



A HOLISTIC APPROACH TO SCHOOL WELLNESS: CENTERING THE CHILD

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OCTOBER 26, 2022



About Us

The **Center for Wellness and Nutrition** (CWN), a program of the *Public Health Institute*, is a national leader in developing campaigns, programs, and partnerships to promote wellness and equitable practices in the most vulnerable communities in California and across the country.

PHI CENTER FOR WELLNESS AND NUTRITION

VISION:

A healthy nation where wellness is achievable for all individuals and communities.

MISSION:

To build capacity and leadership in communities and institutions to make optimal health accessible for all.



CHALLENGES FACING THE NATION AND CALIFORNIA

Economy

Inflation

Poverty

Racism

Government
Dysfunction

Pandemics
and Health

Climate
Change

CHALLENGES SCHOOLS ARE FACING NATIONWIDE AND IN CALIFORNIA

Teacher Shortages

Crowded Classrooms

Safety Concerns

Student Poverty

Obesity and Health

Adequate Funding

Learning Loss

Health and education affect individuals, society, and the economy and, as such, must work together whenever possible.



WHAT IS HEALTH EQUITY?

Health Equity: is the assurance of optimal health for all people.

Everyone has a fair and just opportunity to be as healthy as possible.

RWJF, 2017



WHAT IS WELLNESS?

- An active pursuit
- More than physical health
- Aware and making choices that lead toward an outcome of optimal holistic health



A HOLISTIC APPROACH TO SCHOOL WELLNESS

- Places the Child's Needs at the center
- Views the child as a whole person and the school as a system
- Takes a comprehensive approach to supporting learning and health
- Calls for greater collaboration across sectors



Developed by the CDC

IN THE CLASSROOM: EMBRACING THE WHOLE CHILD

- Listen to student's interest and concerns
- Know students on a personal level and attempt to understand their home life
- Model kindness, patience, and respect
- Check on social and emotional health and wellbeing



CREATING HEALTHIER SCHOOLS: WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD (WSCC)

CDC's framework for addressing health in schools

1. Physical education and physical activity
- 2. Nutrition environment and services**
3. Health education
4. Social and emotional climate
5. Physical environment
6. Health services
7. Counseling, psychological, and social services
8. Employee wellness
9. Community involvement
- 10. Family engagement**

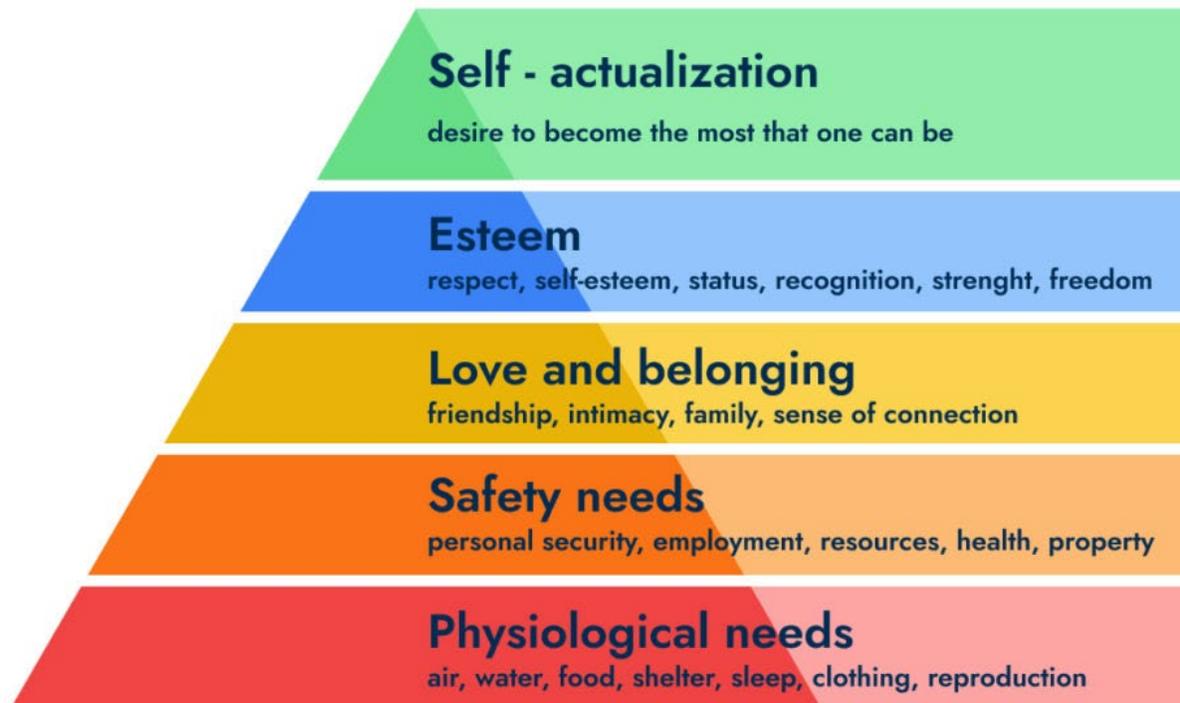
NUTRITION ENVIRONMENT AND SERVICES



Students may have access to foods and beverages at school:

- Cafeteria
- Vending machines
- Student stores
- Concession stands
- Classroom rewards
- Classroom parties
- School celebrations
- Fundraiser

NUTRITION AND ACADEMIC ACHIEVEMENT



- Academic performance
- Education behavior
- Students' cognitive skills and attitudes
- Improved attendance
- Improved focus

NUTRITION AND ACADEMIC ACHIEVEMENT

Food insecurity is associated with repeating a grade, developmental delays, and increased social and behavioral problems.



Obesity is linked with poorer social skills, self-esteem, working memory, and executive functioning.



Students who ate breakfast had higher grades and standardized test scores, less absenteeism, and improved memory.



SCHOOL MEALS AND HEALTH



Some children get about 50% of their daily energy intake from school meals.



School lunches are more nutritious than most packed lunches and restaurant kids' meals.



Most competitive foods are a poor source of healthy nutrition even though they meet nutritional standards.

NUTRITION SECURITY

<https://www.sciencedirect.com/science/article/pii/S2211335516301516>

http://schoolnutrition.org/uploadedFiles/About_School_Meals/What_We_Do/Lunch-Benefits.pdf

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2879179/>

OPPORTUNITIES FOR SCHOOLS IN CALIFORNIA

- **UNIVERSAL SCHOOL MEALS**
- Farm-to-School
- Regional Food Hubs
- School Gardens



FEDERAL OPPORTUNITIES: WHITE HOUSE CONFERENCE ON NUTRITION, HUNGER, AND HEALTH NATIONAL STRATEGY

- Focus on Nutrition Security Equity
- Increasing access to free and nourishing school meals nationally—breakfast, lunch, supper, etc.
- Summer electronic benefits transfer
- Support kitchen infrastructure and training school nutrition professionals
- School meals to better align with the most recent *Dietary Guidelines for Americans*
- USDA Healthy Meals Incentive initiative—supported by ARP funding—to improve the nutritional quality of school meals



FAMILY ENGAGEMENT



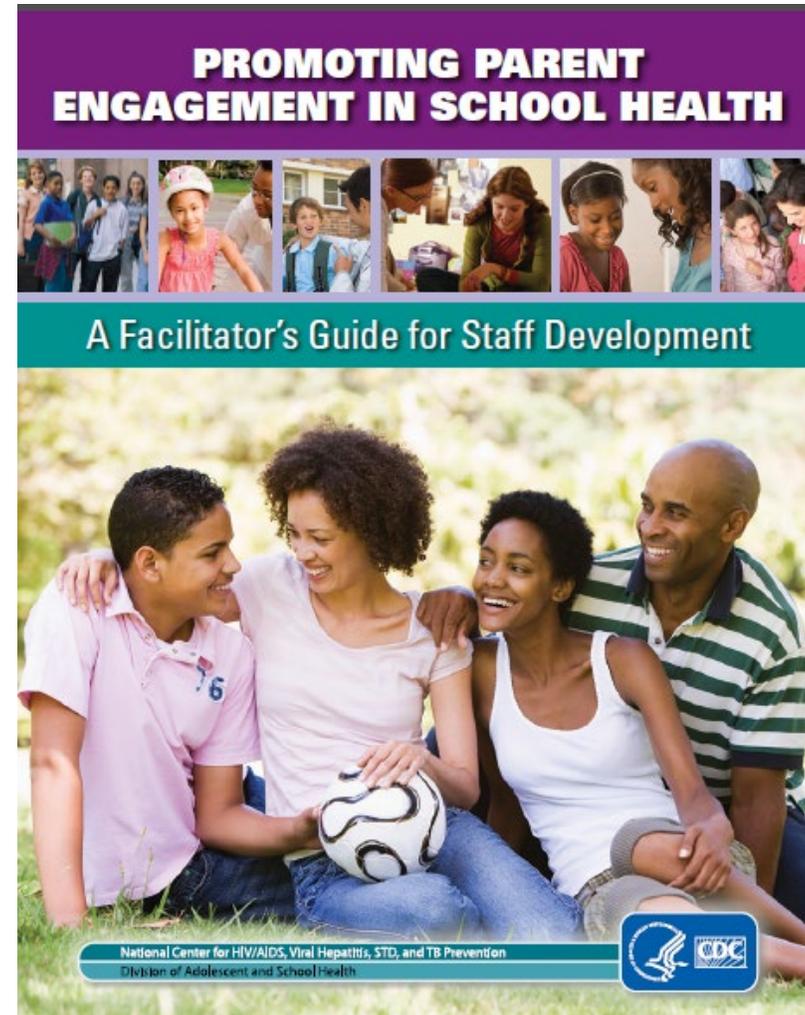
FAMILY ENGAGEMENT

- Families and school staff work together to support and improve the learning, development, and health of students.
- School staff make families feel welcomed and engaging families in a variety of meaningful ways.
- Families are committed to actively supporting their child's learning and development.
- Engagement continues across as the child matures into young adulthood.



PARENT ENGAGEMENT

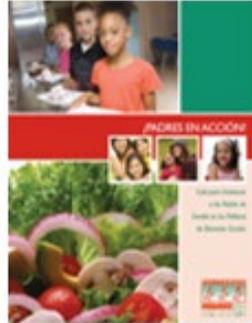
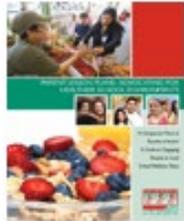
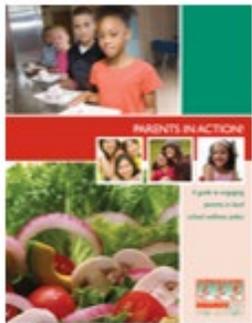
- Generate enthusiasm
- Share information
- Identify parent engagement activities
- Create volunteer opportunities
- Initiate steps to implement a parent engagement action plan



FAMILY ENGAGEMENT AND ACHIEVEMENT

Students	Parents	Teachers
<ul style="list-style-type: none">▪ Earn higher grades and test scores▪ Enroll in more advanced academic programs▪ Promote to the next grade level▪ Attend school regularly	<ul style="list-style-type: none">▪ Improved student achievement▪ Stronger teacher Appreciation▪ Feel more connected to the school community▪ Improved ability to help their children	<ul style="list-style-type: none">▪ Improved student achievement▪ More homework done well and on time▪ More support from parents

PARENTS IN ACTION: SIX LESSONS



Lesson 1: Health happens here: Parents and Schools Working to Improve Student Health



Lesson 2: Foods and Beverages on Campus



Lesson 3: Promoting Healthy Beverages on Campus



Lesson 4: Physical Activity on Campus

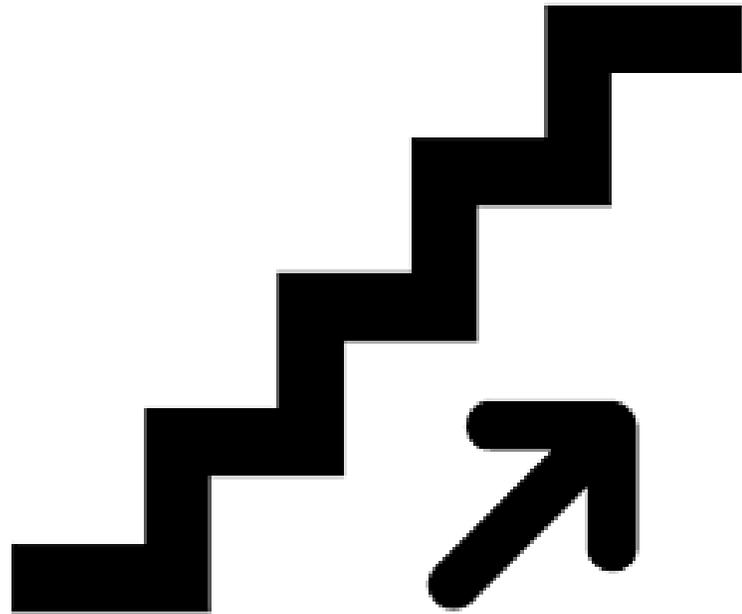


Lesson 5: Opening Up the Campus for Community Use



Lesson 6: Parents Taking Action in Schools

PARENTS IN ACTION: FOUR STEP ADVOCACY PROCESS



Pick a Problem and Solution

Determine the Policy Players

Build an Action Plan

Evaluate Your Progress and CELEBRATE!

PARENTS IN ACTION SUCCESSES



Developed
Healthy Party
and Classroom
Rewards
guidelines



Submitted
successful grant
requests



Actively
participated in
the district's
Wellness
Committee



Developed
school-site
Wellness
Committee



Worked to adjust
schedule:
Recess before
lunch



Ensured
continuation:
Breakfast in the
classroom
program

YOUTH ENGAGEMENT

Youth engagement is the result when young people are involved in responsible, challenging actions to create positive social change.



WHY YOUTH ENGAGEMENT?



- Youth know youth! Youth have unique perspective and can be honest about what they need and want.
- Youth are incredibly powerful spokespeople. Stakeholders listen to youth.
- Youth buy in helps support sustainability of programs and environmental changes.
- Youth are ready to take on leadership roles and have valuable insight.

YOUTH ENGAGEMENT

Youth work with an adult ally to explore health equity issues that impact their health:

Identify critical issue in their school or community

Learn more about healthy behaviors

Investigates the issue

Develop solutions

Work with decision makers

Implement community changes

AFTER PARTICIPATING IN THIS PROJECT YOUTH SELF REPORT...



94%

"I eat healthier"



89%

"I can influence others to eat healthier."



86%

"I do more physical activity."

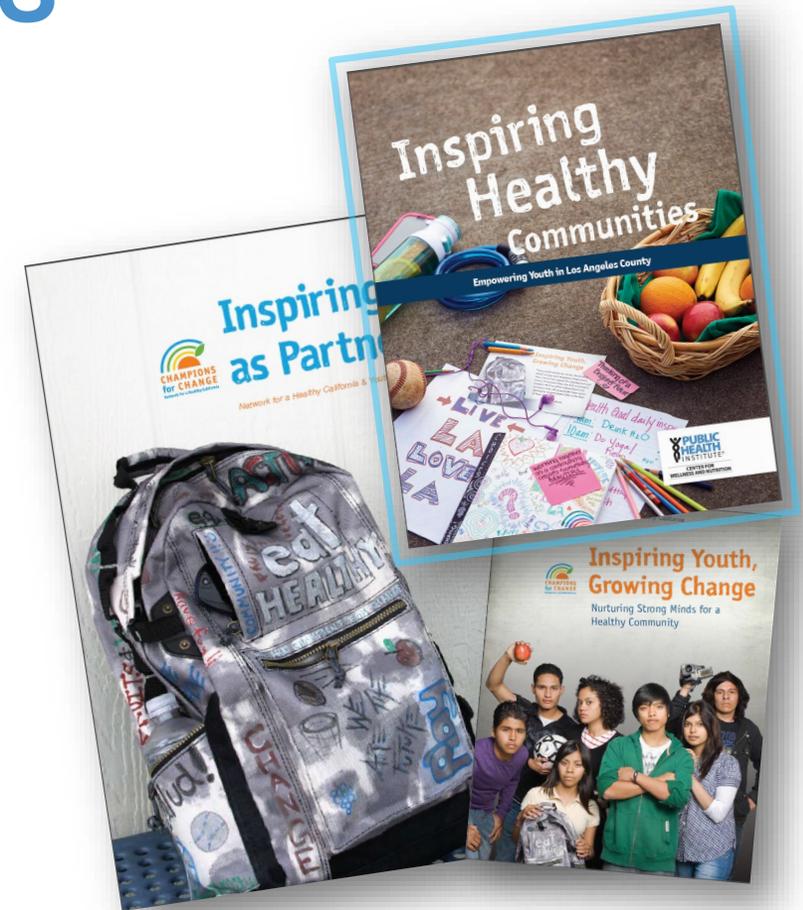


92%

"I can influence others on the importance of physical activity."

YOUTH ENGAGEMENT SUCCESSES

- Complete streets city policies
- Cafeteria makeovers and share tables
- Hydration stations on school campus
- Peer-to-peer nutrition education
- A community food pantry
- Joint use policies with youth-led physical activity



FAMILY ENGAGEMENT WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD (WSCC)

Health Education: Offer parenting classes to parents and the school community.

Physical Education and Physical Activity: Enter parents to serve as mentors or coaching assistance and teach special physical activities like judo, dance, football, etc.

Nutrition Environment and Services: Parents and students can work to change the cafeteria environment and advise on new menu items.

Health Services: Offer health services to the whole family such as vaccine clinics and/or free sports physicals

Counseling, Psychological, and Social Services: A systems-level assessment for prevention by school mental health professionals conducted through school-community-family collaboration related to school safety and crisis response efforts.



FAMILY ENGAGEMENT WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD (WSCC)

Social and Emotional Climate: Build foundational support by establishing an SEL team consisting parents and the whole school community to foster commitment to SEL supports on campus.

Physical Environment: Parents, students, and other school stakeholders assess air and lighting quality on-site.

Employee Wellness: Recognize employees are also parents and offer wellness activities for staff.

Family Engagement: Host PTA and PTSA for decision-making opportunities for families on student activities, health and safety policies, and fundraisers.

Community Involvement: Joint use agreements for family walking clubs or activities on campus.



A WHOLE SOCIETY APPROACH: Additional Policies to Promote Health and Wellness for Children and Youth

- Restrictions on children's advertising
- Healthcare and Food for All programs
- Produce and Park Rx programs
- School Physical Activity policies and programs
- Soda/Sugar-sweetened beverage taxes



Thank You



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Have a question? Write to us at **info@wellness.phi.org**

