



# School Wellness in Nevada

**Allison Schnitzer, RD, LD- Health Educator II, Southern Nevada Health District**  
**Sierra Kirby, MPH, RD, LD- Program Officer II, University of Nevada Cooperative Extension**

# Nevada Schools at a Glance

17 districts, 610 schools, 442,631 students, 59.67% FRL

- Clark: 348 schools, 327,501 students, 64.26% FRL
- Washoe: 109 schools, 68,002 students, 45.57% FRL
- 15 districts: 153 schools, 50,634 students. 47.71% FRL avg

State Public Charter School Authority

- 46 schools, 33,259 students, 32.69% FRL



# Nevada Childhood Health Indicators

- Nevada: 8th in the nation for the percentage of students who are overweight at **14.3%** and 19th in the nation for those who are obese at **14%** (a decrease from 15% and increase from 12.2%, respectively, in 2017).
- Inactivity increased from 49% in 2015 to **53.6%** in 2017.
- **7.5%** of youth reported not consistently eating fruit (U.S. average = 5.6%)

## 2018 Summary of Grades

### Health D

Access to Health Care	F-
Prenatal/Infant Health	D+
Immunizations	C-
Childhood Obesity	B-
Dental Health	F+
Mental Health	C-
Sexual Health	D-

D

### SAFETY: C-

Child Maltreatment	C
Youth Homelessness	D
Juvenile Violence	D+
Child Deaths & Injuries	C
Substance Abuse	B

C-

### EDUCATION: F

School Readiness	F-
Student Achievement	F
High School Completion	F-
Funding	F

F

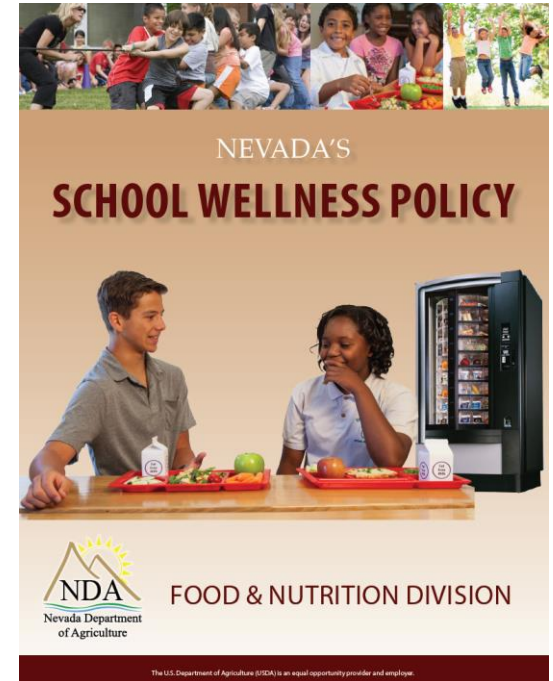
### ECONOMIC WELL-BEING: D

Employment	C+
Housing	D-
Poverty	D
Income	D

D

# Nevada State School Wellness Policy (SWP)

- **Healthy, Hunger-Free Kids Act of 2010 (HHFKA)**
  - Federal rule requires all local educational agencies participating in NSLP and/or NSBP to meet local school wellness policy requirements
  - Established framework for content of local school wellness policies
  - Requires periodic assessment of compliance and reporting
- **Local School Wellness Structure:**
  - Statewide SWP (meets federal minimum requirements)
  - County School District SWP (meets federal and state requirements)
  - School District Wellness Coordinator and/or School Level Wellness Coordinator (required by NV SWP; CCSD R-5157 requires both)



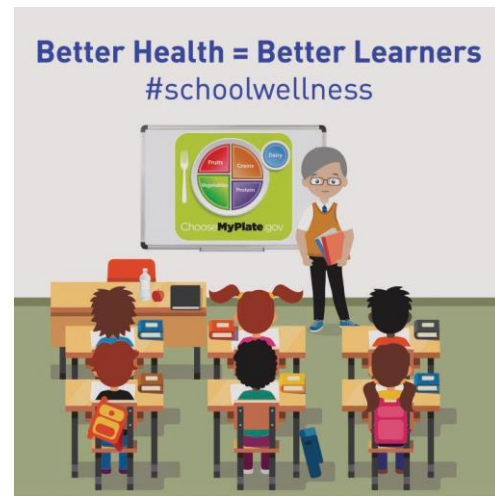
# SWP: National School Breakfast & Lunch

- All food served as part of NSBP/NSLP must meet nutrition standards in order to be a reimbursable meal
- NDA can penalize food service for not meeting nutrition standards; cannot penalize schools directly for not meeting other components of the wellness policy
- Reimbursable breakfast: food service must offer 4 components (fruit/vegetable, milk, grain, optional meat/meat alternative); students must take 3 components, one of which must be a fruit or vegetable
- Reimbursable lunch: food service must offer 5 components (fruit, vegetable, milk, grain, meat/meat alternative); students must take 3 components, one of which must be a fruit or vegetable



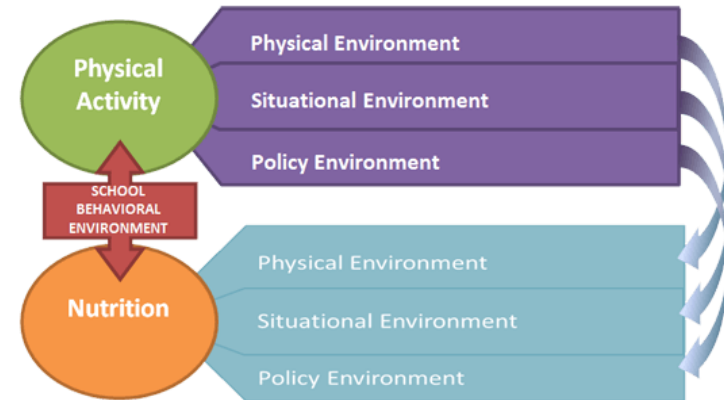
# Nevada State SWP Continued

- Components of the Wellness Policy
  - Marketing foods/beverages during school day
    - Smart Snacks Nutrition Standards (Calories, Sodium, Fat, Sugar)
  - Fundraising
  - Incentives/Rewards\*
  - Special Occasions (holidays, birthday parties, etc.)\*
  - Revenue (from sale of food)
  - Advisory Group
    - School and community stakeholders
  - Recordkeeping
  - SWP Goals
    - Nutrition promotion/education, physical activity other school-based wellness activities
  - Meal Consumption
    - 15 minute breakfast, 20 minute lunch
  - Physical Activity
    - Opportunity for 30 minutes, can't use PA or withhold PA opportunities as punishment
  - Beverages, Caffeine, Chewing Gum



# SPAN-ET Assessments

- The School Physical Activity and Nutrition Environment Tool (SPAN-ET) assesses school physical activity and nutrition contexts, determines school resources, readiness, and suggests appropriate improvement strategies, and measures changes resulting from policy, systems, and environment (PSE) treatments.
  - Assesses 27 areas of interest within nutrition and physical activity categories
  - Includes assessment of the physical, situational, and policy environment
- UNCE in partnership with local organizations has been conducting SPAN-ETs in Clark, Lyon, and Washoe counties
- Preliminary results from Clark County show minimal knowledge of and compliance with SWP
  - 100% schools have fair practice (26% to <50% criteria met) for their physical activity policy environment
  - 75% schools have poor practice (<25% criteria met) for their nutrition policy environment



# PHN School Wellness Taskforce (S. Nevada)

Vision: Clark County School District students have a healthy weight through physical activity and healthy eating at school

Mission: To promote and support implementation of the Clark County School District Wellness Policy (R-5157)

## Goals

- Raise awareness of R-5157 among CCSD Administrators, Wellness Coordinators, PTAs/SOTs, parents and students
- Streamline communication with CCSD District Wellness Coordinator to develop and disseminate resources to CCSD school wellness coordinators
- Advocate for policy, systems and environmental changes that support overall school wellness at the local and state level





# Barriers to School Wellness Implementation

- Incomplete/inaccurate reporting from schools
- Lack of enforcement capacity or incentives/punishments for schools
- District wellness coordinators have other large subject areas to cover
- No additional compensation for wellness coordinators at schools
- No additional funding for wellness initiatives from state/school districts
- Competitive foods from outside vendors
- Schools are reducing time for recess and PE/time to eat in order to create more time in the classroom (test scores determine star rating)
- Food waste at breakfast and lunch

# Opportunities for Action

- Funding for dedicated district wellness coordinators
- Incentives for schools for high-achievement in wellness (compliance with SWP)
- Food waste diversion/food recovery program for local community
- Incentives for schools for participation in NSBP and NSLP
- Start/strengthen local produce and farm to school programs
- Legislation to require districts and charters to offer NSBP and NSLP
- Penalties for outside vendors that do not meet policy standards

# Questions?

- Allison Schnitzer, RD, LD: [schnitzer@SNHD.ORG](mailto:schnitzer@SNHD.ORG)
- Sierra Kirby, MPH, RD, LD: [kirbys@unce.unr.edu](mailto:kirbys@unce.unr.edu)

