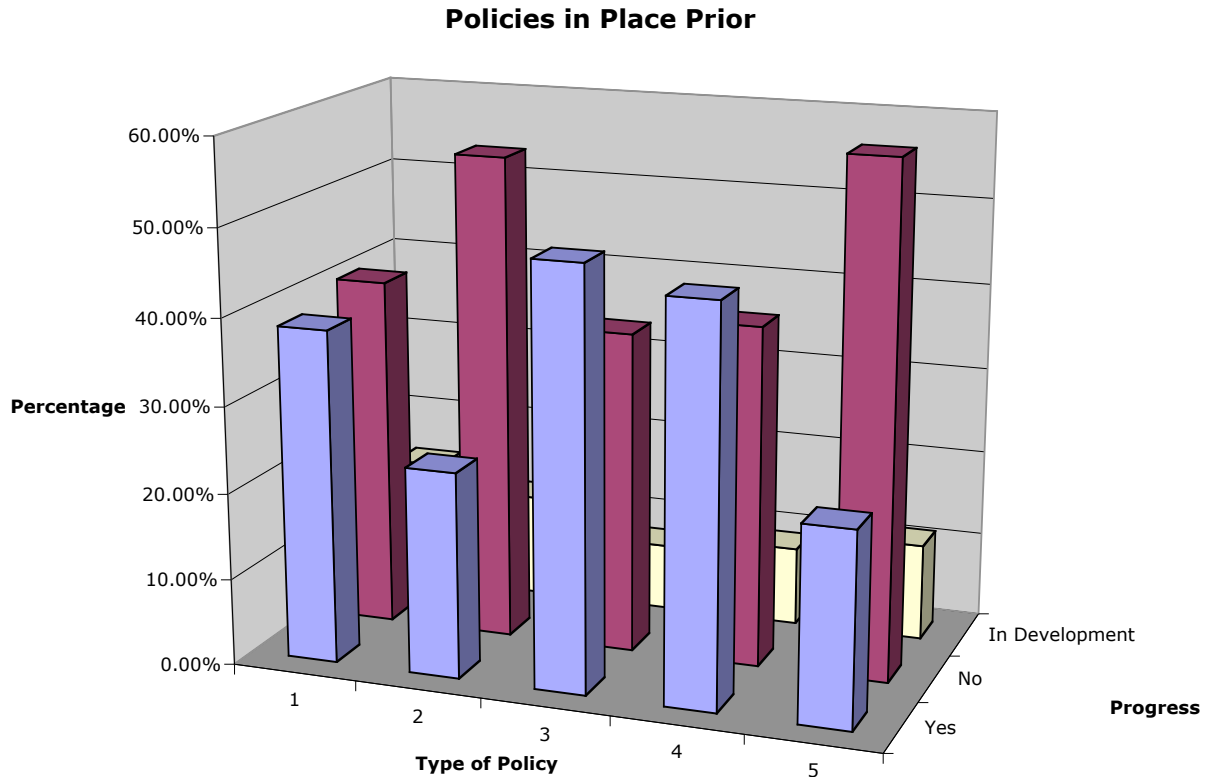


# FACT SHEET: RESULTS FROM MASA WELLNESS POLICY SURVEY

*The following is a fact sheet based on the information provided from the 143 surveys completed by school districts across the state. Information gathered from districts in the state provided a 48% response rate.*

## POLICIES REGARDING FOOD, NUTRITION, HEALTH, AND PHYSICAL ACTIVITY PRIOR TO WELLNESS POLICY DEVELOPMENT

Graph	Policy	Yes (%)	No (%)	In Development (%)
1	Food/Nutrition Policies	38%	41%	15%
2	Nutrition Education Policies	24%	56%	12%
3	Health Policies	48%	37%	8%
4	Physical Education Policies	45%	39%	9%
5	Physical Activity Policies	22%	59%	11%



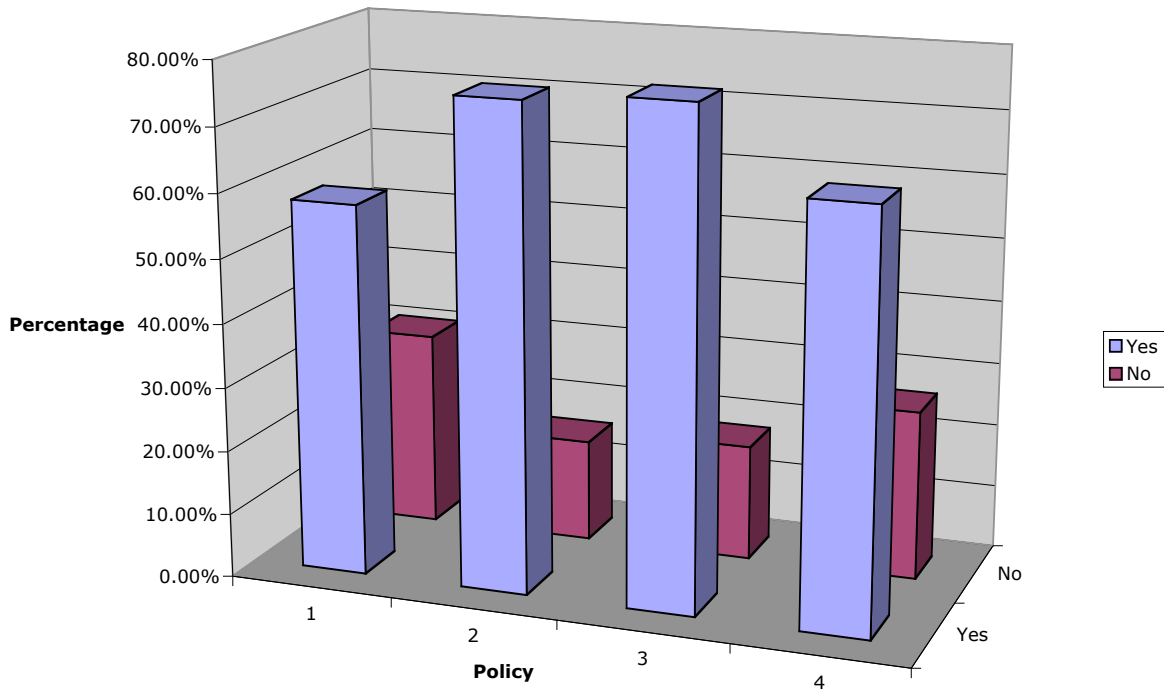
As you can see from the chart and associated graph, there were fewer schools with established policies regarding Nutrition Education and Physical Activity than other health and wellness policies. The federally mandated wellness policies will help to address this issue and establish necessary policies regarding all facets of health and wellness among school age youth.

# COMPONENTS ADDRESSED IN FEDERALLY MANDATED WELLNESS POLICY

## Meals served through the National School Lunch and Breakfast Program

Policy Number (x-axis)	Policy
1	Breakfast availability for all children
2	Social stigma regarding free and reduced-priced meals
3	Meal duration times and scheduling
4	Qualifications of school food service staff

## Meals served through National School Lunch/Breakfast Program Component

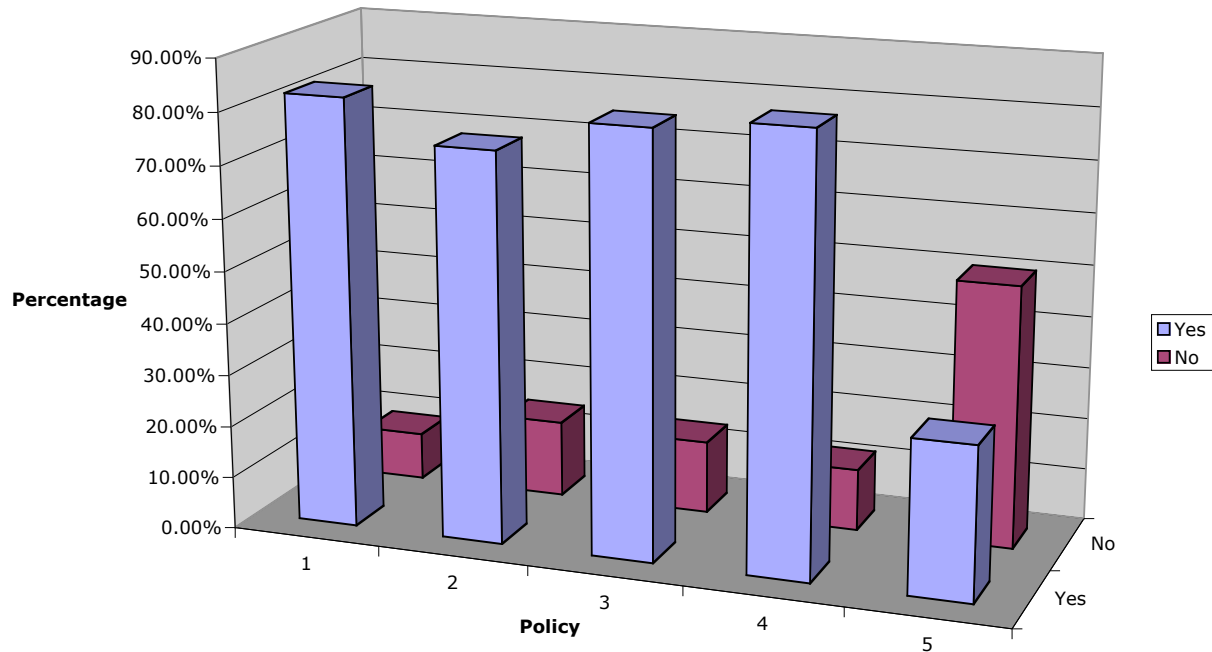


# COMPONENTS ADDRESSED IN FEDERALLY MANDATED WELLNESS POLICY

## Nutrition Education

Policy number (x-axis)	Policy
1	Nutrition education requirements
2	Quality of nutrition education
3	Incorporate physical activity into lessons
4	Communication with parents (seminars, handouts, school menu nutrient analysis)
5	Food marketing restrictions (logos/brand name items, freebies, coupons)

## Nutrition Education Component

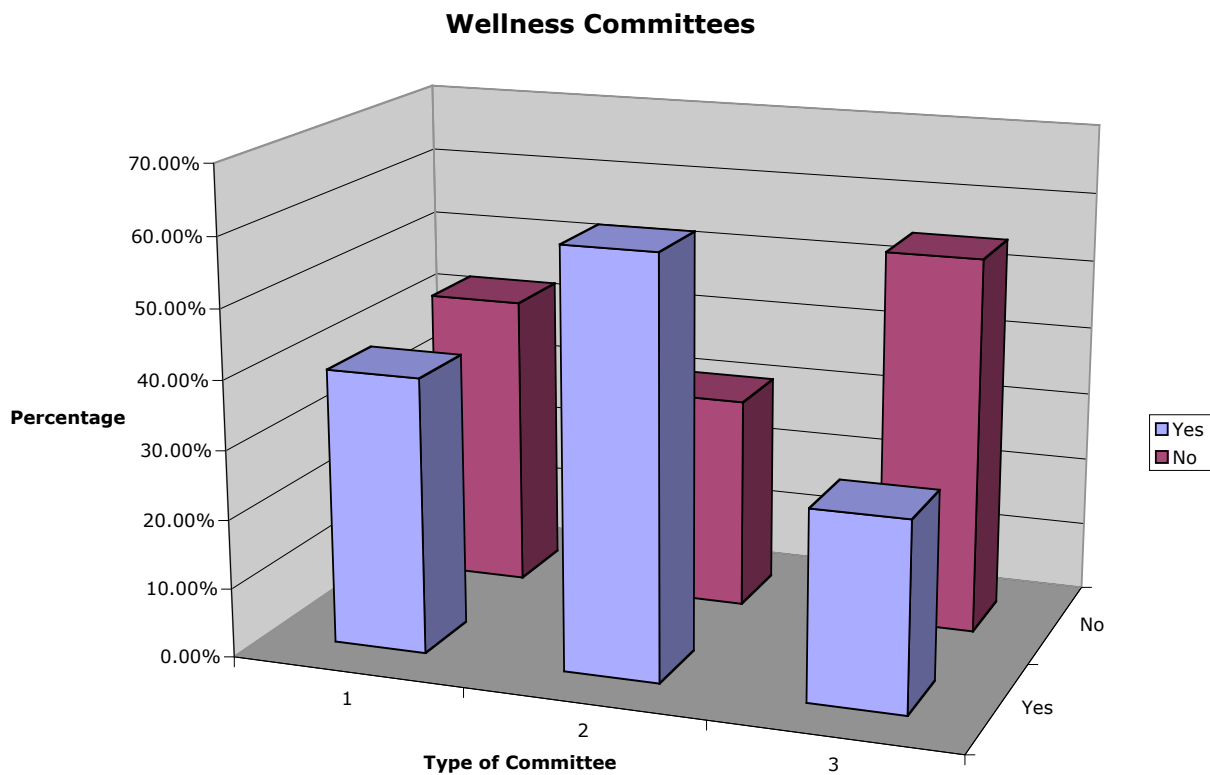


From this graph it is apparent that the majority of schools are not addressing food marketing in schools in their Wellness Policy. This includes things such as Channel One, freebies from large corporations, and coupons for products from these corporations. This may need to be addressed in the following years during policy evaluation.

# COMPONENTS ADDRESSED IN FEDERALLY MANDATED WELLNESS POLICY

## Wellness Committees

Policy Number (x-axis)	Policy
1	School health council
2	Staff wellness committee
3	Student wellness committee



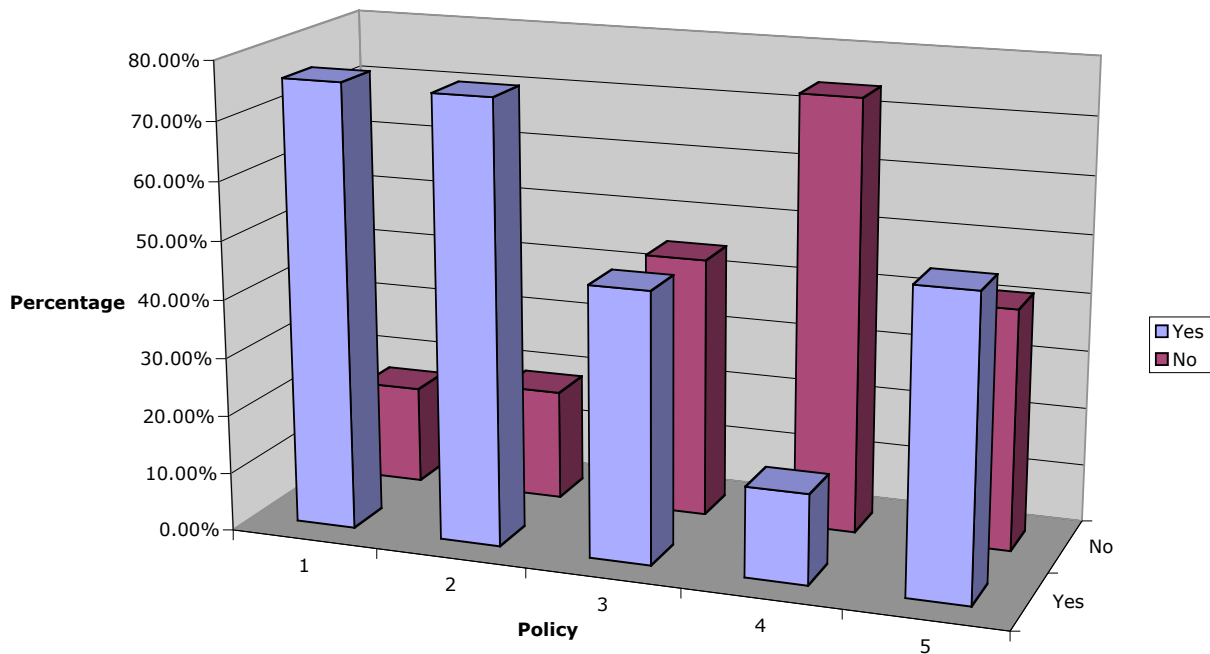
From this graph it is apparent that Student Wellness policies are a low priority for schools. However, student committees could be useful and effective, as youth are quite impressionable and peer influence is strong in school settings.

# COMPONENTS ADDRESSED IN FEDERALLY MANDATED WELLNESS POLICY

## Physical Education

Policy number (x-axis)	Policy
1	Physical education requirements
2	Recess (elementary school)
3	Physical activity as form of punishment
4	Safe routes to school (for walking, biking, etc)
5	Use of school facilities outside of school hours

## Physical Education

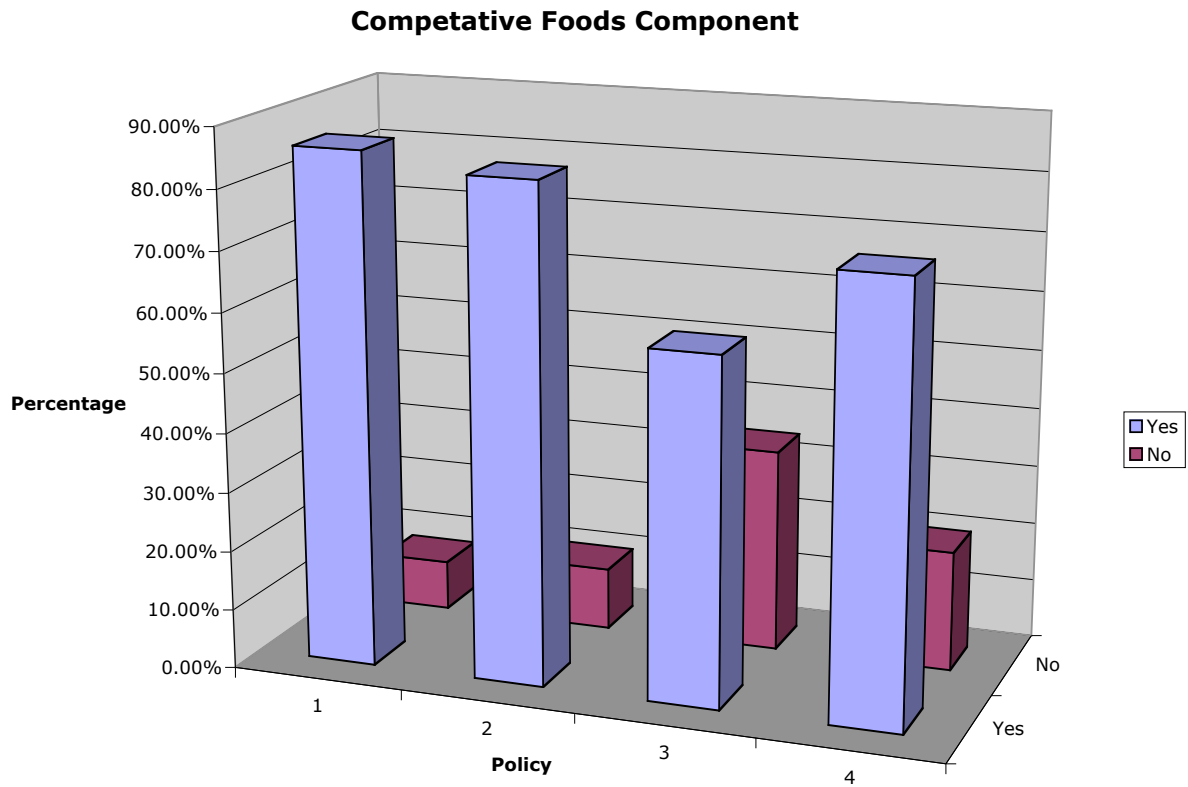


From this graph it is obvious that safe routes to school, physical activity as a form of punishment, and the use of school facilities outside of school hours are not being addressed as readily in Wellness Policies. It is important to consider that these schools may not be incorporating such issues because they simply do not apply to the school due to its environment, geographic location, or lack of facilities in general.

# COMPONENTS ADDRESSED IN FEDERALLY MANDATED WELLNESS POLICY

## Competitive Foods (food sold outside of reimbursable federal school meal program)

Policy Number (x-axis)	Policy
1	Beverages available
2	Food items available
3	Portion sizes offered
4	Time(s) of day these items are available

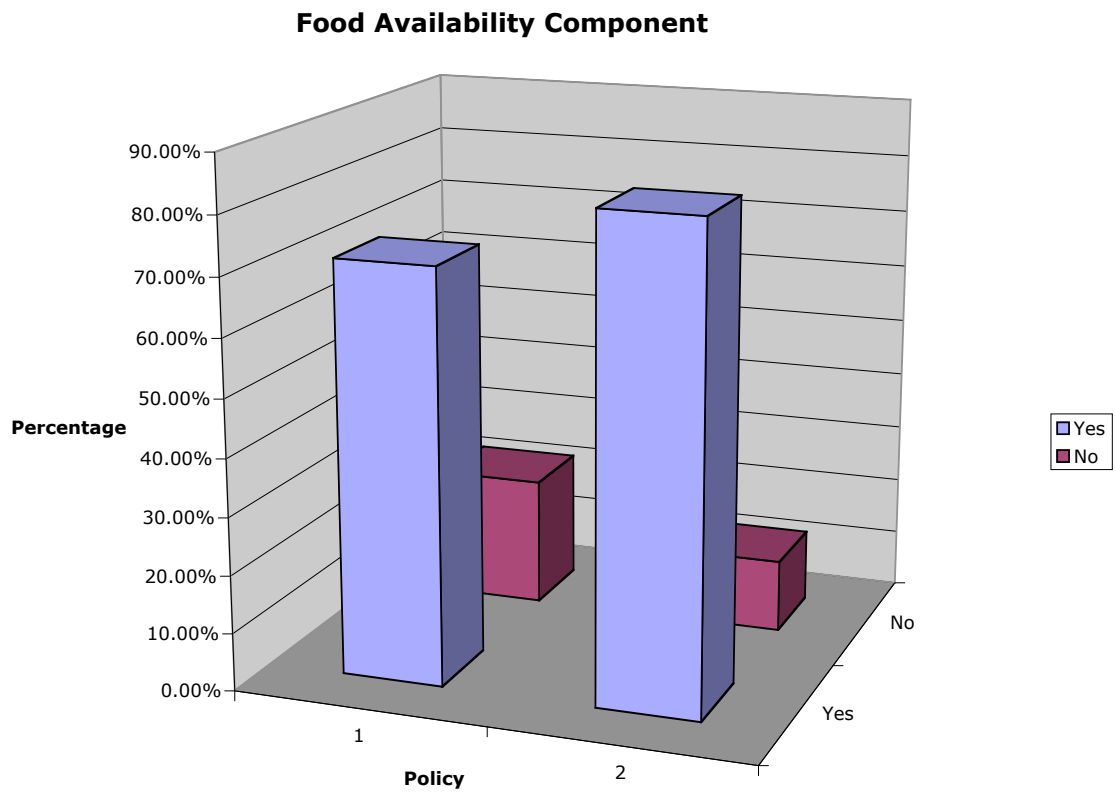


This graph may be detailing the effect of increased public awareness and media reports of the effects of portion sizes, empty-calorie food and beverage intake on obesity rates.

# COMPONENTS ADDRESSED IN FEDERALLY MANDATED WELLNESS POLICY

## Food availability (in and out of the classroom)

Policy Number (x-axis)	Policy
1	Food items used for fundraising activities
2	Food items used as rewards/incentives in the school classroom

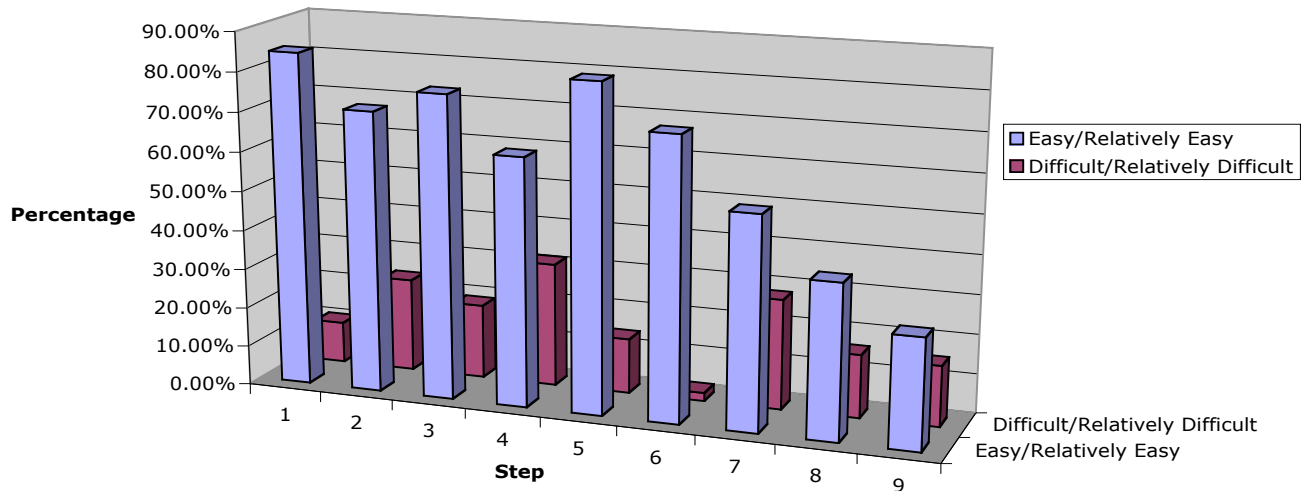


This graph portrays an increase in attention to innovative and creative ways to promote healthier alternatives in schools.

## RELATIVE EASE/DIFFICULTY OF EACH WELLNESS POLICY STEP

Step Number	Wellness Policy Step
1	Understanding the Wellness Policy Law
2	Involving the Community
3	Assessing School's/District's Needs
4	Drafting a Wellness Policy
5	Finding Helpful Resources/Models
6	Seeking School Board Approval
7	Building Awareness and Support
8	Implementing Wellness Policy
9	Evaluating Wellness Policy

**Relative Ease/Difficulty for Wellness Policy Steps**



From the graph, it appears that most of the steps were considered more “easy” than “difficult”. However, there are a number of schools that answered “N/A” to the last two steps because they have not yet reached that point.

From the qualitative data, it is apparent that most schools are concerned about the implementation and evaluation if they have already drafted and approved their Wellness Policy. A resource and guideline sheet accompanies this fact sheet to help schools identify resources in the challenging areas of policy development and implementation.