Schools + Professionals In Nutrition: Partnering for Healthier, Successful Students

Amy Koren-Roth, MS, RD, CDN

Learning Objectives

• To learn about the implementation of schools and professionals in nutrition (SPIN), partnering for healthy, successful students
• To understand how the school environment affects nutrition and physical activity of the school community
• To understand how to engage schools, assess the nutrition and physical activity environment and begin addressing these issues

What will the training cover?

• Introduction to NYAHK and SPIN
• School Nutrition and PA Environment
• Child Nutrition: Fact and Fiction
• School Health Index Training
• Facilitation 101
• Review of the Resources provided

New York State Action for Healthy Kids

Healthy Schools Summit (10/02)
Call to Action: David Satcher, MD, PhD, Chair

“Together we really can make a difference in the health of our nation’s children. The stakes are too high to do nothing.”

What is NYAHK?

• Statewide coalition with diverse members: schools, government agencies, industry, universities, and interested citizens.
• 120+ members, guided by Steering Committee and 3 Action Teams
• Goal is to unite and support efforts to promote healthier NY schools.
NYAHK 2004-2005 Goals

- Goal 1: provide age-appropriate and culturally sensitive instruction in health education and physical education that help students develop the knowledge, attitudes, skills and behaviors to adopt, maintain and enjoy healthy eating habits and a physically active lifestyle.

- Goal 2: Adopt policies ensuring that all foods and beverages available on school campuses and at school events contribute toward eating patterns that are consistent with the Dietary guidelines for Americans.

NYSAFHK Action Teams

- School Nutrition Policy Action Team
- Physical Activity Action Team
- Low Fat Milk Action Team

WHAT IS SPIN?

- A statewide partnership

- Focus on training professional resources to facilitate the process of improving the school nutrition and physical activity environment

SCHOOL HEALTH INDEX

- Powerful tool in assessing programmatic efforts

- “Power” stems from the process of open and honest discussion about both the perceptions and the realities of a school or district.
**SPIN PARTNERS**

- NYS Action For Healthy Kids
- NYS Physical Education Recreation and Dance
- NYS Department of Health
- NYS Department of Education
- Statewide Center for Healthy Schools
- Cornell Cooperative Extension
- NYS Dietetic Association
- Student Support Services Network
- The Sage Colleges
- The Eastern Affiliate of American Cancer Society

**WHAT IS DOH/DON’S ROLE?**

- Team leadership for SPIN planning/development team
- Public health representative to coordinate database and linking schools with trained professionals
- Staff developed resource materials and training segments
- Piloting with our school focused contracts

**VISION**

- Nutrition professionals working cooperatively with schools and communities to improve our children’s health and increase their learning readiness by promoting lifelong healthy nutrition habits and regular physical activity habits

**Child Nutrition and WIC Reauthorization Act of 2004**

- Sec. 204. Local Wellness Policy
- Requires schools to establish and implement a local “school wellness policy” by the 2006-2007 school year. The policy must include goals for nutrition education, physical activity and other activities designed to promote student wellness. This Section is funded with a total of $4 million through 2009

**Child Nutrition and WIC Reauthorization Act of 2004**

- CDC designated to provide technical assistance to schools and districts for use in:
  - Establishing healthy school nutrition environment,
  - Reducing childhood obesity, and
  - Preventing diet-related chronic diseases.

**NYS 6738 - A**

- An act to amend the education law, in relation to the creation of school district child nutrition advisory committees
6738 – A, continued

- SD authorized and encouraged to est. a child nutrition advisory committee
- Meet quarterly
- Include, but not limited to, representatives from the school board, food service, PE department, school nurse, registered dietitian, district faculty, parents/guardians of district students.

WHO ARE THE NUTRITION PROFESSIONALS?

- Members of New York State Dietetic Association
- Cornell Cooperative Extension Agents
- Dietetic Interns
- Retired Nutrition Professionals

YEAR ONE

SPIN:
- train nutrition professionals across NY, through local venues
- work with state contractors charged with targeting schools
- market to schools and statewide organizations

YEAR TWO

SPIN:
- assess program and materials
- training available on line
- link trained nutrition professionals with interested schools
- follow up with schools as the assessment is completed

How does SPIN: "Schools + Professionals In Nutrition" work?

School requests to be matched with a nutrition professional

Applicable SPIN informational form completed by school and nutrition professional and sent to SPIN Coordinator
NYS Action for Healthy Kids
PO Box 285
Watervliet, NY 12189
E-mail: ewph1health.state.ny.us

Nutrition professional volunteers for the SPIN initiative

School and nutrition professional are matched

Letter is sent to school (copy sent to nutrition professional) with contact information for the nutrition professional
School and nutrition professional work in partnership

Healthy, successful students!

KEY POINTS
• No matter who the school contact person is, NP must keep the principal informed of activities
• As nutrition issues are identified, NP will provide the nutrition related expertise as needed
• Requests to individually counsel students etc. and provide nutrition education are outside scope of SPIN project.

FOLLOW UP
• Forms will be provided to keep SPIN coordinator apprised of progress
• Completed SHI will be shared with Statewide Center for Healthy Schools (www.nyshealthyschools.org)

Questions?
Contact ewph1@health.state.ny.us
518-402-7390