

Wrestle Your Way to Success with WellSAT 2.0

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Today's Tournament

- Who's Who this Season?
Major players on the Local Wellness Policy (LWP) scene
- Beyond the Basics
A little coaching to step up our game
- On the Mat!
How to use WellSAT 2.0 scorecards and evaluation recommendations

Tournament Rules

1. We're wrestling policy, not implementation.
2. We're wrestling policy, not implementation.



Who's Who? Your Opponent

Unsupportive social norms
and values

Competing priorities

Lack of time

Fear of change

Lack of awareness

Poor quality LWP



Who's Who? Your Team

Heavyweights

Lightweights

Contractor



Who's Who? Event Support

**Other
Contractors**

Partners

USDA

AzNN



Rudd Center

Alliance

ADE

Other

Flickr: Olympic Freestyle Wrestling at Excel - 96kg Gold Medal Winner - Jake Varner
Author: Ed Webster

Beyond the Basics: Qualifiers

ASBA Policy Bridge

- access LWP by clicking District checkbox and doing advanced search for “Wellness”
- Visit ASBA website for Policy Bridge tutorials and enhanced functionality with district-specific login

The screenshot displays the ASBA (Arizona School Boards Association) Policy Bridge website. On the left, a list of school districts is shown with checkboxes. A red arrow points to the checkbox for 'Bullhead City Elementary School District No. 15', which is checked. Another red arrow points from the 'Advanced Search' button to the search results. The search results show 'STUDENT WELLNESS (Local School/District)' for Bullhead City Elementary School District (BCESD). The text describes the district's commitment to student health and wellness, aligned with the Health, Hunger-free, and Wellness policy. It outlines the 'Nutrition Education Goal' and 'Program components'.

ASBA
Arizona School Boards Association

Search for:

PRINT . HELP . HOME . LOGIN

< Prev Doc ... Next Doc > < Prev Hit ... Next Hit > < Prev Hit Doc ... Next Hit Doc > Document Location

documents << >> Advanced Search Search 1 - 9 hits

☐ Benson Unified School District No. 9
☐ Bicentennial Union High School District No. 76
☐ Bisbee Unified School District No. 2
☐ Blue Ridge Unified School District No. 32
☐ Bonita Elementary School District No. 16
☐ Bouse Elementary School District No. 26
☐ Bowie Unified School District No. 14
☐ Buckeye Elementary School District No. 33
☐ Buckeye Union High School District No. 201
☒ Bullhead City Elementary School District No. 15
☐ Camp Verde Unified School District No. 28
☐ Canon Elementary School District No. 50
☐ Cartwright Elementary School District No. 83
☐ Casa Grande Elementary School District No. 1
☐ Catalina Foothills Unified School District No. 1
☐ Cave Creek Unified School District No. 93
☐ Coconino Association for Vocations, Industry, and Commerce
☐ Cedar Unified School District No. 25
☐ Central Arizona Valley Institute of Technology
☐ Chandler Unified School District No. 80
☐ Chevelon Butte Elementary School District No. 1
☐ Chinle Unified School District No. 24
☐ Chino Valley Unified School District No. 51
☐ Clarkdale-Jerome Elementary School District No. 1
☐ Cobre Valley Institute of Technology District No. 1
☐ Cochise Elementary School District No. 26
☐ Cochise Technology District No. 1
☐ Coconino County Regional Accommodation Services

STUDENT WELLNESS
(Local School/District)

Bullhead City Elementary School District (BCESD) strives to make a significant contribution to the ability of each student while affording them the opportunity to fully participate in the educational process that promotes and protects children's health, well-being, and ability to learn by supporting health. District **wellness** policy is aligned with the requirements and guidelines of the Health, Hunger-free, and Wellness policy.

Nutrition Education Goal

Goal: Nutrition education shall be integrated into Health Curriculum taught in every grade level, and incorporates national and state developed standards designed to promote and protect student health (HUSCC). Students can demonstrate their knowledge of nutrition concepts by applying the skills learned.

Program components:

- **Classroom teaching.** Examples include benefits of nutrition on overall health and disease prevention, and nutrition, calculations of nutritional values of food in math, growing or components of food.
- Nutrition education instructional activities shall stress the appealing aspects of healthy eating and enjoyable. The nutrition education program will link the school meal program to classroom learning partners to good nutrition.
- All students will be taught the skills necessary to make nutritious choices. Students will be taught the maintenance of healthy eating behaviors.
- Parents will be provided the opportunity to give feedback on **wellness** goals through parent/teacher conferences, and School Board meetings.

Beyond the Basics: Qualifiers

What defines a Local Wellness Policy?

- ⦿ Policy document
- ⦿ Regulations
- ⦿ Other supporting documents
- ⦿ *It does NOT include meeting minutes or implementation updates*

Beyond the Basics: Quarter Finals



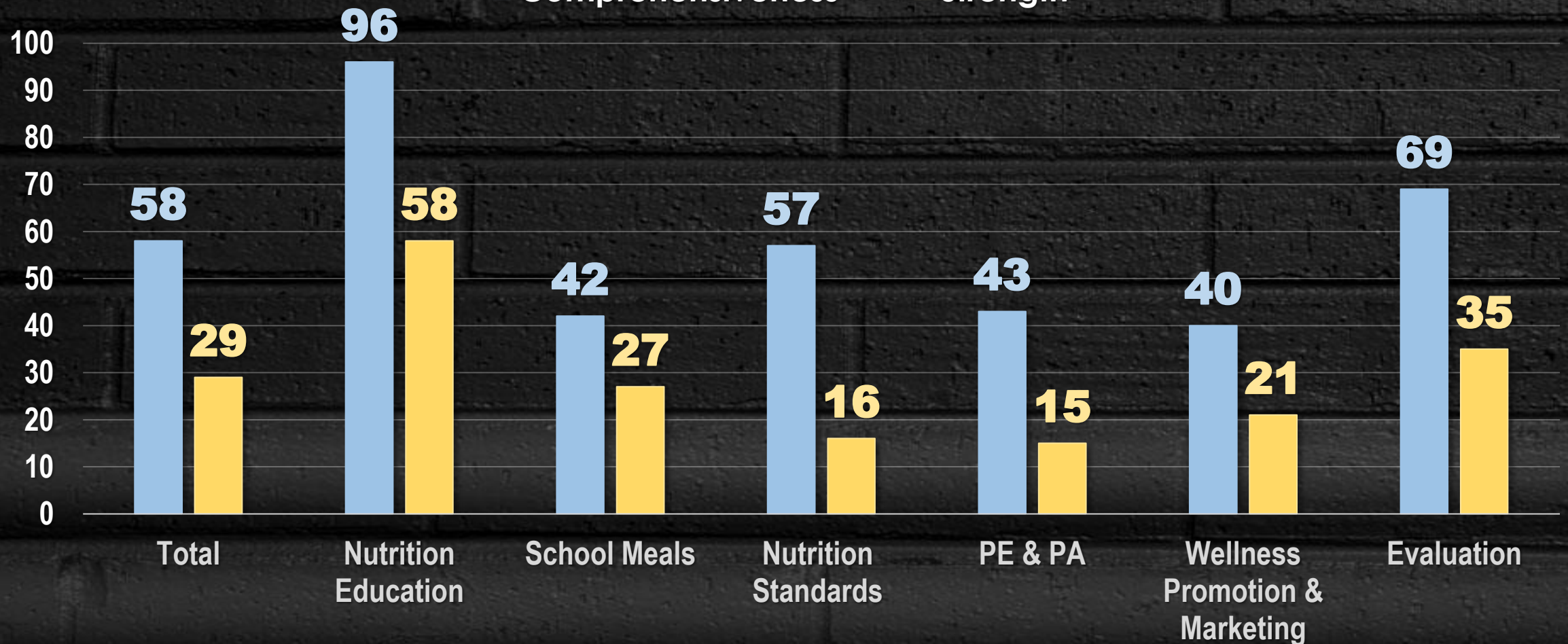
Army Wrestler Earns Greco-Roman Berth in Beijing Olympics
Photo by Tim Hipps June 23, 2008
<http://www.army.mil/article/10283/army-wrestler-earns-greco-roman-berth-in-beijing-olympics/>

- **Why Review Your Wellness Policy? Handout**
“Increasing awareness of the link between strong policies and healthier behaviors is one strategy for motivating key decision-makers to support policy changes.” – J Chriqui, *Healthy Eating Research*, 2012
- **What Elements are Critical to Keep Moving?**
 - ✓ Regular communication & technical assistance
 - ✓ Maintaining active wellness committees
 - ✓ Having a process, or plan, for policy revision

Beyond the Basics: Semi Finals

Mean WellSAT 2.0 Scores in Arizona (N=48)

■ Comprehensiveness ■ Strength



Beyond the Basics: Finals

Adapt Recommendations to the Competition

- ⊙ Strong opposition to revising LWP = go simple and easy
- ⊙ Weak policy + confused DWC = streamline to 1-2 areas
- ⊙ Engaged DWC = go full force and use model LWP
- ⊙ Controversial issues = address with evidence or avoid

On the Mat!

**The Greco-Roman
Unified School District**

vs.

**An Average Scoring
Wellness Policy**

Greco-Roman USD

- K-12, large urban district
- DWC is reviewing/revising LWP
- Complex politics in getting Board approval for big changes

Local Wellness Policy

- Total Comprehensiveness 59
- Total Strength 28
- Sections 2 & 5 are weakest

Greco-Roman USD

- What questions do you have for the DWC? Why?

Local Wellness Policy

- What recommendations would you make? Why?

On the Mat!

**The Olympic Unified
School District**

vs.

**A Below Average
Wellness Policy**

Olympic USD

- K-12, low resourced urban district
- No active DWC, a two-person effort
- Passing interest in revising policy

Local Wellness Policy

- Total Comprehensiveness 24
- Total Strength 9
- Sections 3, 4 & 5 very weak
- Uses Arizona School Boards Association (ASBA) template

Olympic USD

- What questions do you have for your two contacts? Why?

Local Wellness Policy

- What recommendations would you make? Why?

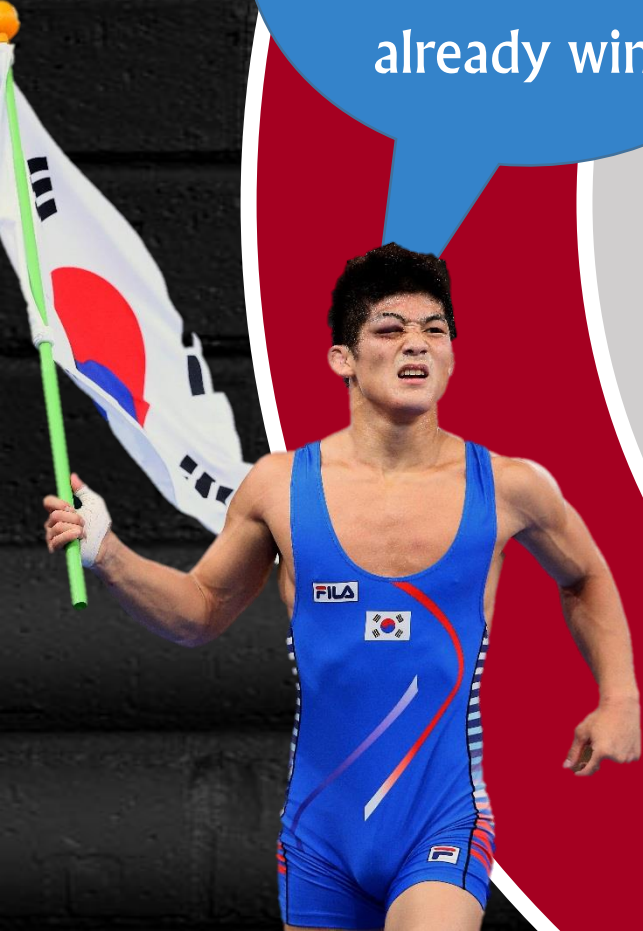
On the Mat!

The Freestyle Elementary School District

vs.

An Awesome Wellness Policy

Hold up. If it's
a great policy,
didn't we
already win?



Freestyle ESD

- K-8, small town district
- Active DWC very busy with other priorities, like implementing policy

Local Wellness Policy

- Total Comprehensiveness 95
- Total Strength 82
- Section 5 is weakest
- Uses Model Wellness Policy template

Freestyle ESD

- How would you approach the DWC? Why?

Local Wellness Policy

- What recommendations would you make? Why?

A Gold Medal

Team Cochise

- UANN Cochise – Heather Robinson
- HAPI – Roza Vickers
- Cochise County School District

Nutrition Guidelines:

The District participates in the USDA child nutrition program where all grades; pre-kindergarten through 8th grade; are eligible to receive breakfast, lunch, and snacks during the school day in an effort to educate and promote student health and the reduction of childhood obesity. The food provided at the District follows the USDA Nutrition Standards for School Meals as listed in:

<http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals> and complies to promote the MyPlate method of food consumption (<http://www.choosemyplate.gov/>) . Access to meal nutrition information is available through the food services director upon request.

Each student is given adequate time to consume their meals during breakfast and lunch periods. Students are given 20 minutes of seated eating time prior to being released for outdoor play time.



Olympic medal of wrestler Boyan Radev by Summer Olympic Games in Tokyo 1964

References

1. Chiqui FJ. Influence of competitive food and beverage policies on children's diets and childhood obesity. *Healthy Eating Research, Bridging the Gap*. July 2012.
2. Chiqui JF, Resnick EA, Schneider L, Schermbeck R, Adcock T, Carrion V, Chaloupka FJ. *School District Wellness Policies: Evaluating Progress and Potential for Improving Children's Health Five Years after the Federal Mandate. School Years 2007-07 through 2010-11*. Volume 3. Chicago, IL: Bridging the Gap Program, Healthy Policy Center, Institute for Health Research and Policy, University of Illinois at Chicago, 2013, www.bridgingthegapresearch.org.
3. Wood Y, Cody MM, Nettles MF. (2010) Team Nutrition Local Wellness Demonstration Project Report (Technical Report No. R-157-10). University, MS: National Food Service Management Institute.

