

School Wellness Policies: Creating a culture of health for students, staff, and the community title

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TOPIC/TARGET AUDIENCE: School Wellness Policies/ Public Health Professionals interested in child and adolescent health, nutrition, physical activity, obesity prevention, and/or targeted PSE efforts within schools.

ABSTRACT: 1) School Wellness Policies are designed to ensure that all students have environments and opportunities to practice healthy eating and physical activity behaviors throughout the school day. Public health professionals have a unique role to play in collaborating with districts to create wellness policies that improve nutrition and physical activity before, during, and after school.

2) During the 2017-2018 school year, districts throughout Oregon are reviewing and revising their local wellness policies to reflect the latest federal updates. These updates increase transparency and expand the requirements to strengthen nutrition, food marketing, and physical activity policies. 3) This fast-paced, presentation will demonstrate the importance of school wellness policies as a vehicle for sustained policy, system, and environmental change within the school district and beyond. Attendees will be provided with resources to develop the skills and language they need to work with wellness committees and school boards, including making the case to add staff wellness in their district policies. During the presentation, Oregon model policies, and district wellness efforts will be showcased as examples.

OBJECTIVE(S):

1. Explain why School District Wellness Policies are federally mandated and how they can improve student and staff wellness
2. List the major components of a School Wellness Policy
3. Articulate the importance of including staff wellness in School District Wellness Policies
4. List examples of how public health professionals can assist districts and influence school wellness policies

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