



# School Wellness in Nevada: Policy Recommendations

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# 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

- 14.3% of students are overweight and 14% of students are obese
- 53.6% of students are inactive (do not participate in physical activity of 60 mins 5 days a week)

## 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

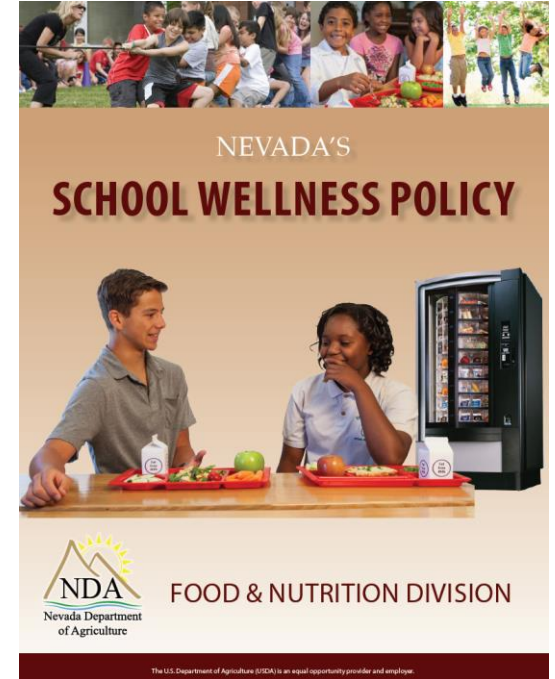
# Nevada State School Wellness Policy

## Healthy, Hunger-Free Kids Act of 2010

- Requires all local educational agencies participating in NSLP/NSBP to meet local school wellness policy requirements
- Establishes framework for 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

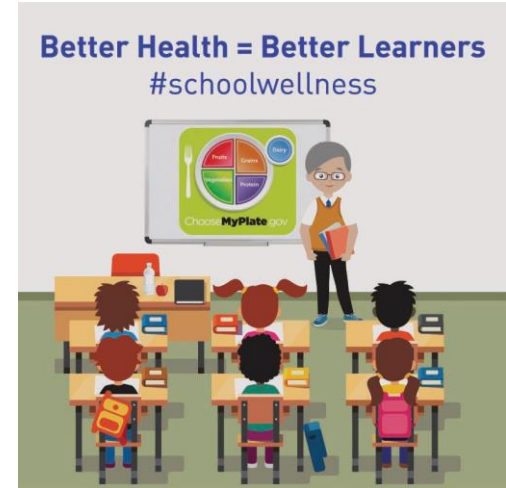
- All food served as part of NSBP/NSLP must meet nutrition standards in order to be a reimbursable meal
- NDA can penalize food service for not meeting nutrition standards; cannot penalize schools directly for not meeting other components of the wellness policy



# Nevada State SWP Continued

## Components of the Wellness Policy

- Smart Snacks Nutrition Standards (Calories, Sodium, Fat, Sugar)
- Marketing of foods/beverages during school day
- Fundraising/Student Stores
- Incentives/Rewards
- Meal Consumption: 15 minute breakfast, 20 minute lunch
- Physical Activity: Opportunity for 30 minutes daily; can't use PA or withhold PA opportunities as punishment



# Barriers to School Wellness Implementation

- Lack of enforcement capacity or incentives for schools
- Incomplete/inaccurate reporting from 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 and school fundraisers/student stores
- Schools have reduced time for recess/PE and meals in order to create more time in the classroom (test scores determine star rating)
- Food waste at breakfast and lunch – offer vs. serve

# Policy Recommendations

1. Make the Nevada State School Wellness Policy a state law
  - Create and strengthen reporting structure for schools through Nevada Dept of Agriculture and Nevada Dept of Education
  - Include school wellness metrics/district wellness goals in school accountability reports



# Policy Recommendations

2. Create a statewide recognition program for schools for high achievement in school wellness and compliance with the Nevada State School Wellness Policy
  - Would consist of three tiers of recognition – bronze, silver, gold
  - Would require a school wellness assessment using an evidence-based assessment tool
  - Recognition would include funding to implement and improve wellness activities, with a higher percentage of funding going to Title 1 schools

# Policy Recommendations

## 3. Allocate dedicated funding for school wellness activities

- Would include funding for a dedicated school wellness coordinator for the state's two largest school districts, Clark and Washoe
- Would include dedicated funding for wellness activities for all school districts

# Policy Recommendations

## 4. Mandate adequate time for meals and daily physical activity in schools

- Daily 30 minute lunch period
- Daily 30 minute recess period
- Daily P.E.

# Policy Recommendations

## 5. Create a statewide program to reduce and recover school food waste

- Implement share table program at all schools
- Funds to support the creation and expansion of school food pantries
- Divert food to community food pantries

# Policy Recommendations

## 6. Commission a statewide health impact assessment on school wellness

- Determine the effect of implementing the Nevada State School Wellness Policy as intended on student academic performance, attendance, diet quality, physical activity, health equity, school revenue and participation in NSLP/NSBP

# Questions?

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