



CHANGING THE SCENE

Improving the School Nutrition Environment

Alarming Trends

- **Diets are falling short of the mark**
- **Desirable physical activity levels are not being met**
- **Obesity rates are skyrocketing**
- **Adult diseases are showing up in children**

Adverse CVD Risk Factor Levels in Children

Percent of children, aged 5-10, with 1 or more adverse CVD risk factor levels:

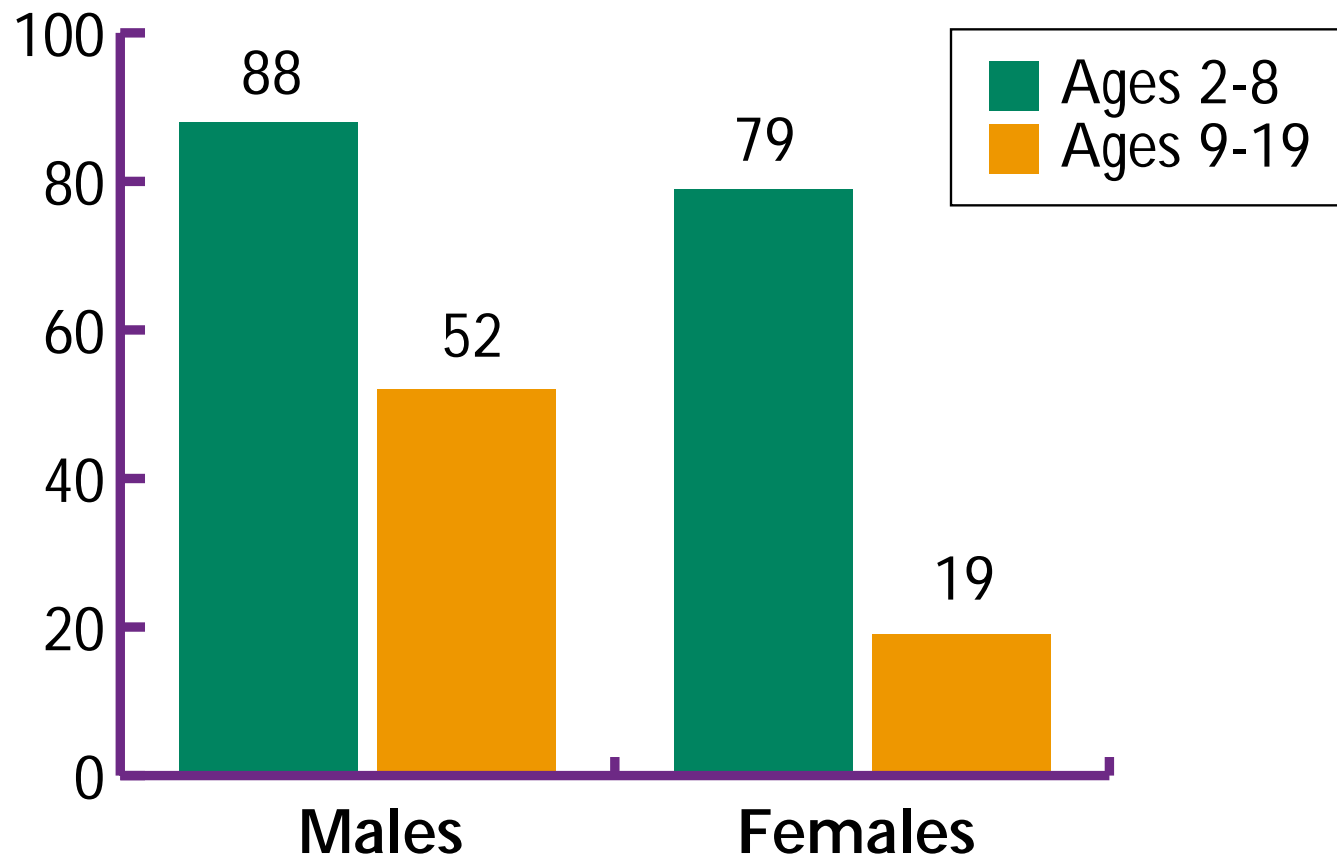
27.1

Percent of overweight children, aged 5-10, with 1 or more adverse CVD risk factor levels:

60.6

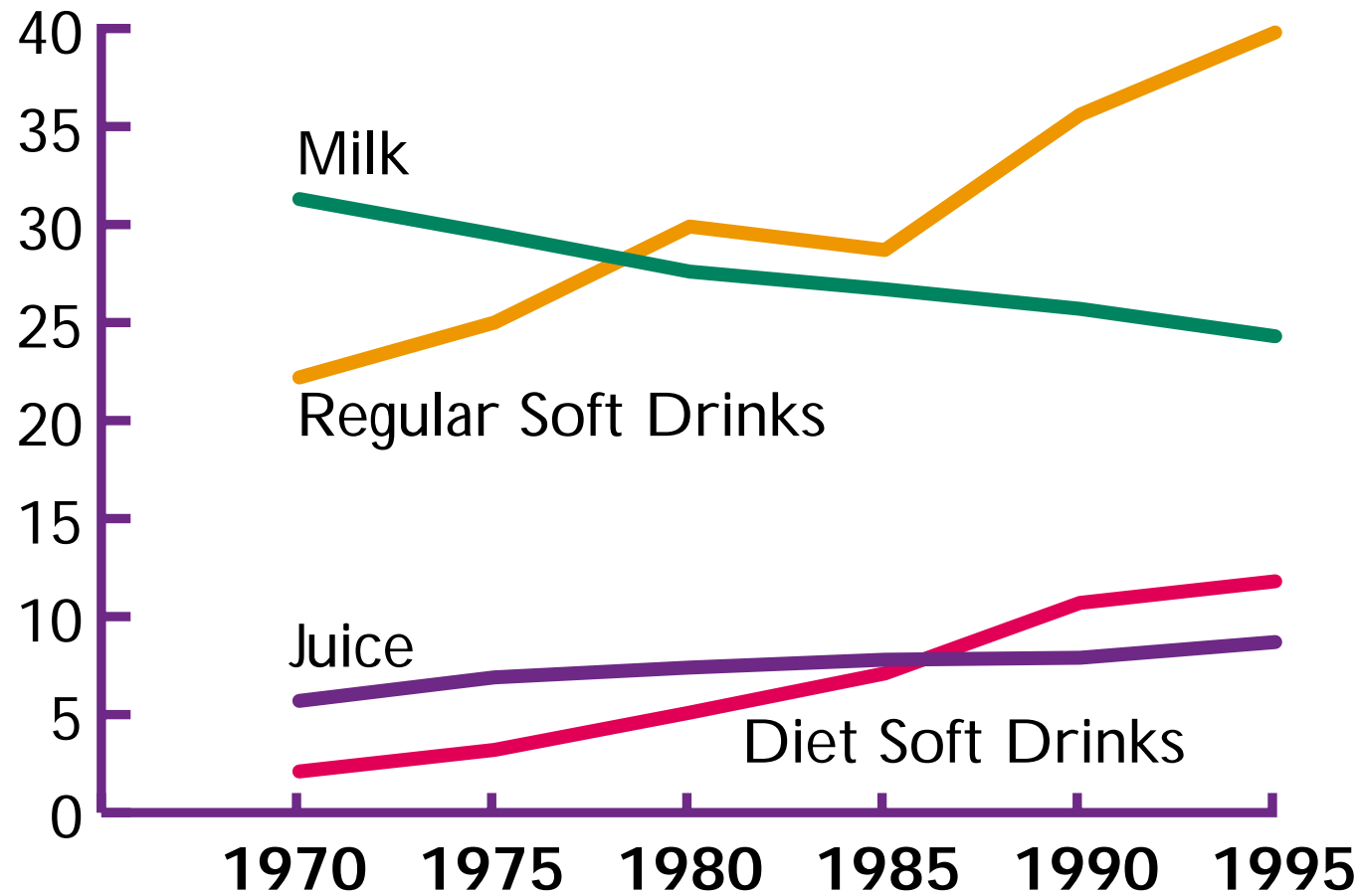
Source: Freedman DS et al. Pediatrics 1999; 103:1175-82

Percentage of U.S. Youth Who Met Dietary Recommendations for Calcium Intake, by Age and Sex, 1988-94



Source: National Health and Nutrition Examination Survey III, CDC

Beverages Available in the U.S. Food Supply (Gallons/Person/Year)



Source: U.S. Dept. of Agriculture, Economic Research Service Statistical Bulletin No. 939, 1997

Schools Can Make a Difference

Nutrition and
physical activity
are important to students

What Can Be Done?

Improve the
School Nutrition
Environment

What is a Healthy School Nutrition Environment?

Components of a Healthy School Nutrition Environment

- **A Commitment to Nutrition and Physical Activity**
- **Quality School Meals**
- **Other Healthy Food Options**
- **Pleasant Eating Experiences**
- **Nutrition Education**
- **Marketing**

A Commitment to Nutrition and Physical Activity

- **Nutrition and physical activity are part of each school day**
- **Policies are in place and enforced**
- **School foodservice is on the team**
- **School health councils give support**

Quality School Meals

- **School meal programs are available**
- **Healthy, appealing choices are available**
- **Food safety is a priority**
- **Menus meet nutrition standards**

Other Healthy Food Options

- **All foods and beverages available at school make a positive contribution to healthy choices**
- **Parents make healthy options available**
- **Food is not used for fund-raising**

Other Healthy Food Options

- **Food is not used as a reward or punishment**
- **Access to vending machines is limited**

Pleasant Eating Experiences

- **Meals scheduled at appropriate times**
- **Students have time to eat and socialize**
- **Adequate serving and seating areas**

Pleasant Eating Experiences

- Dining room décor is attractive
- Creative methods are used to keep noise levels appropriate
- Drinking fountains are available
- Handwashing equipment and supplies are available

Nutrition Education

- **Available in pre-K through grade 12**
- **Focuses on skill development**
- **Integrated into core curriculum**
- **Dining room and classroom are linked**
- **School is a Team Nutrition School**

Marketing

- **Healthy eating and physical activity are actively promoted**
- **Students receive positive, motivating messages**
- **Schools promote healthy food choices**

Call to Action



AMERICAN DIETETIC ASSOCIATION
*"Your link to nutrition and health."*TM



American Academy
of Family Physicians



National
Medical
Association

American Academy of Pediatrics



United States Department of Agriculture



19-15 (Developmental) Increase the proportion of children and adolescents, age 6 to 19 years, whose intake of meals and snacks at schools contributes proportionately to good overall dietary quality.

School Meals Initiative

- **New nutrition standards for school meals**
- **Team Nutrition to support those standards**



It's Time to Act!



- Changes need to be made
- Make a commitment now
- Join our team
- Begin the journey—one step at a time