

Enhancing and Implementing School Wellness Policies and Increasing Before, During, and After School Physical Activity

Communities Putting Prevention to Work is a program of the County of San Diego Health and Human Services Agency funded by the federal Centers for Disease Control and Prevention through the American Recovery and Reinvestment Act from March 19, 2010 to March 18, 2012. The goal of the grant is to reduce chronic disease through policy, environmental, and organizational changes that target three focus areas: healthy physical activity, healthy nutrition, and healthy school environments.

Focus Area: Healthy Nutrition and Healthy Physical Activity

Background: In 2006, schools were required by Congress to develop Local School Wellness Policies that set standards for nutrition education, physical activity, foods served and sold, and other activities that support student wellness. Many policies were underdeveloped and lacked implementation and monitoring.

Outcomes:

- Enhancements to school wellness policies within six school districts in diverse areas throughout San Diego County.
- Selected school sites within the six districts will meet the Centers for Disease Control and Prevention (CDC) objective for Moderate to Vigorous Physical Activity (MVPA).

Deliverables:

- Establish District Wellness Councils and implement enhancements to school wellness policies.
- Create a sustainable Physical Education Program Plan incorporating standards-based instruction and site-based master schedules to ensure physical education time meets the MVPA objective.
- Create and conduct a series of workshops for before- and after-school program coordinators to increase physical activity.
- Decrease the amount of food offerings used in fundraising and classroom celebrations that do not meet the California Nutrition Guidelines, and implement a “breakfast in the classroom” pilot at a minimum of five school sites.
- Conduct demonstration projects in two additional districts to implement a replicable model of policy, systems or environmental change.
- Manage an intergenerational team for each targeted school district to effect change in improving nutrition and physical activity.

Contractor: San Diego County Office of Education

Subcontractors: *Pioneer districts:* La Mesa-Spring Valley School District, Mountain Empire Unified School District, National School District, San Diego Unified School District, San Marcos Unified School District, San Ysidro School District. *Demonstration districts:* Chula Vista Elementary School District, Grossmont Union High School District.

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