

# Recommendations for Improving Local Wellness Policies in Pima County School Districts

Nine (60%) school districts, representing over 178 schools in Pima County completed the WellSAT in 2010/2011 to assess their Local Wellness Policies: 20 areas of weakness, 6 areas needing improvement, and 5 areas of strength were identified. Below are recommendations to improve policy development.

## PART I: ADDRESSING WEAKNESSES

*Most Pima County district policies do not address the following components. Check your District's policy for presence or absence, and add or modify component so that they are specific and clear.*

### Nutrition Education and Wellness Promotion

- » Specify a model or method for the District, such as Coordinated School Health.

### Standards for USDA Child Nutrition Programs and School Meals

- » Identify specific strategies to increase participation in school meals programs.
- » Describe how those responsible for menu planning will receive training in nutrition.
- » Describe how nutrition information for school meals will be made available.

### Nutrition Standards for Competitive Foods/Beverages (items sold /served outside of the meal program)

- » Define clear limits to sugar and fat content of foods sold/ served a class parties and other school celebrations.
- » Define clear limits to sodium content of foods sold/ served outside of USDA meals.
- » Define clear limits to calorie content per serving size of foods sold/served outside of USDA meals.
- » Identify ways to increase "whole foods" sold/served outside of USDA meals.
- » Define limits to serving size of beverages sold/served outside of school meals.
- » State how children have access to free drinking water.

### Physical Education and Physical Activity

- » Describe professional development opportunities for Physical Education teachers.
- » Describe parameters of Physical Education waivers for students.
- » Identify a written Physical Education curriculum/ program for each grade level.
- » Identify amount of time per week of physical education for middle and high school students.
- » Describe the teacher-student ratio for physical education.
- » Describe how adequate equipment and facilities for Physical Education will be provided.
- » Describe minimum required qualifications of Physical Education teachers.
- » Describe guidelines for physical activity breaks for elementary students during classroom time (excluding PE and recess).

## PART II: ADDRESSING AREAS NEEDING IMPROVEMENTS

*Most Pima County district policies mention, but do not provide clear guidelines on the following components, i.e. they are vague or written in a manner that allows for interpretation or 'loop holes'. Check your District's policy and revise unclear, confusing, or vague language.*

### Nutrition Education and Wellness Promotion

- » Provide nutrition curricula for each grade level.
- » Specify marketing strategies to promote healthy choices.

### Nutrition Standards for Competitive Foods/Beverages (items sold /served outside of the meal program)

- » Describe how foods served at class parties and other school functions will be regulated.
- » Explain how not using food as a reward will be addressed.

### Evaluation

- » Provide a detailed plan for policy evaluation.
- » Provide a plan for periodic policy review and possible revisions/updates.

For more information contact Rebecca Drummond:  
drummond@email.arizona.edu/520-626-3668



MEL AND ENID  
ZUCKERMAN COLLEGE  
OF PUBLIC HEALTH

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