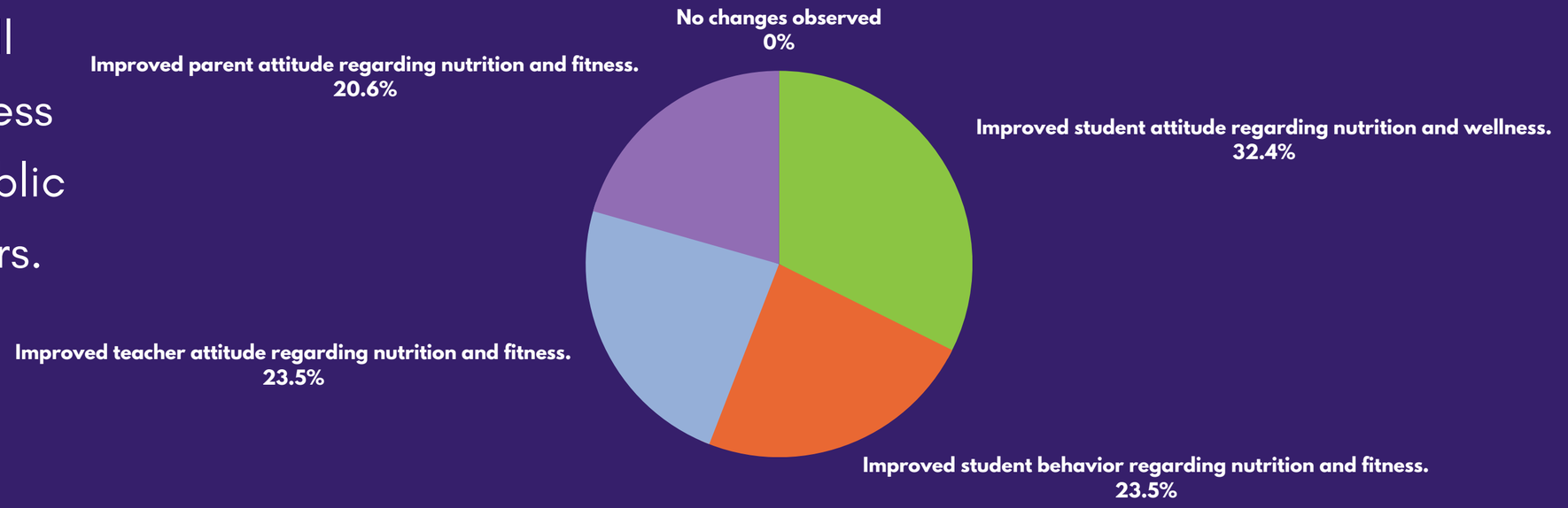


# OTHER NUTRITION AND FITNESS INITIATIVES:

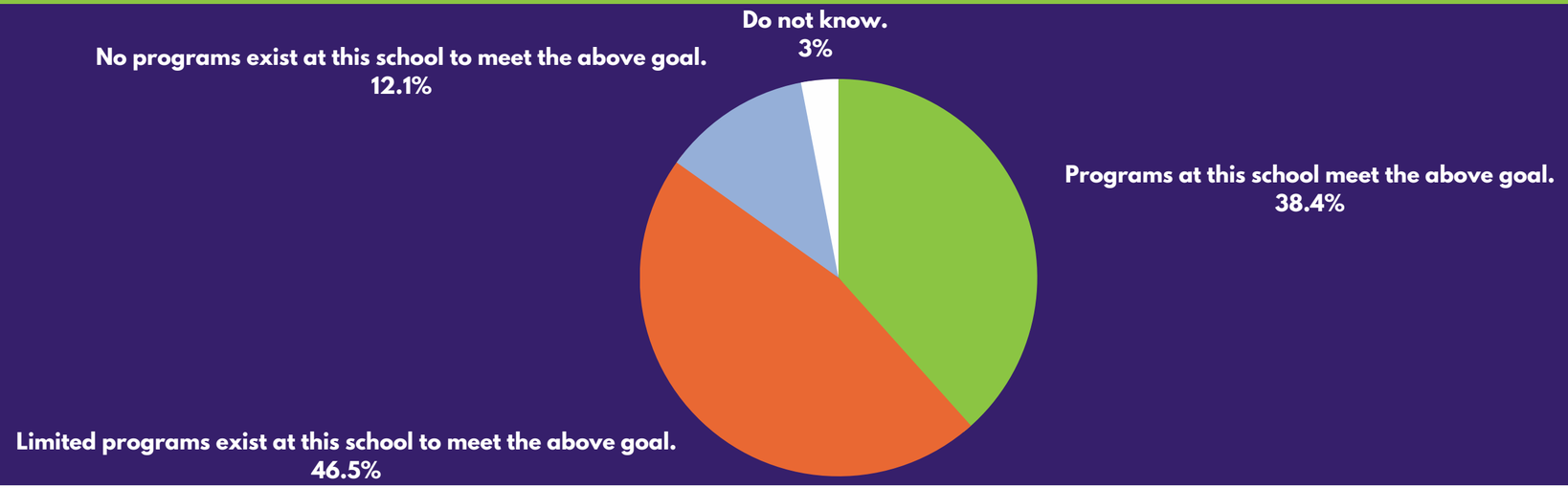
- Mobile 3D mammovan
- Exercise classes
- Gardening
- Mindfulness and Meditation
- Medical screenings
- Stress Management Services
- Farm-to-Schools
- Share Tables
- National School Lunch Week

# OTHER COMMENTS AND SUGGESTIONS:

- Physical education and recess needed in all Broward Schools.
- Memo should be sent out at beginning of the year for school's to follow the district's guidelines.
- Supervisors and facilitators should be allowed to show up at schools unannounced to observe whether these policies are being implemented at the school level to fidelity.

# PRINCIPAL SURVEY:

Nutrition education is a component in programs taught at this school.

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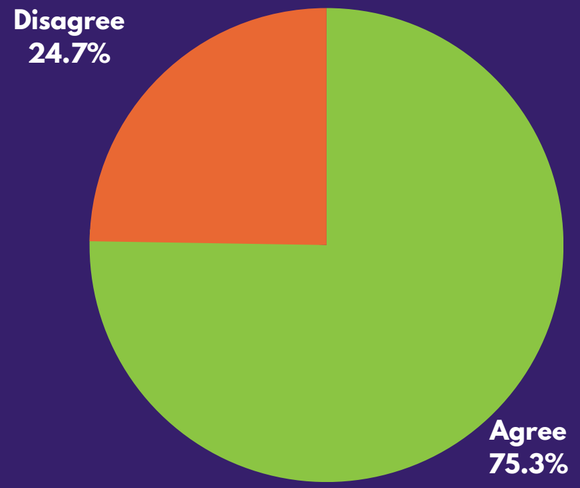

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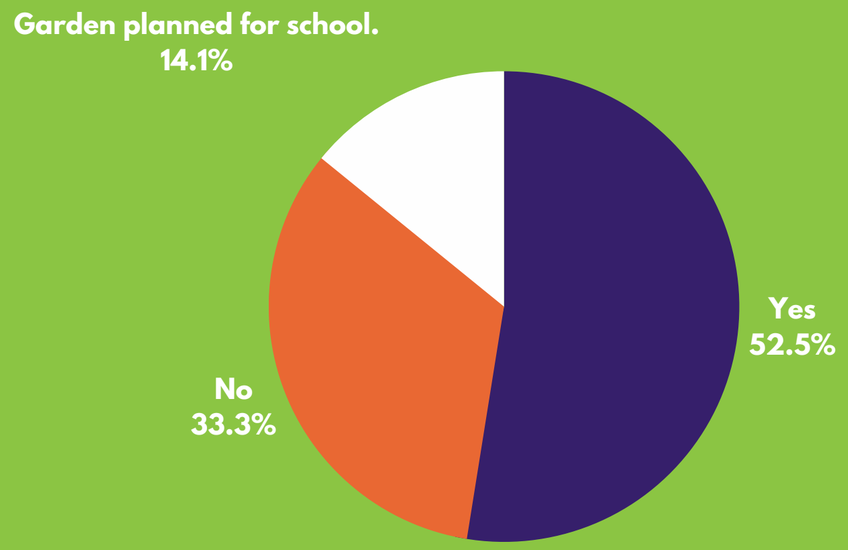


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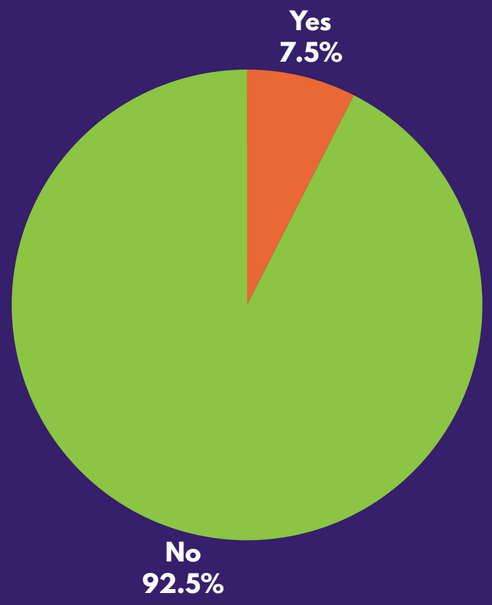


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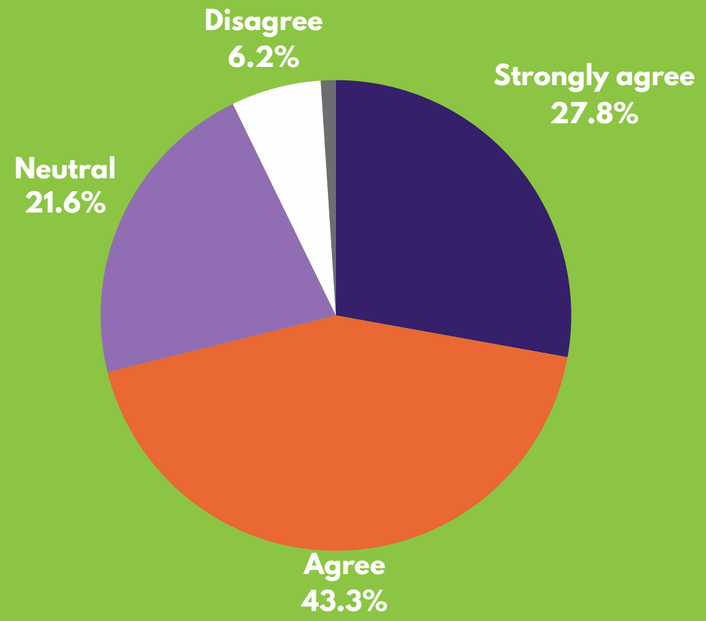

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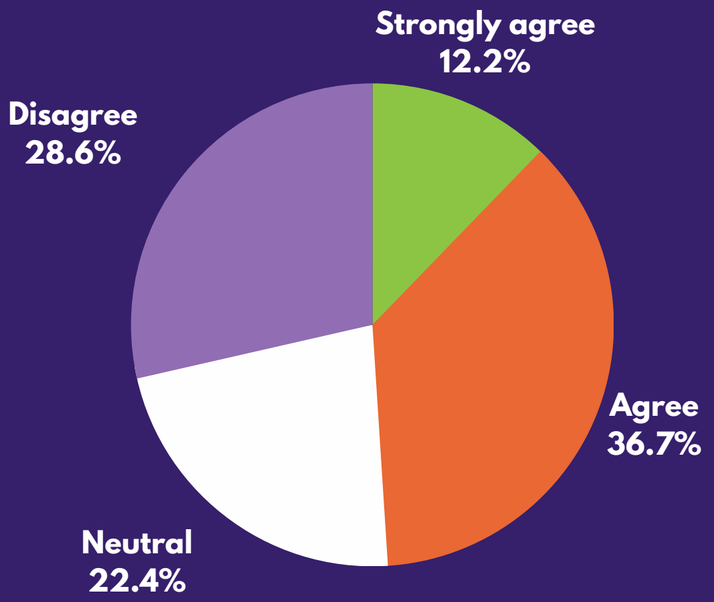





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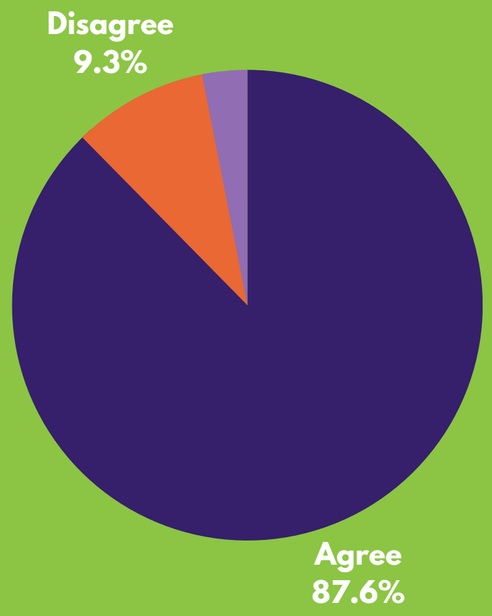


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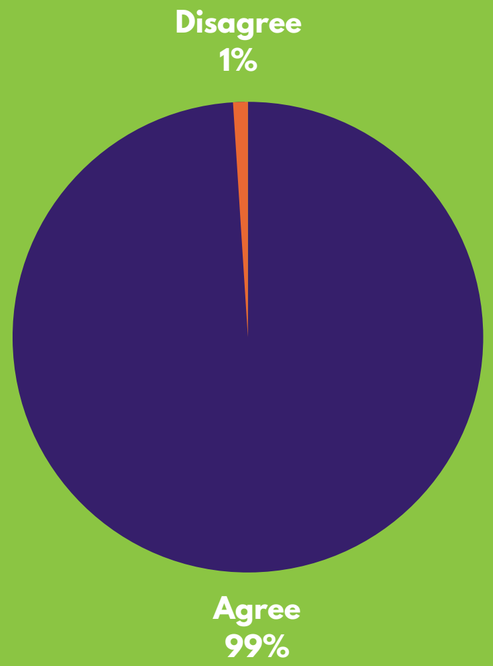

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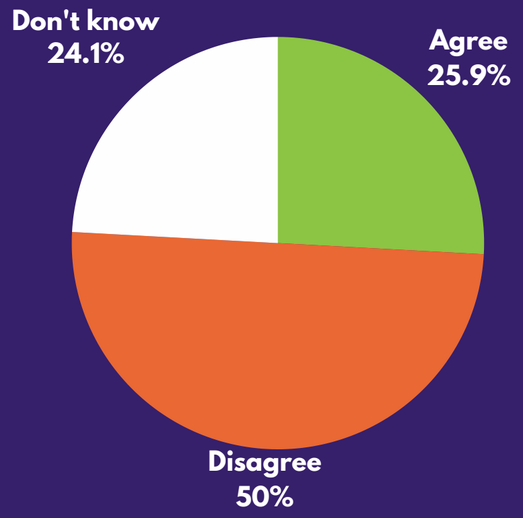


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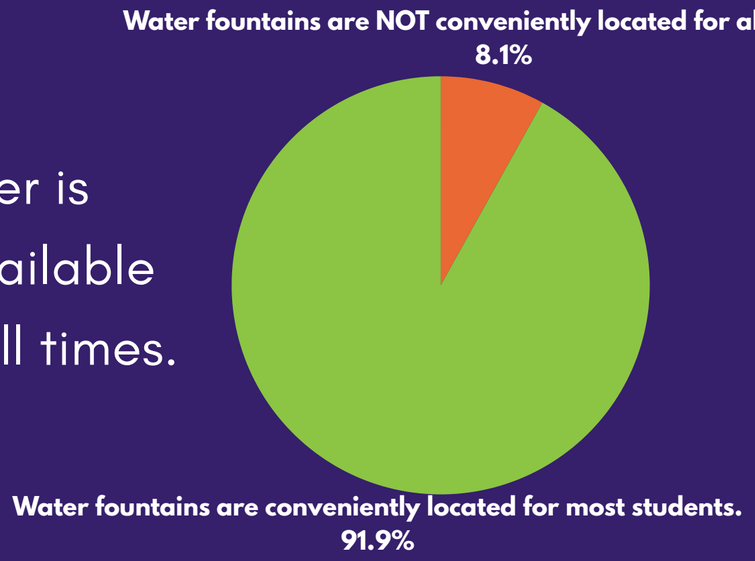


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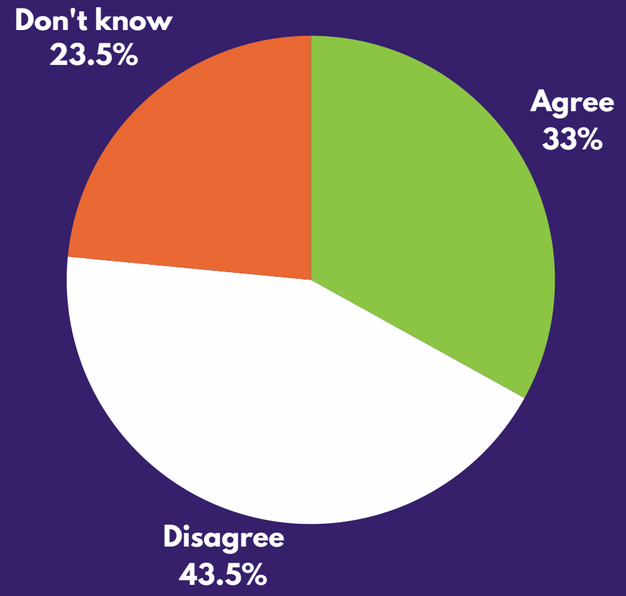

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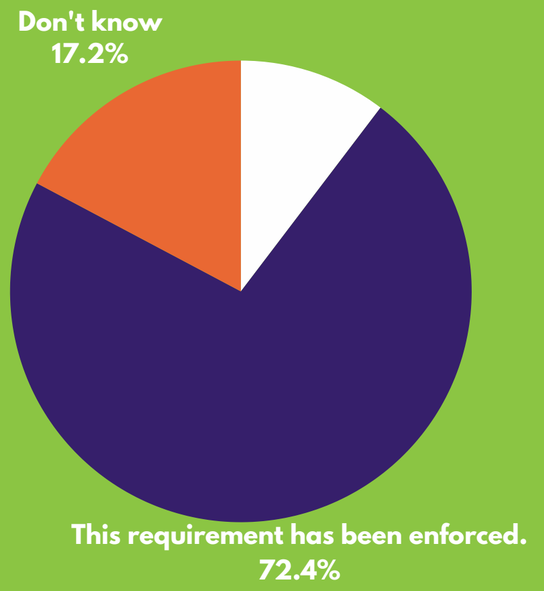


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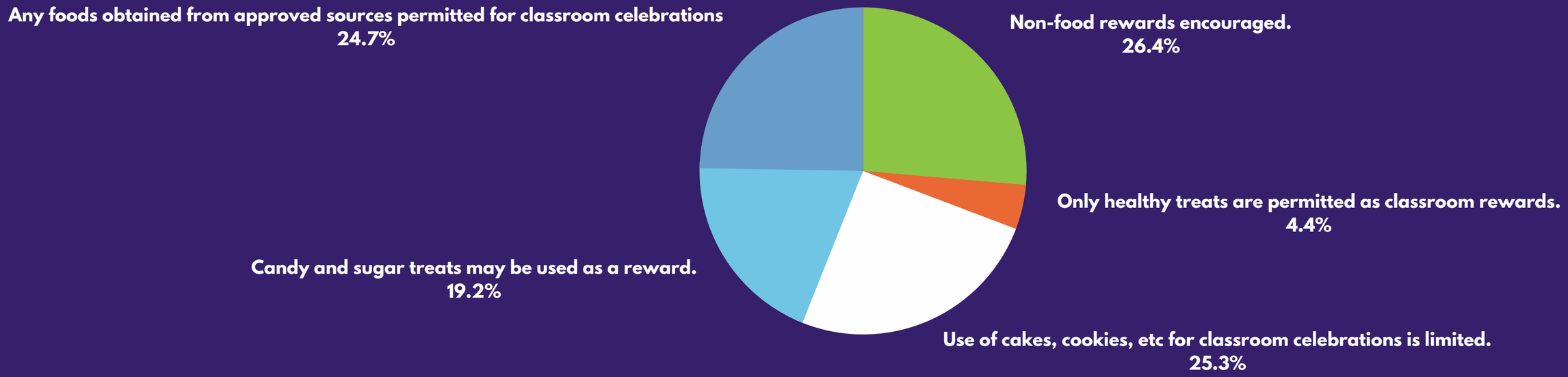

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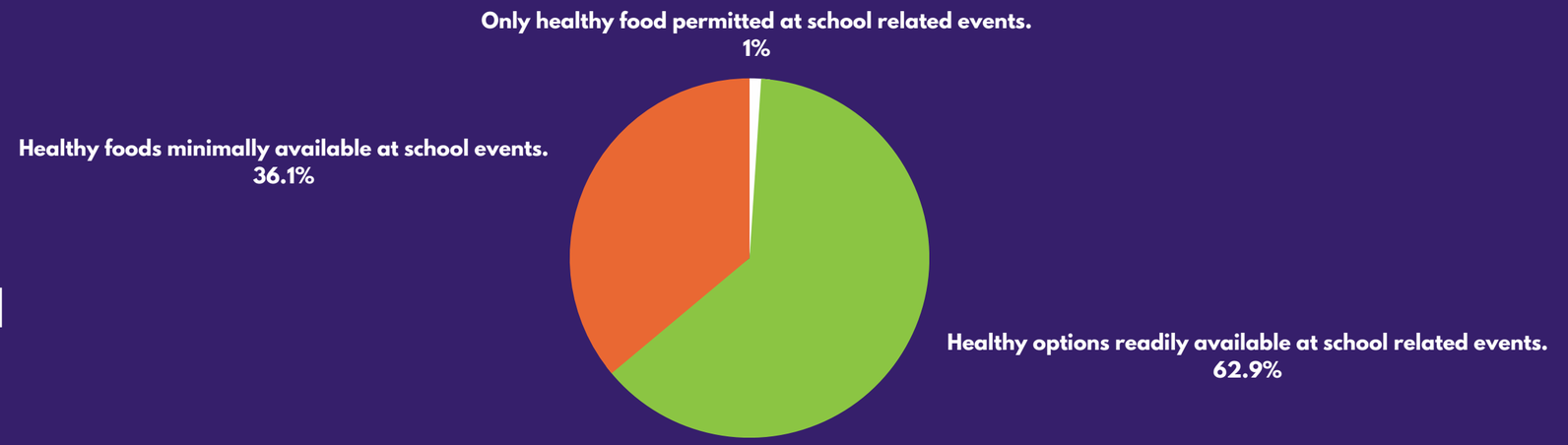


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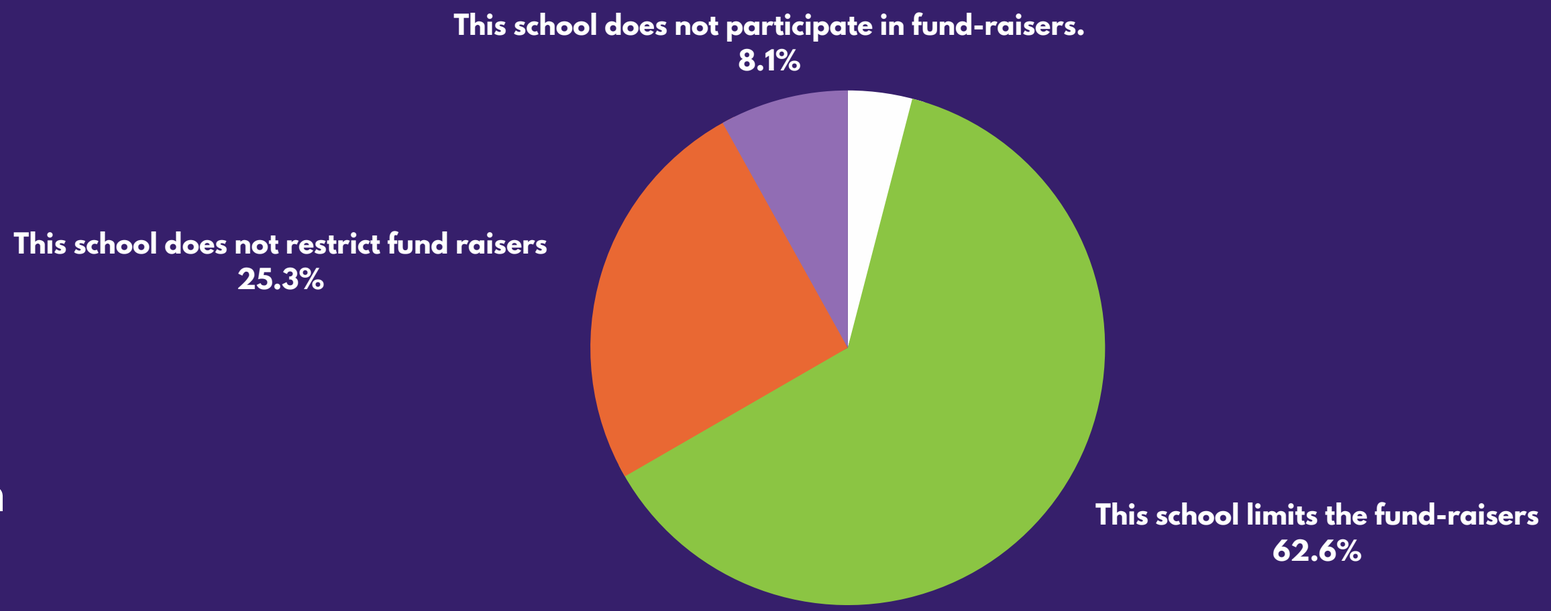

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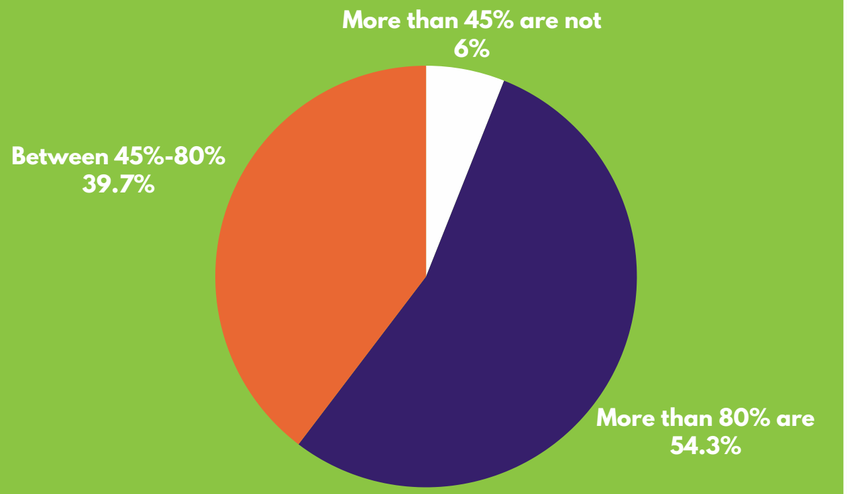


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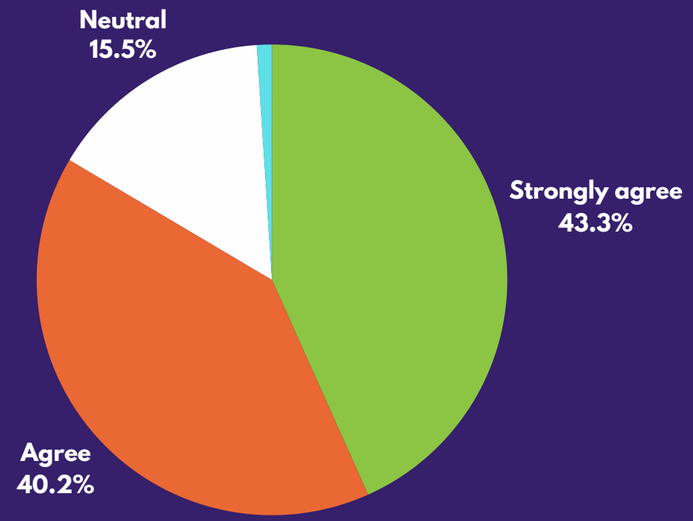


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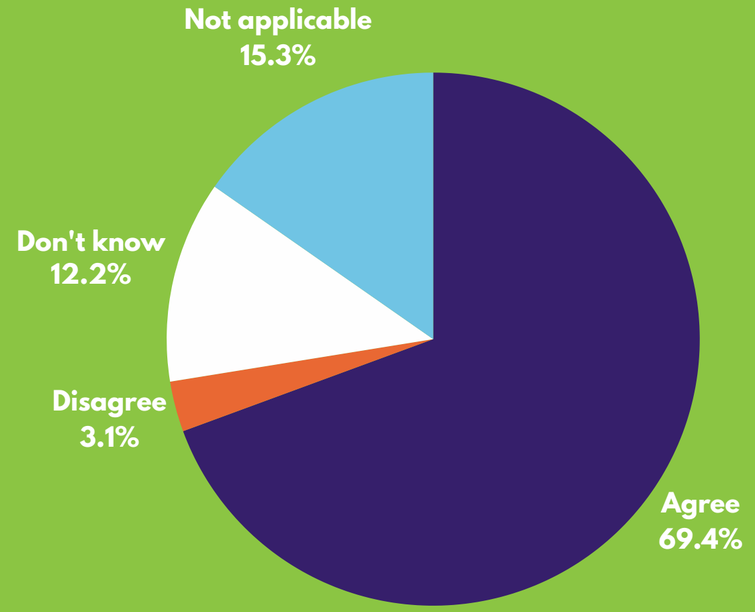

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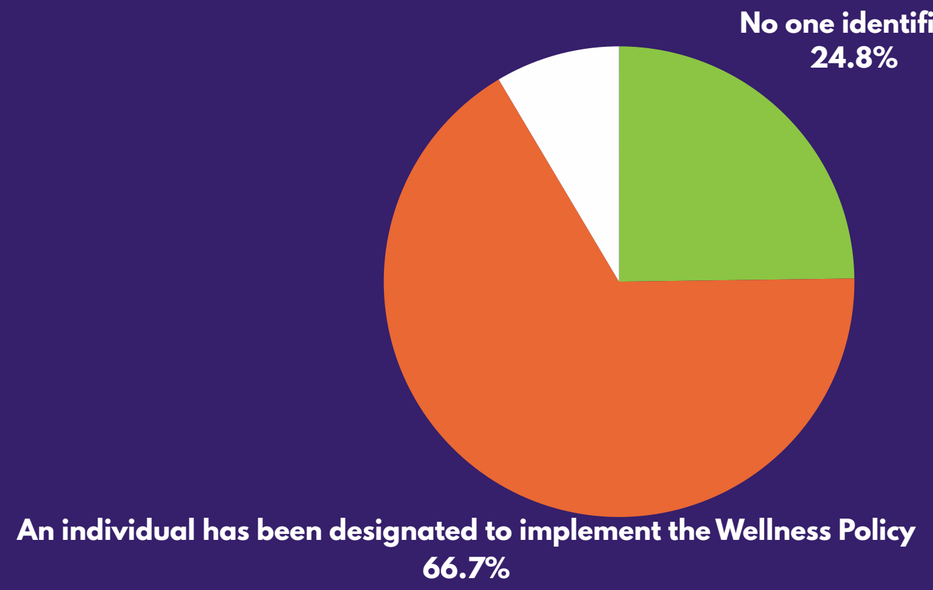


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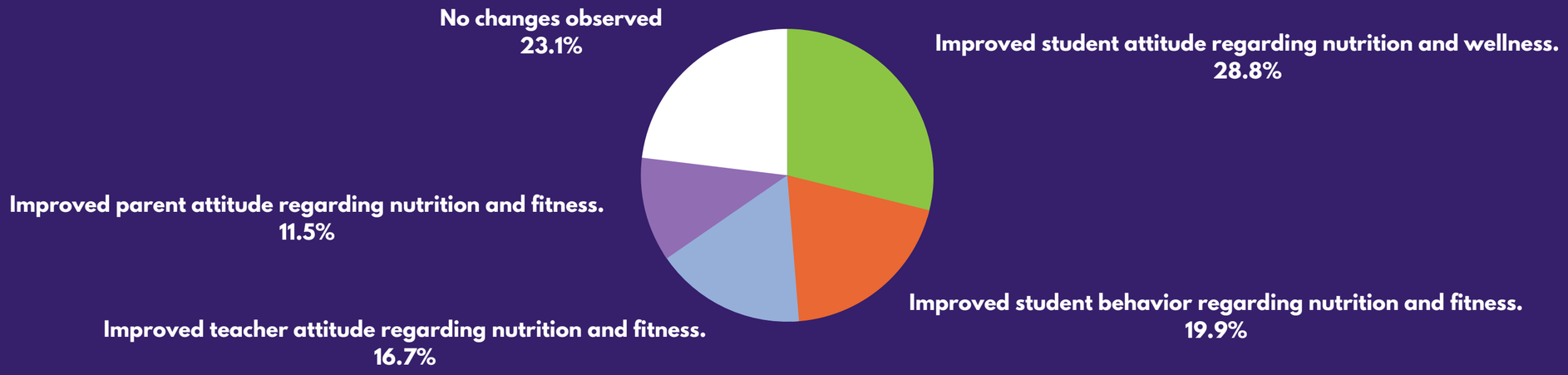

# OTHER NUTRITION AND FITNESS INITIATIVES:

- HOPE Class (Health/PE)
- Food Forest
- Jump Rope For Kids
- Color Run
- Pre-Fire Academy Program
- JROTC
- Afterschool Sports
- Walk-a-thons
- Nutrition Elective Classes
- Mobile Food Pantry

# OTHER COMMENTS AND SUGGESTIONS:

- The water bottle fountains that were installed during COVID creates barrier for students to consume water from the various water fountains that are located on campus.
- We plan to incorporate a gardening program using plots at an adjoining local park.

# Conclusion:

- **There are overlaps in impression for the implementation of the wellness policy:**
  - Nutrition education is taught at schools, sufficient training and resources provided
  - School food appears healthy
  - Quality physical activity provided, including students with special needs
  - Water is easily accessible
  - Food is obtained from approved sources
  - Non-Food rewards are encouraged
  - Healthy options readily available at school related events
  - Snacks provided in after-care programs reinforce healthy choices, as well as Smart Snack Compliant
  - Wellness Coordinator at the schools
  - Overall improvement in behaviors/attitudes regarding nutrition and fitness

- **Differences in impressions:**
  - Foods from gardens being used in cafeteria promotions
  - Information provided to parents to promote nutrition and physical activity
  - Guidelines provided to parents for packing healthy lunches
  - List of healthy foods accessible to teachers/parents for celebrations

# ANY QUESTIONS?