



School Wellness

One tool for combating the childhood obesity epidemic

Kathleen Grimm

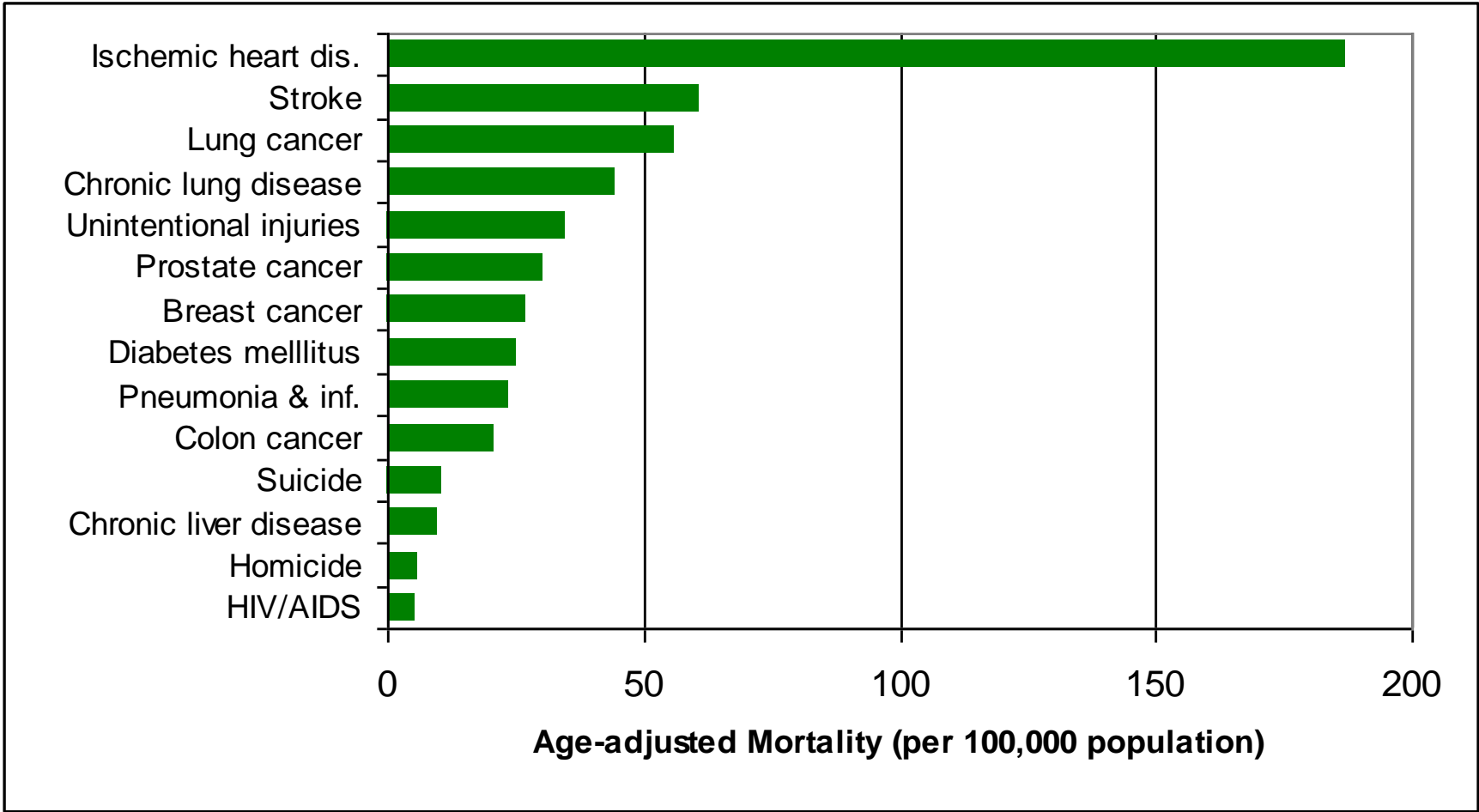
Deputy Chancellor, Division of Operations

November 17, 2010

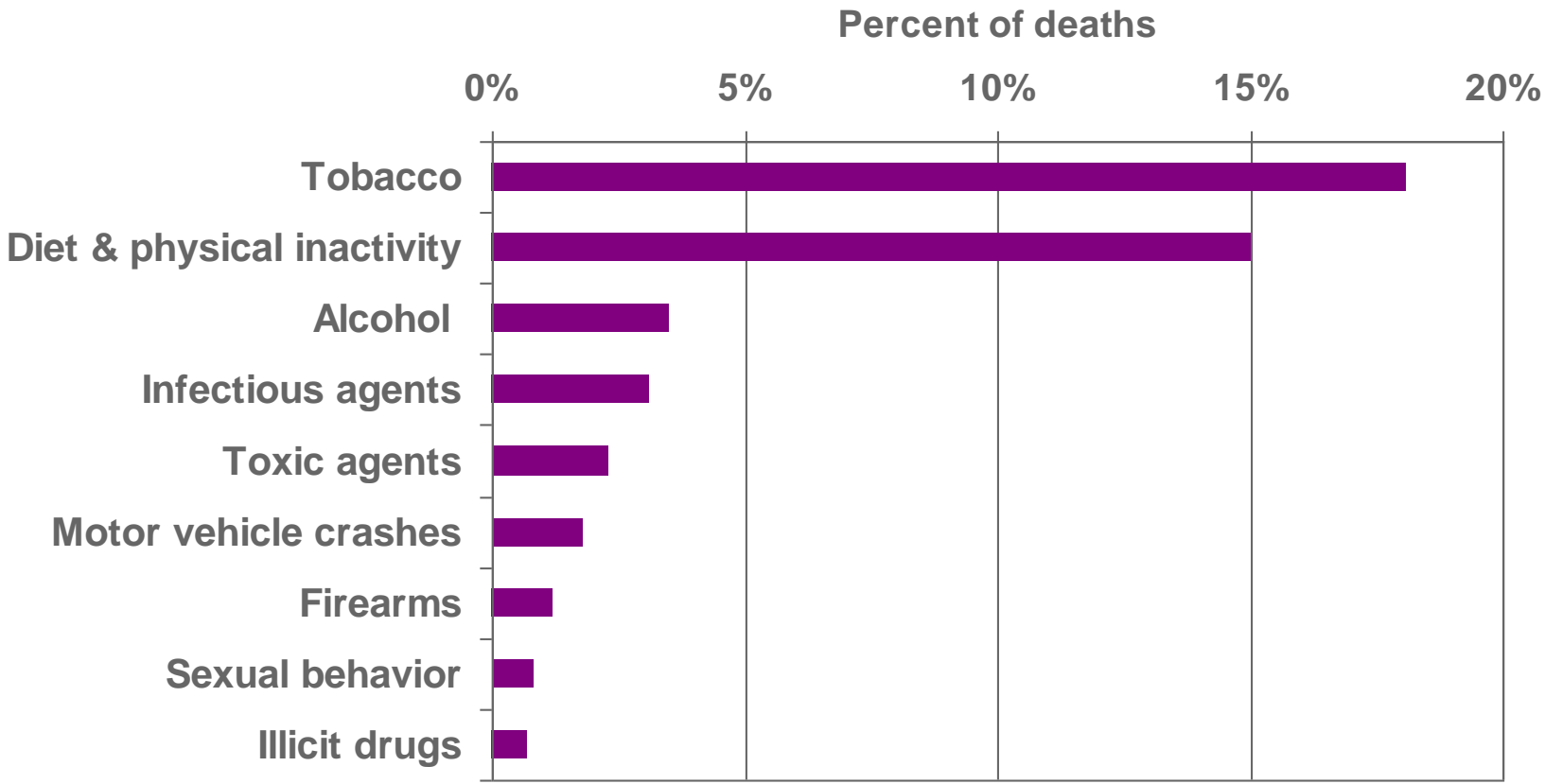
CHILDHOOD OBESITY AND ITS CONSEQUENCES

Roger Platt, M.D.
C.E.O., Office of School Health

LEADING CAUSES OF DEATH UNITED STATES, 2000



“ACTUAL” CAUSES OF DEATH UNITED STATES, 2000



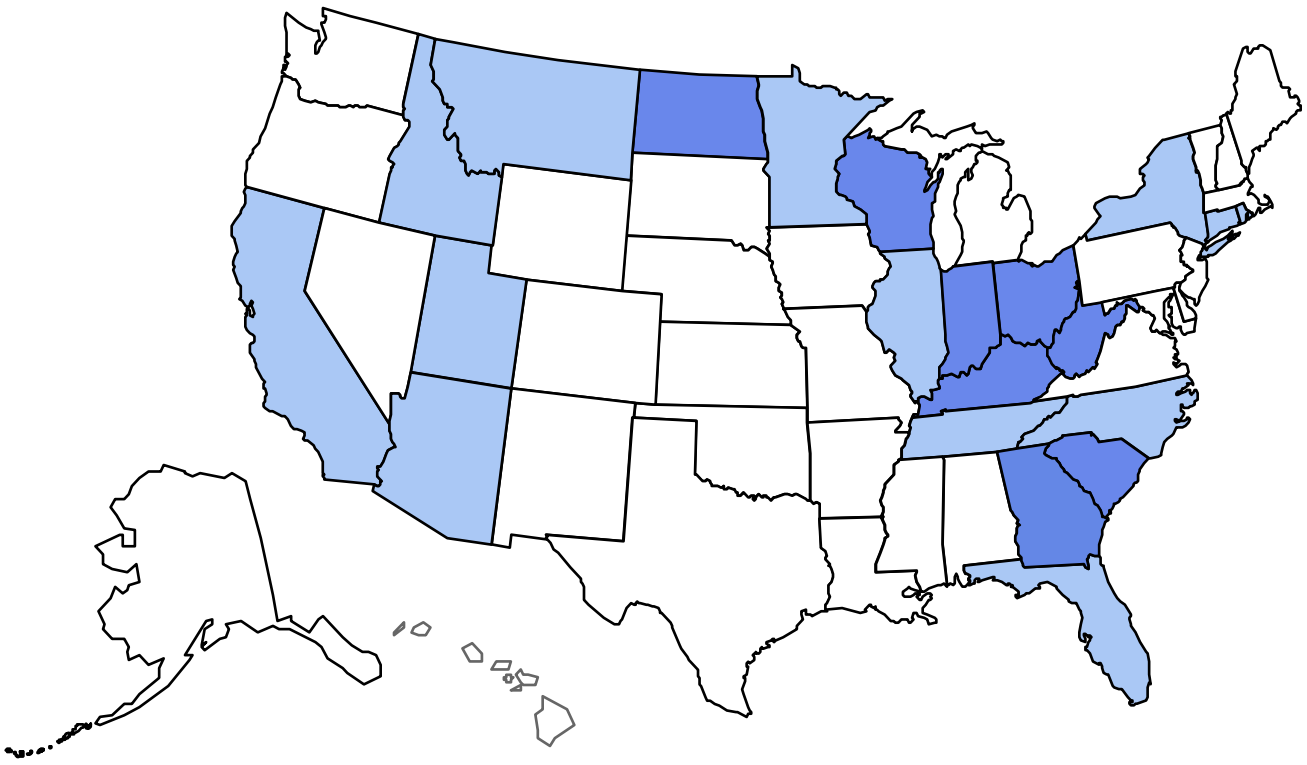
CONSEQUENCES OF OBESITY AND PHYSICAL INACTIVITY

- 80% OF ADULT DIABETES
- OVER HALF OF PATIENTS WITH HYPERTENSION
- MUCH HIGHER RISK FOR HEART DISEASE

Obesity Trends* Among U.S. Adults

BRFSS, 1985

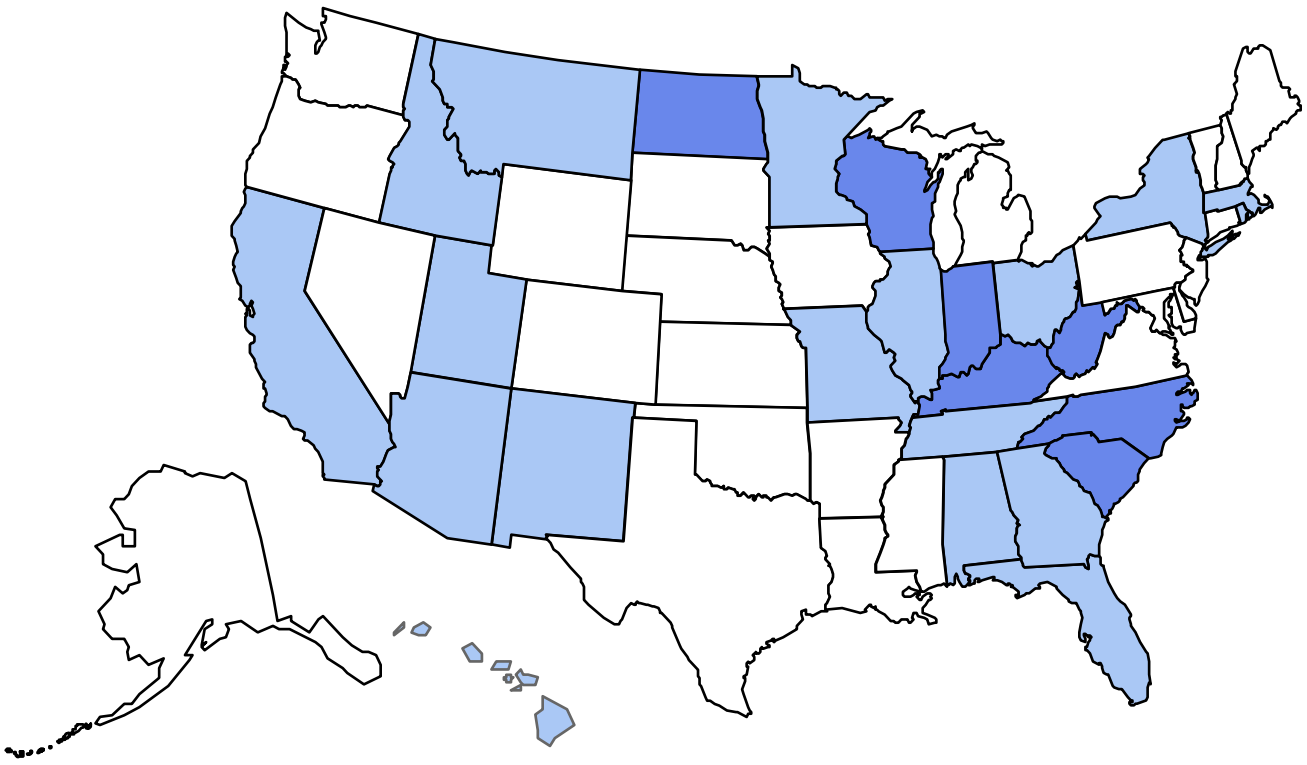
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1986

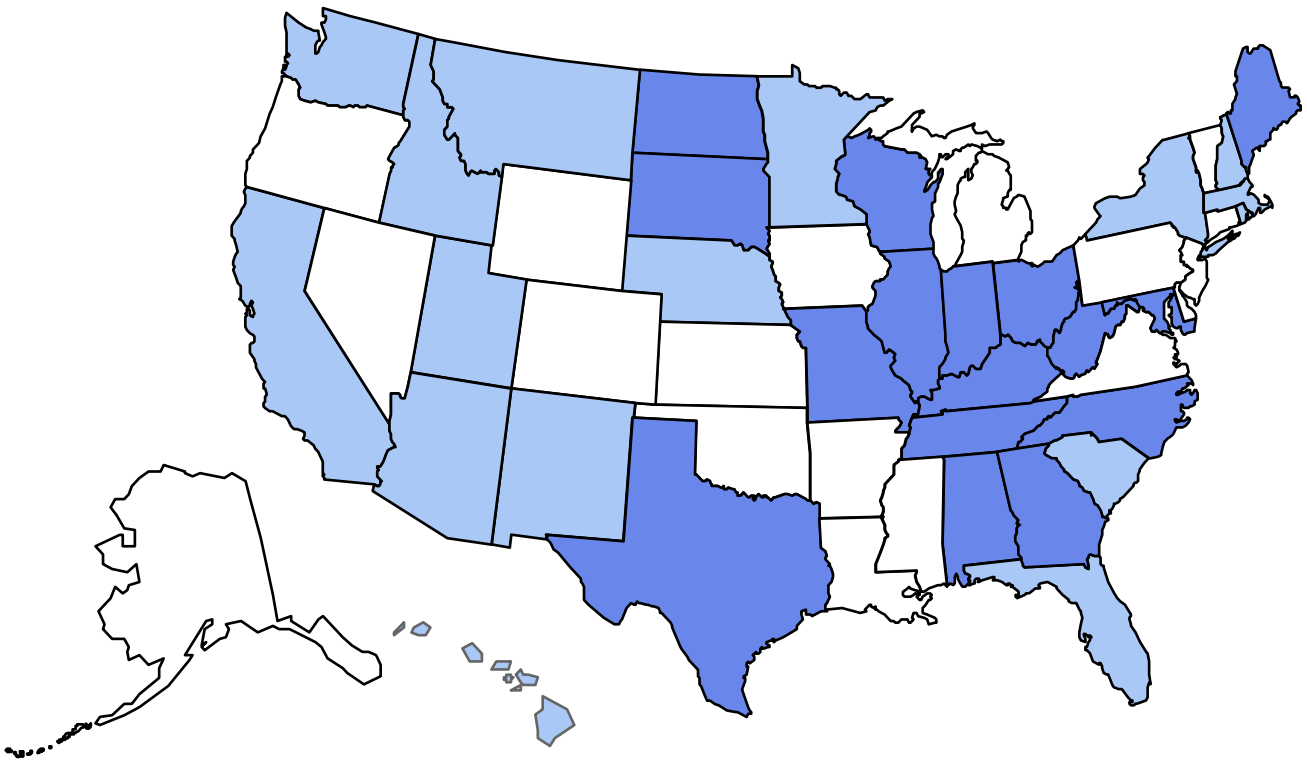
(*BMI ≥30, or ~ 30 lbs overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1987

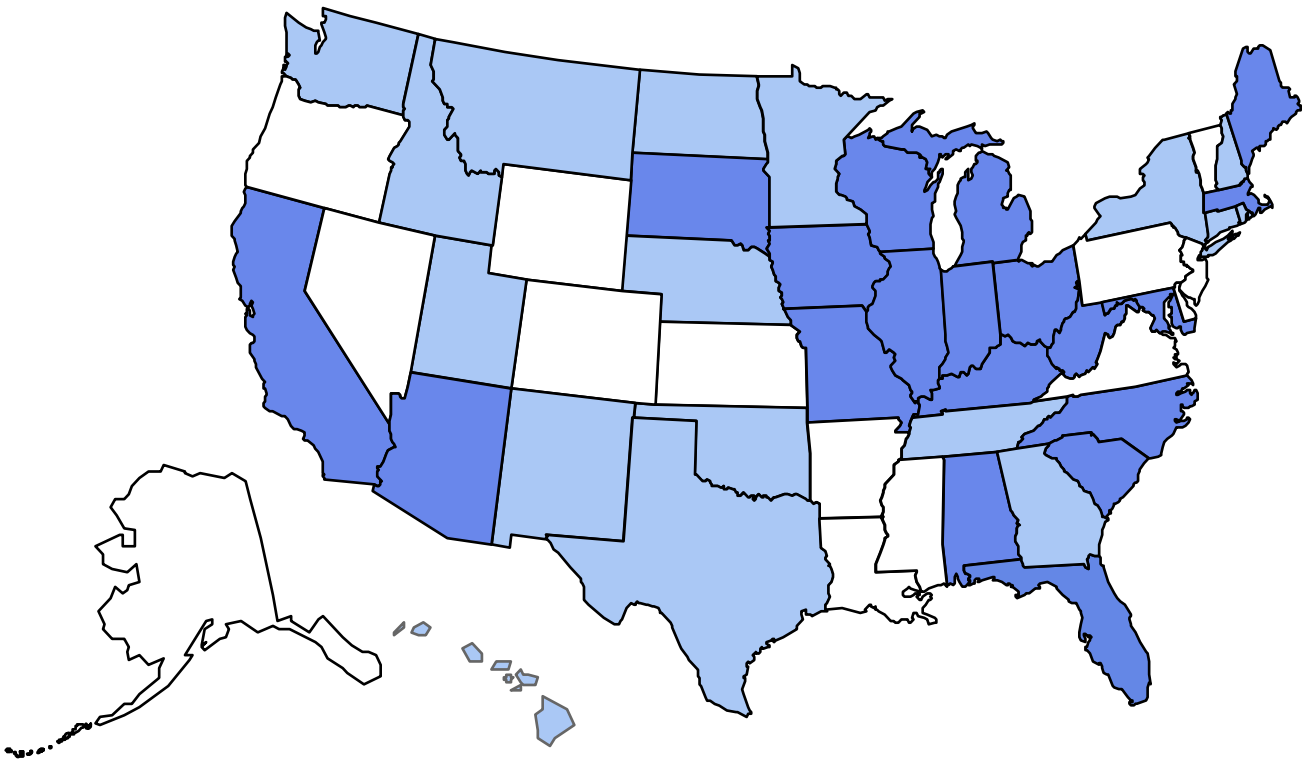
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1988

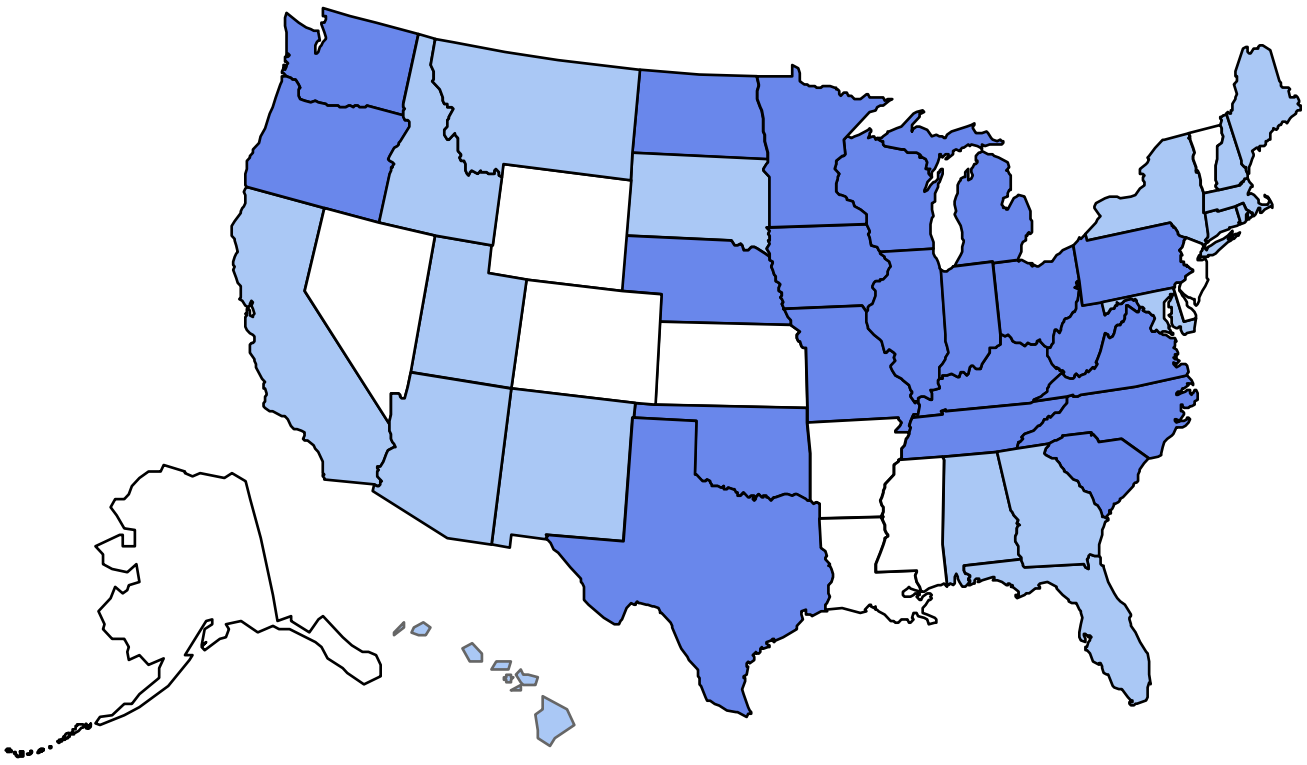
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1989

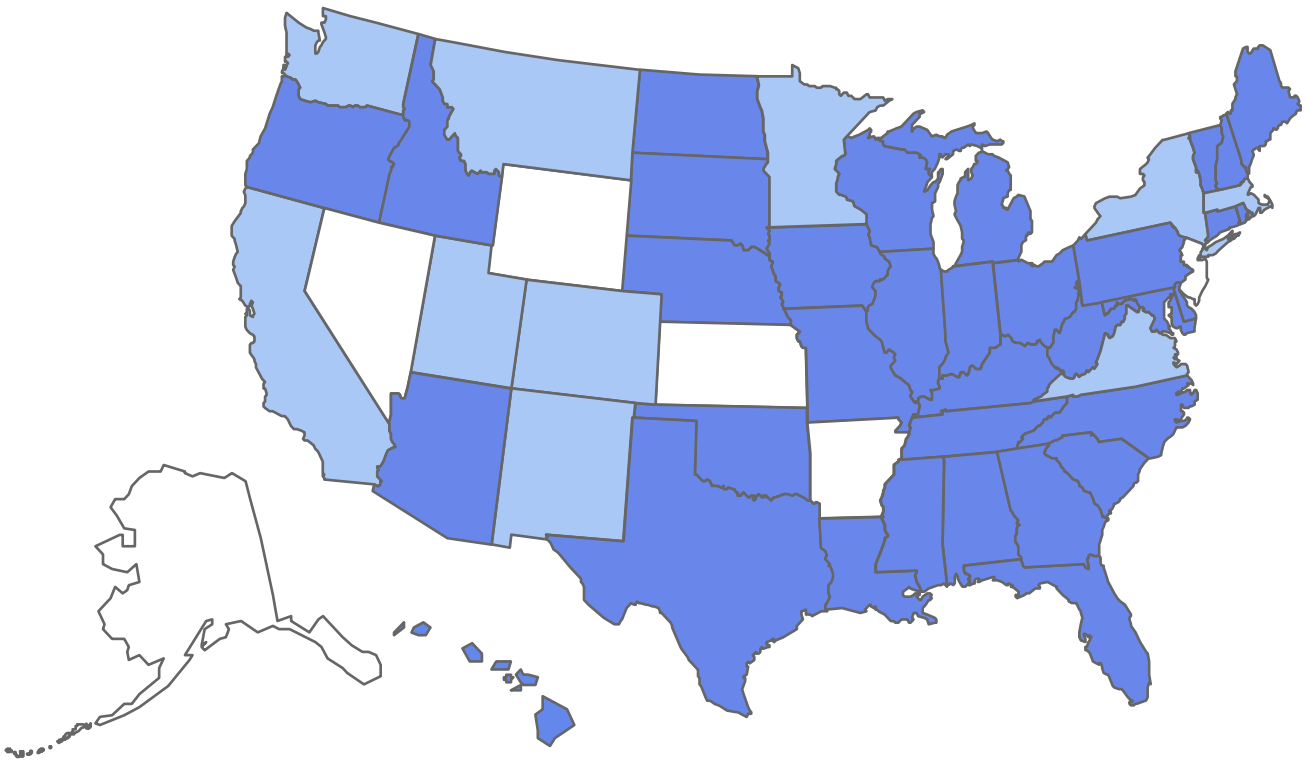
(*BMI ≥30, or ~ 30 lbs overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1990

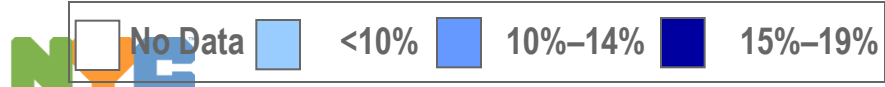
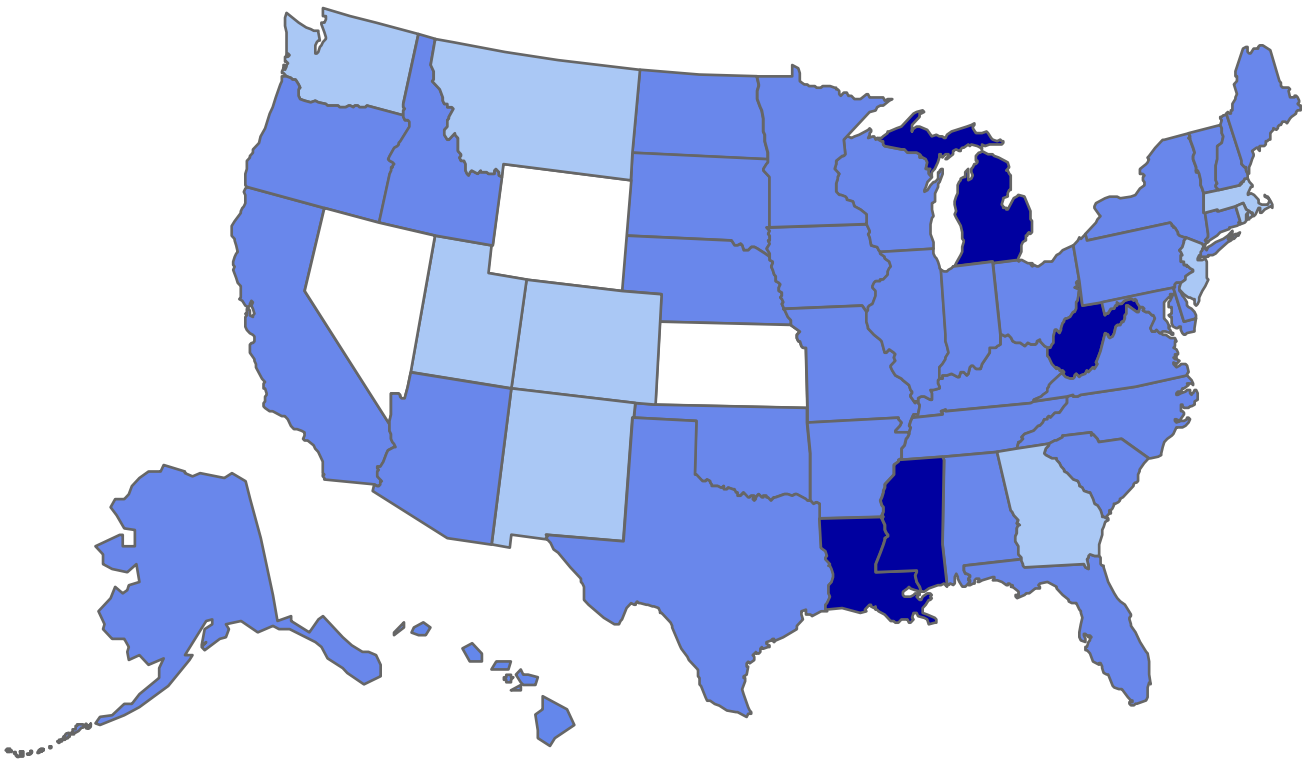
(*BMI ≥30, or ~ 30 lbs overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1991

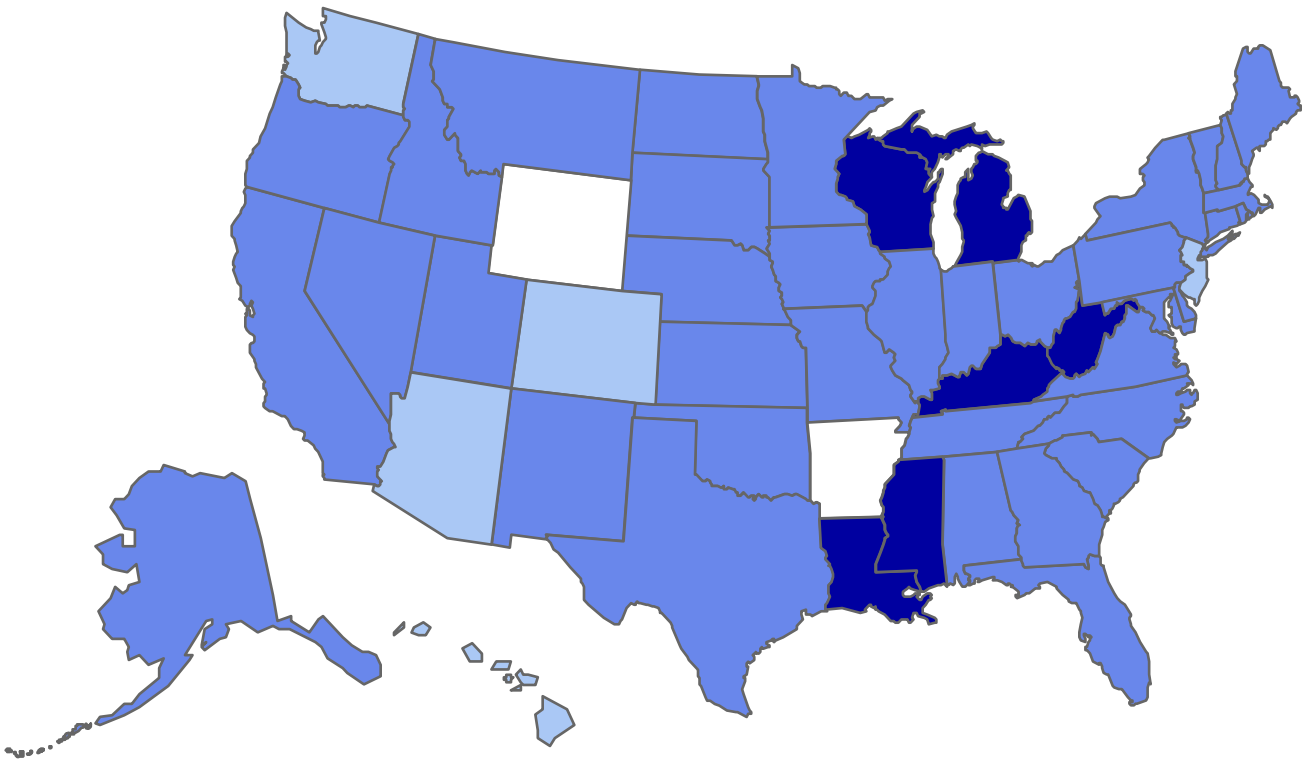
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1992

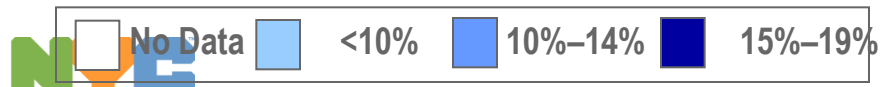
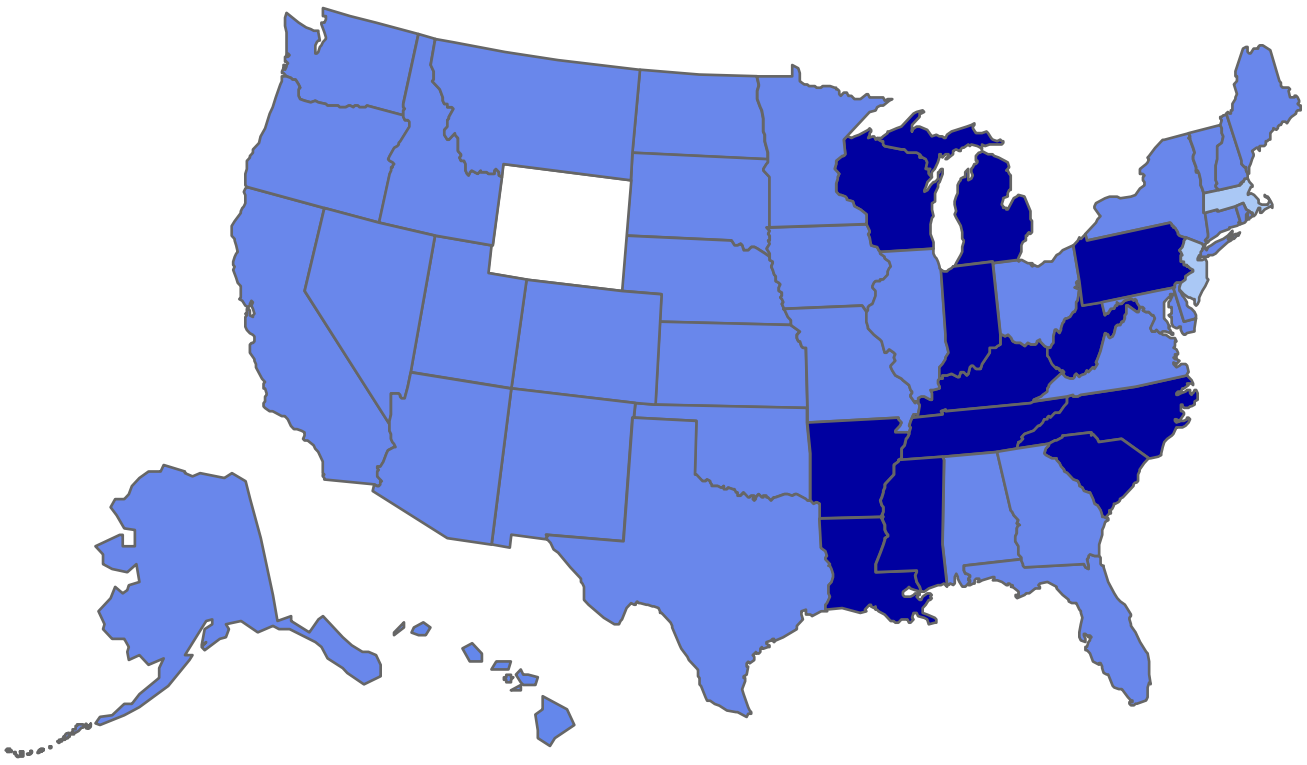
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1993

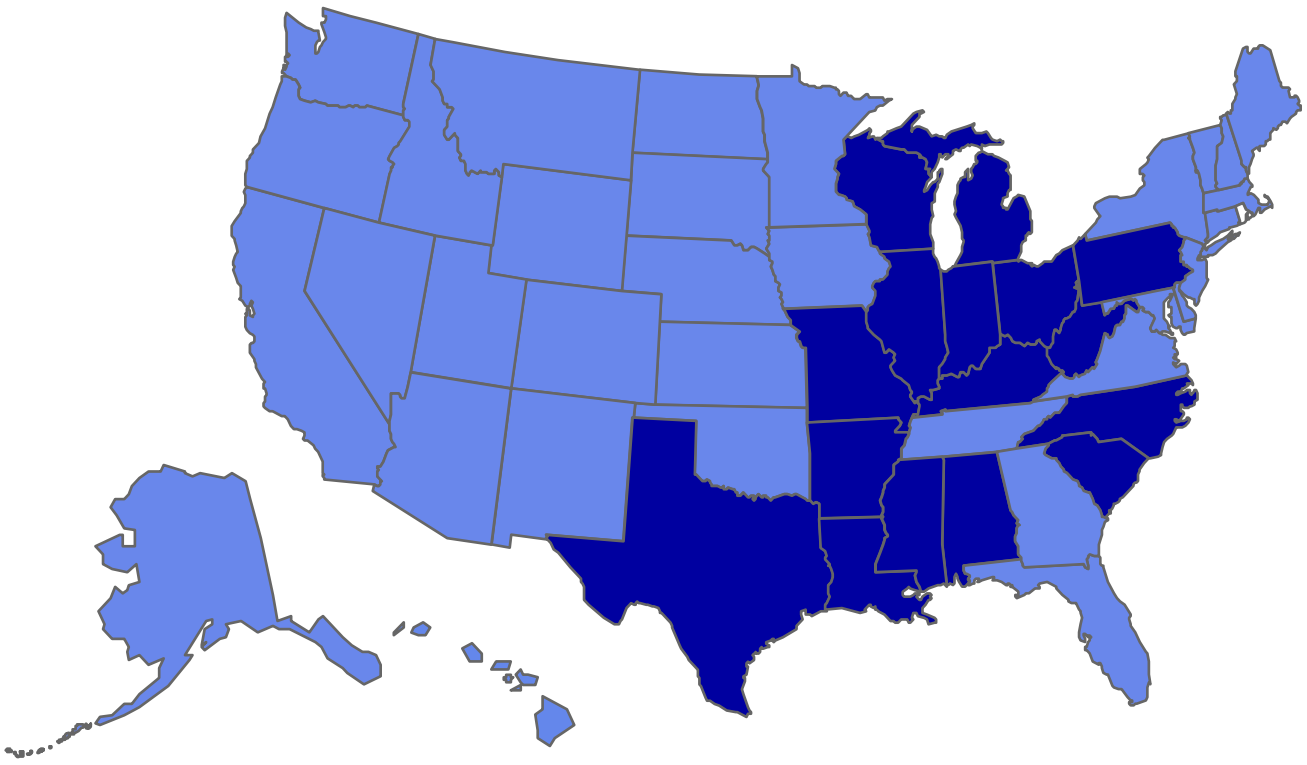
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1994

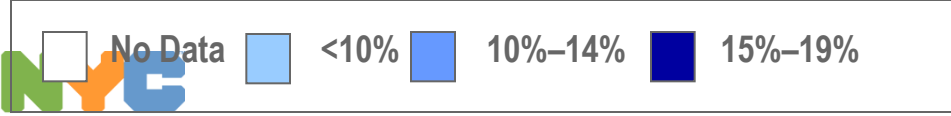
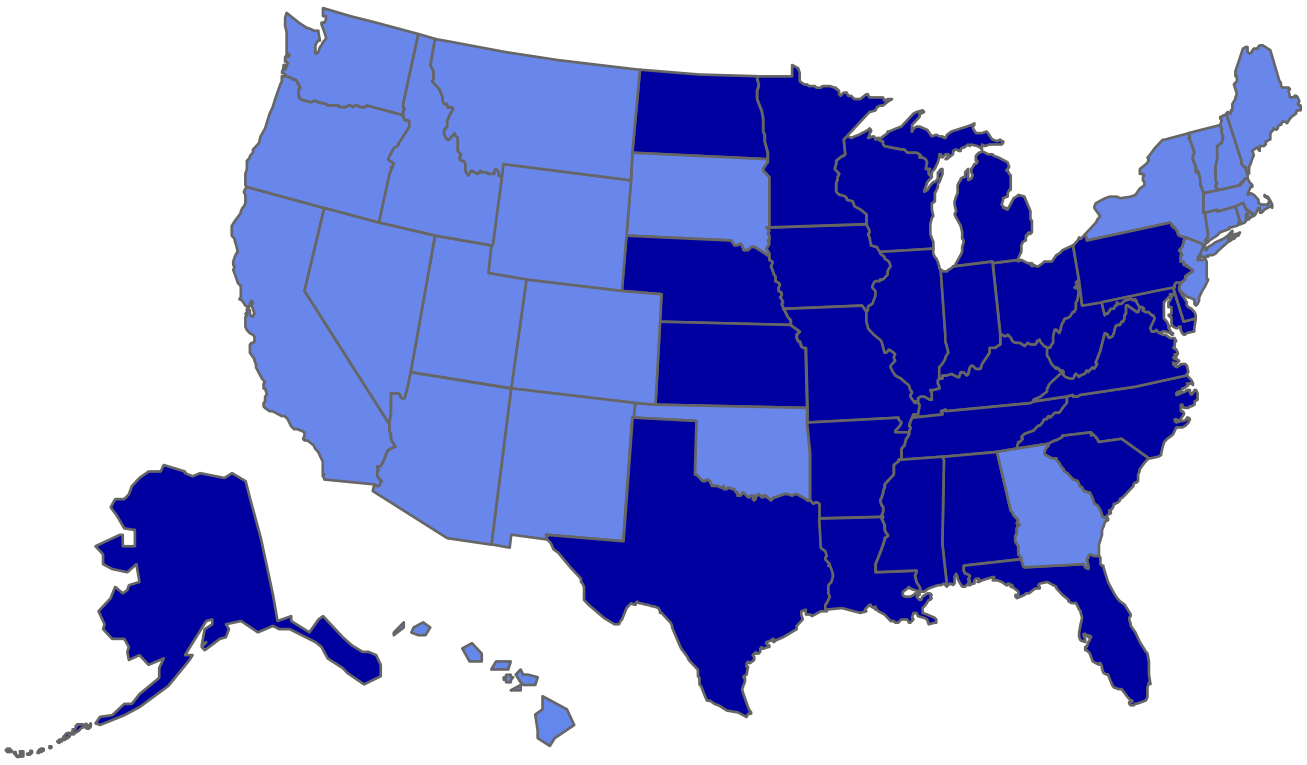
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1995

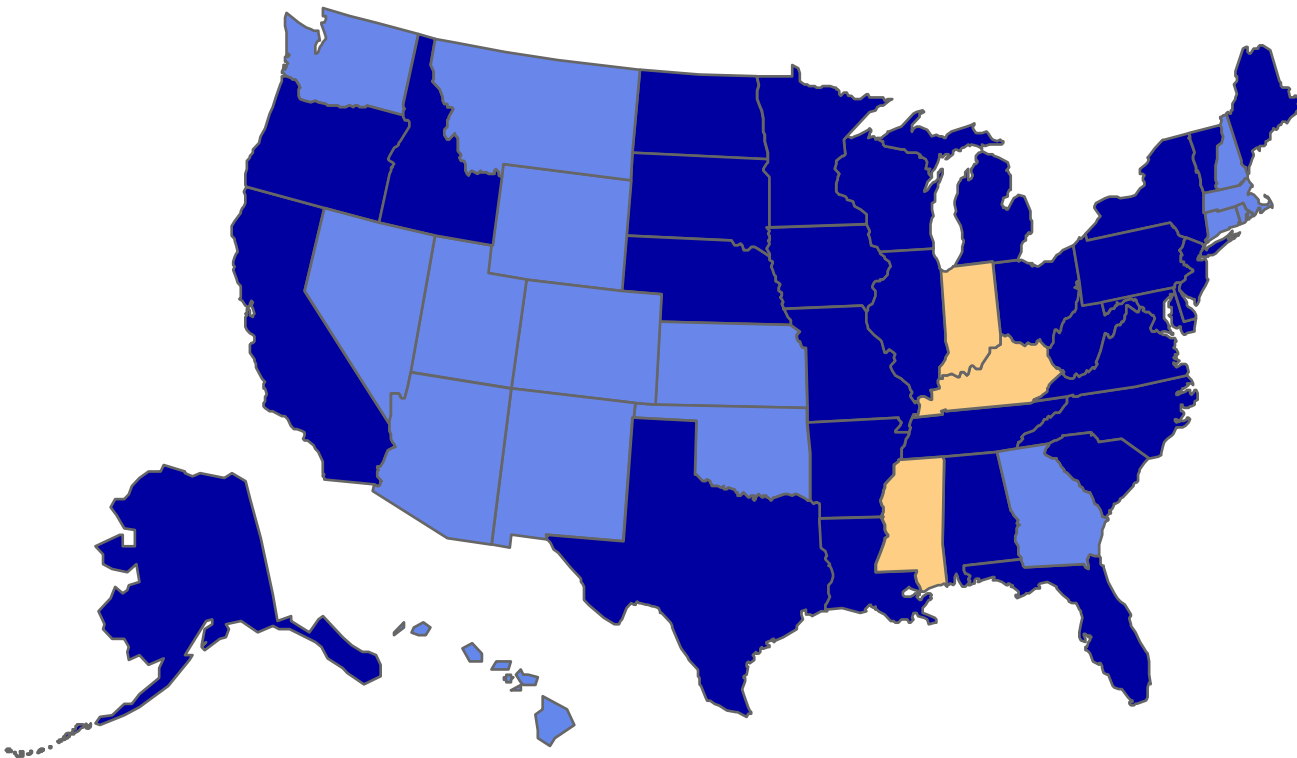
(*BMI ≥30, or ~ 30 lbs overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1997

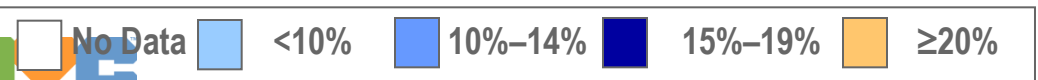
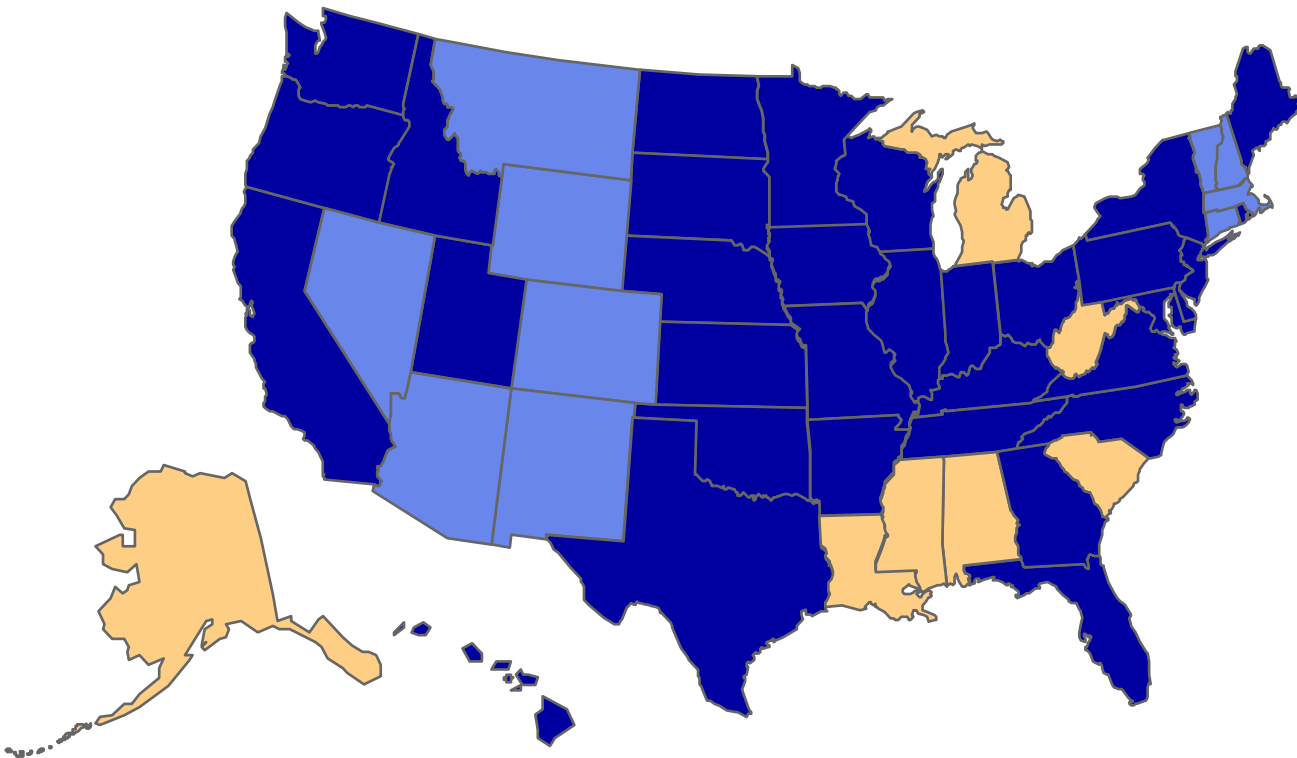
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1998

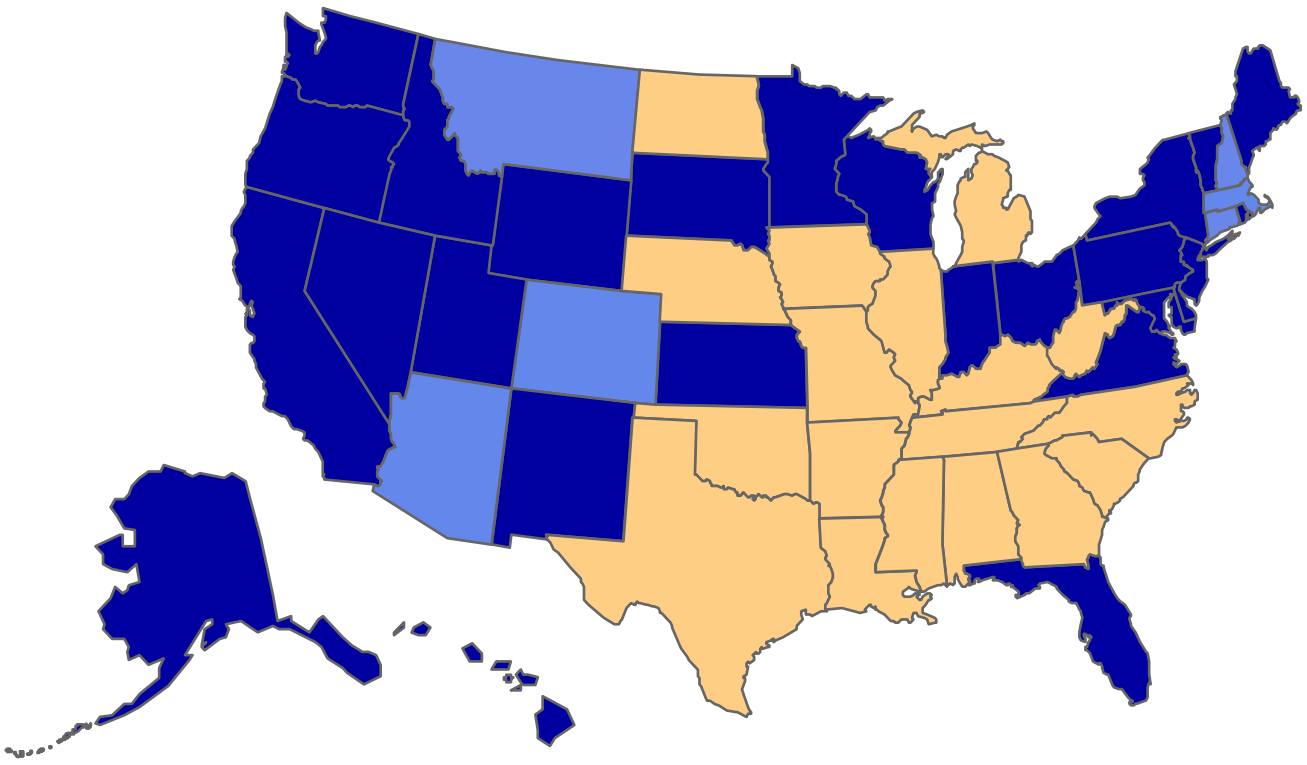
(*BMI ≥30, or ~ 30 lbs overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1999

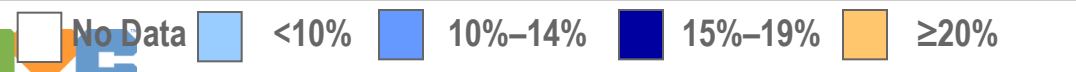
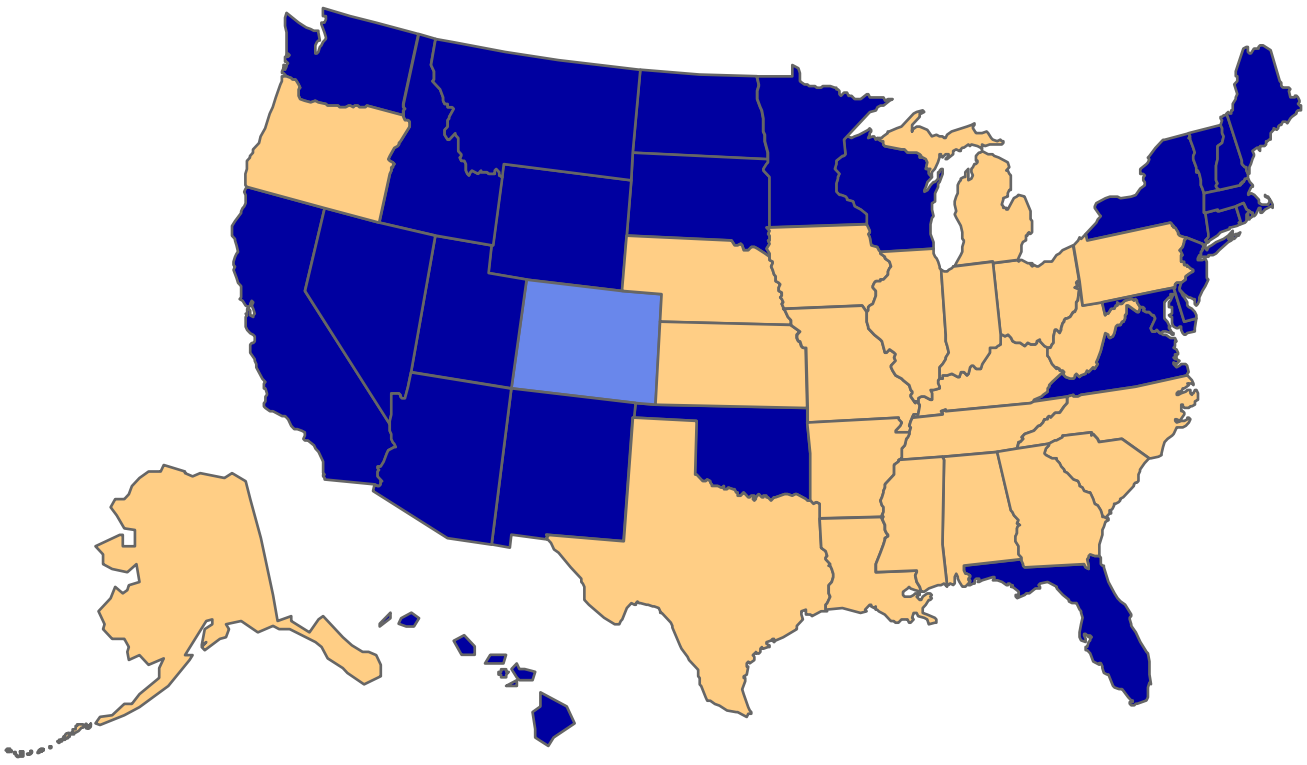
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2000

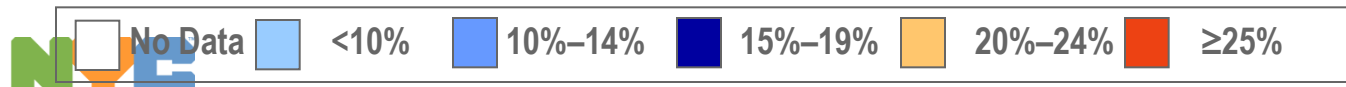
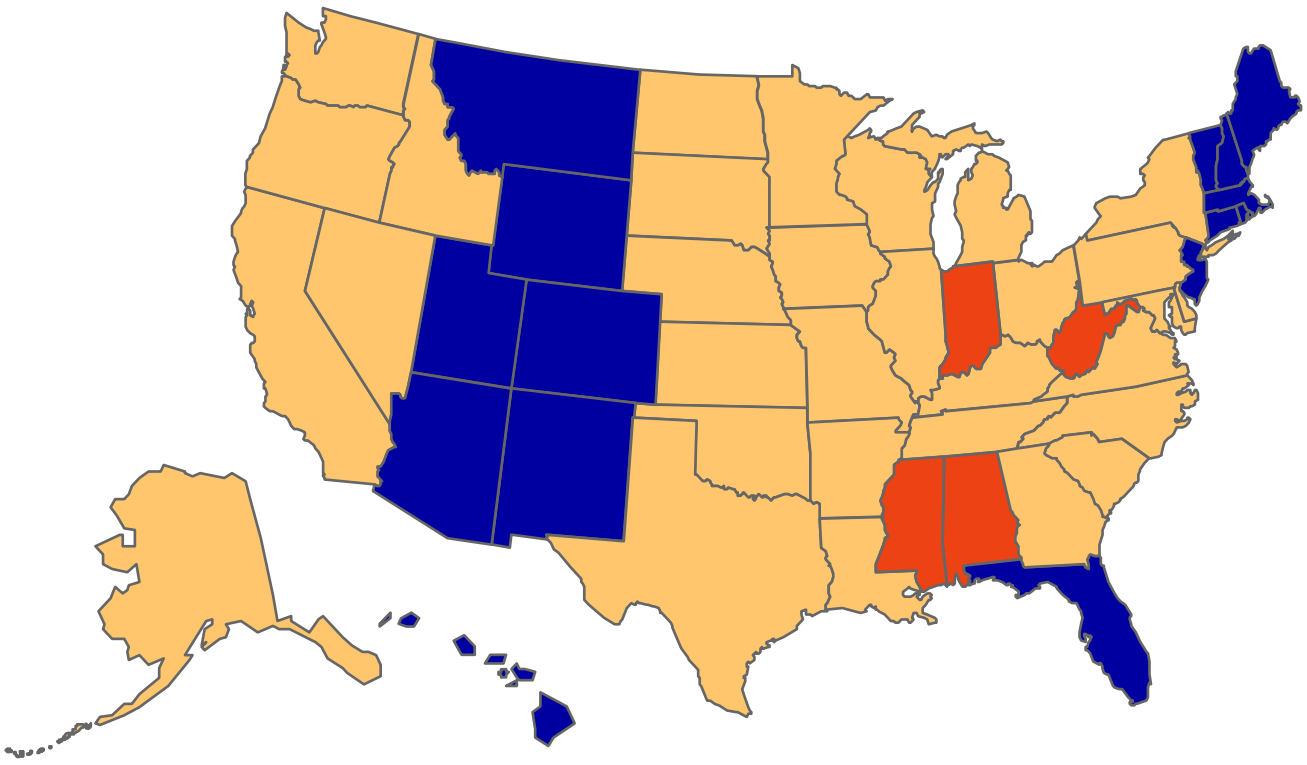
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2003

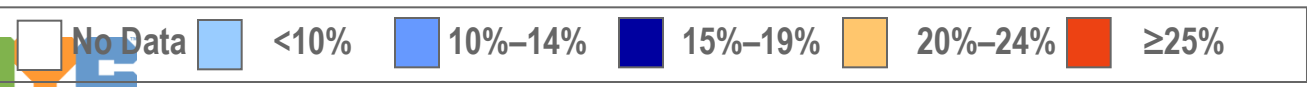
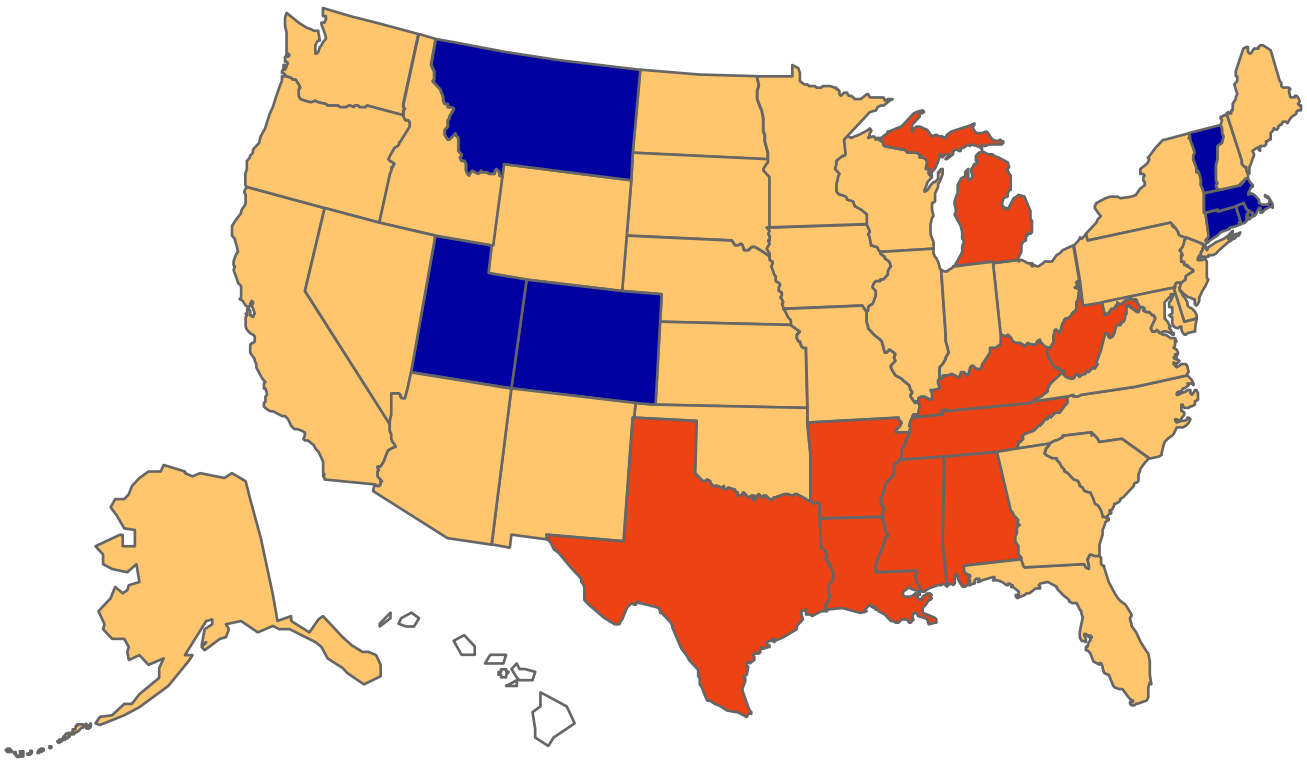
(*BMI ≥30, or ~ 30 lbs overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2004

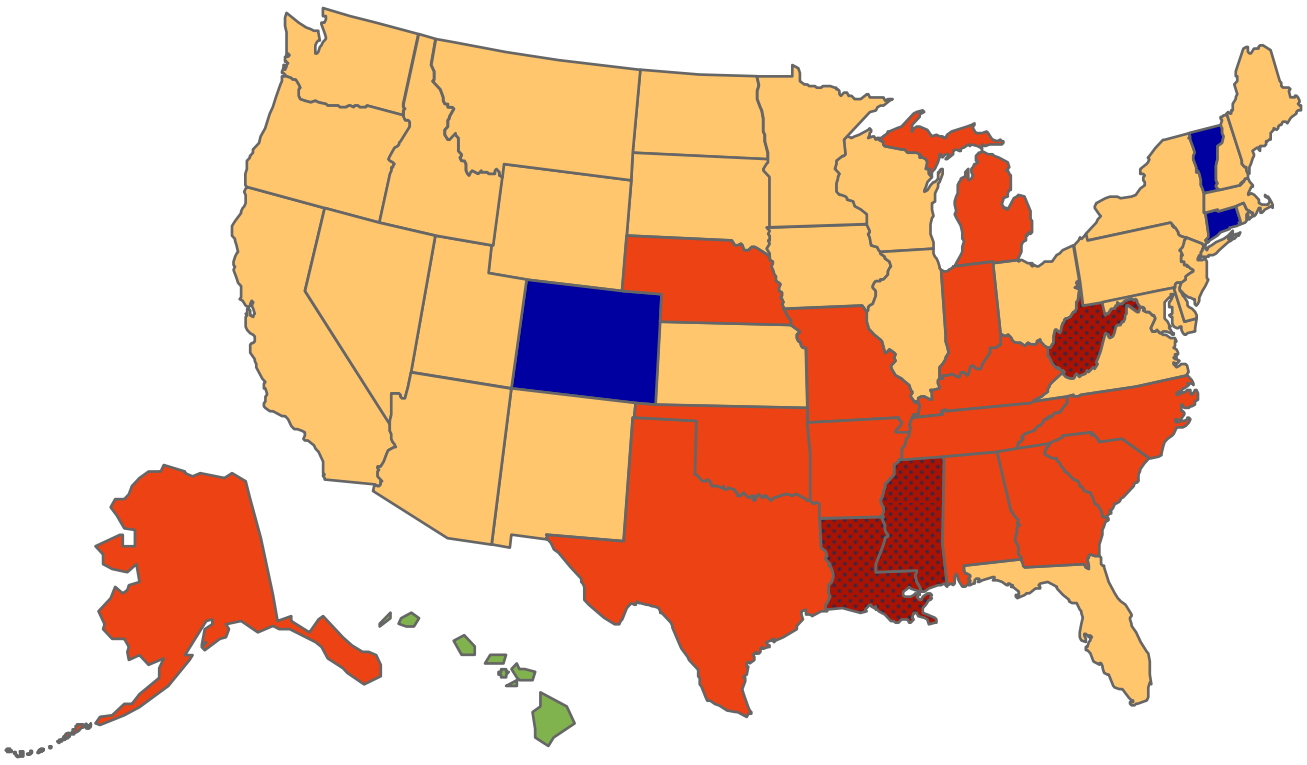
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2005

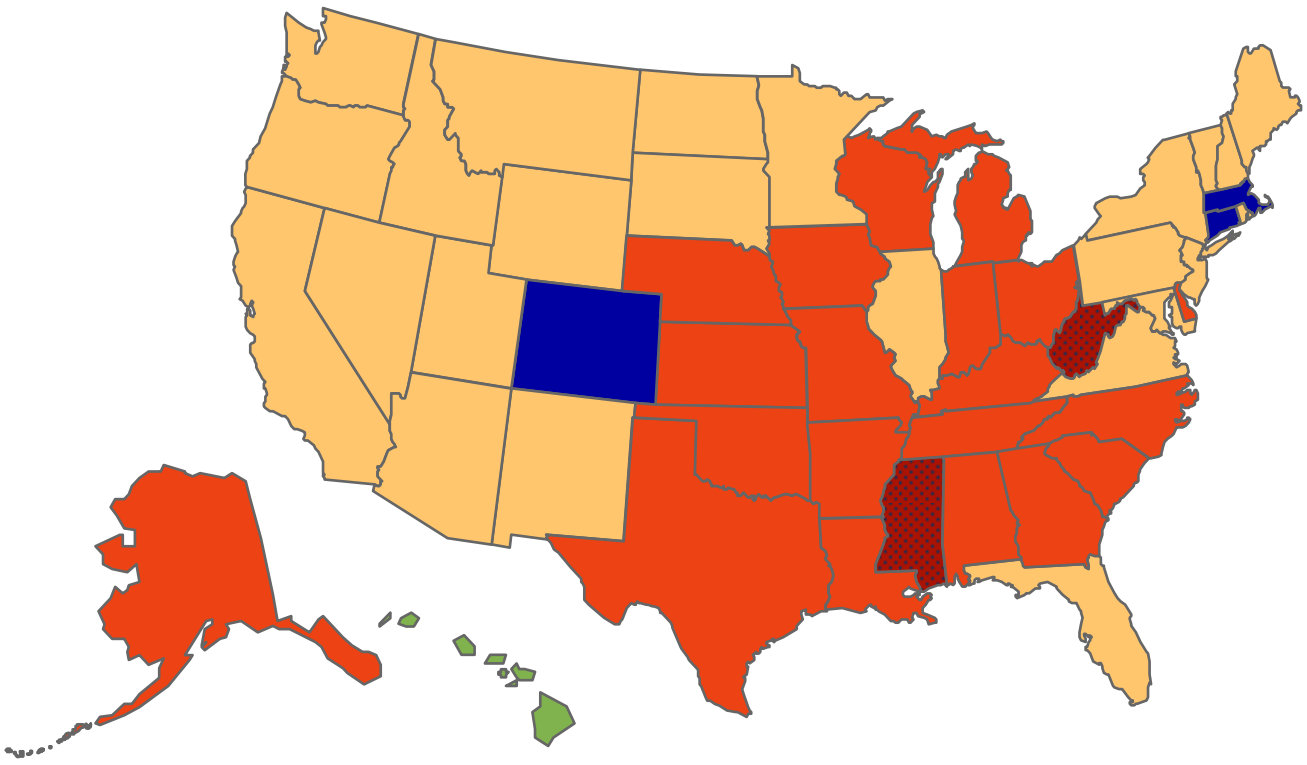
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2006

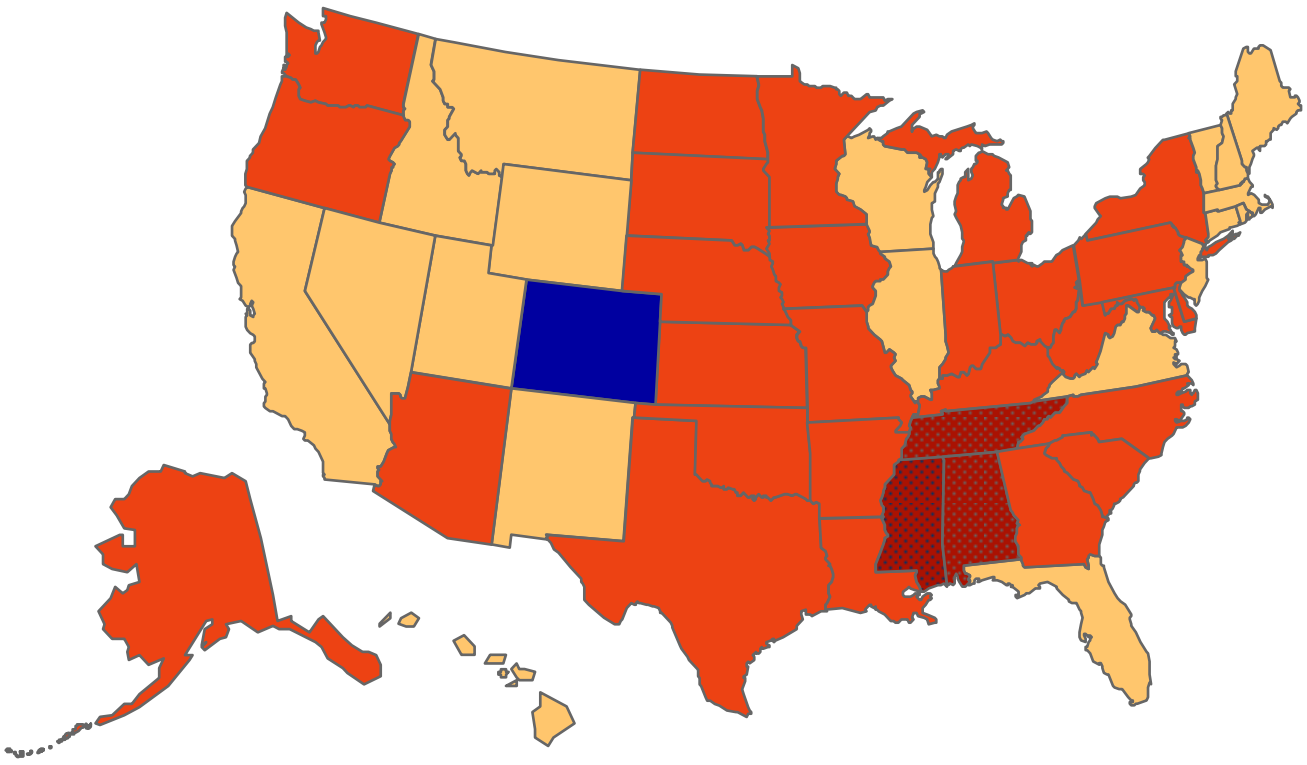
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2007

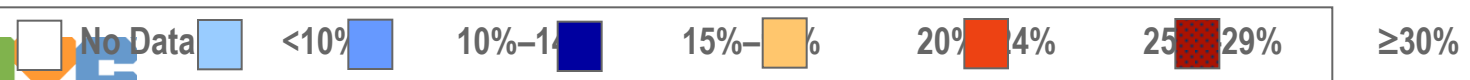
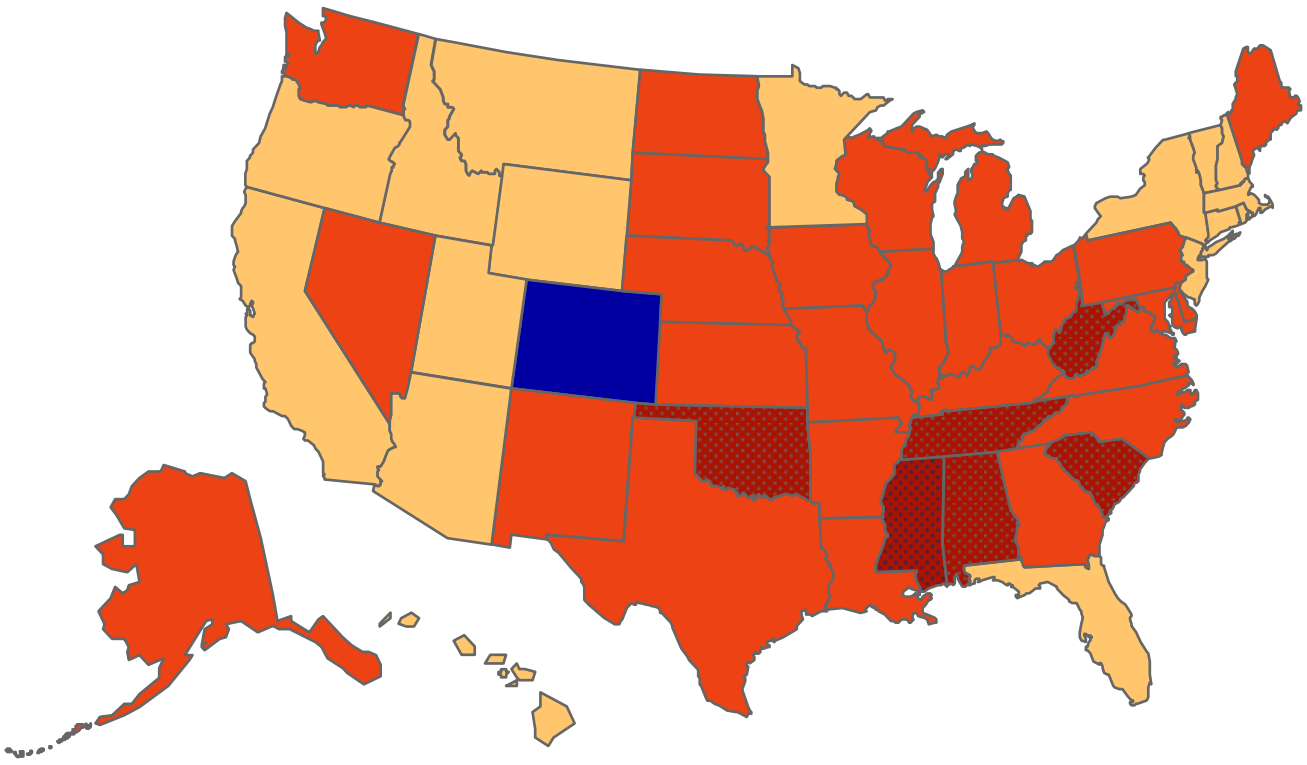
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

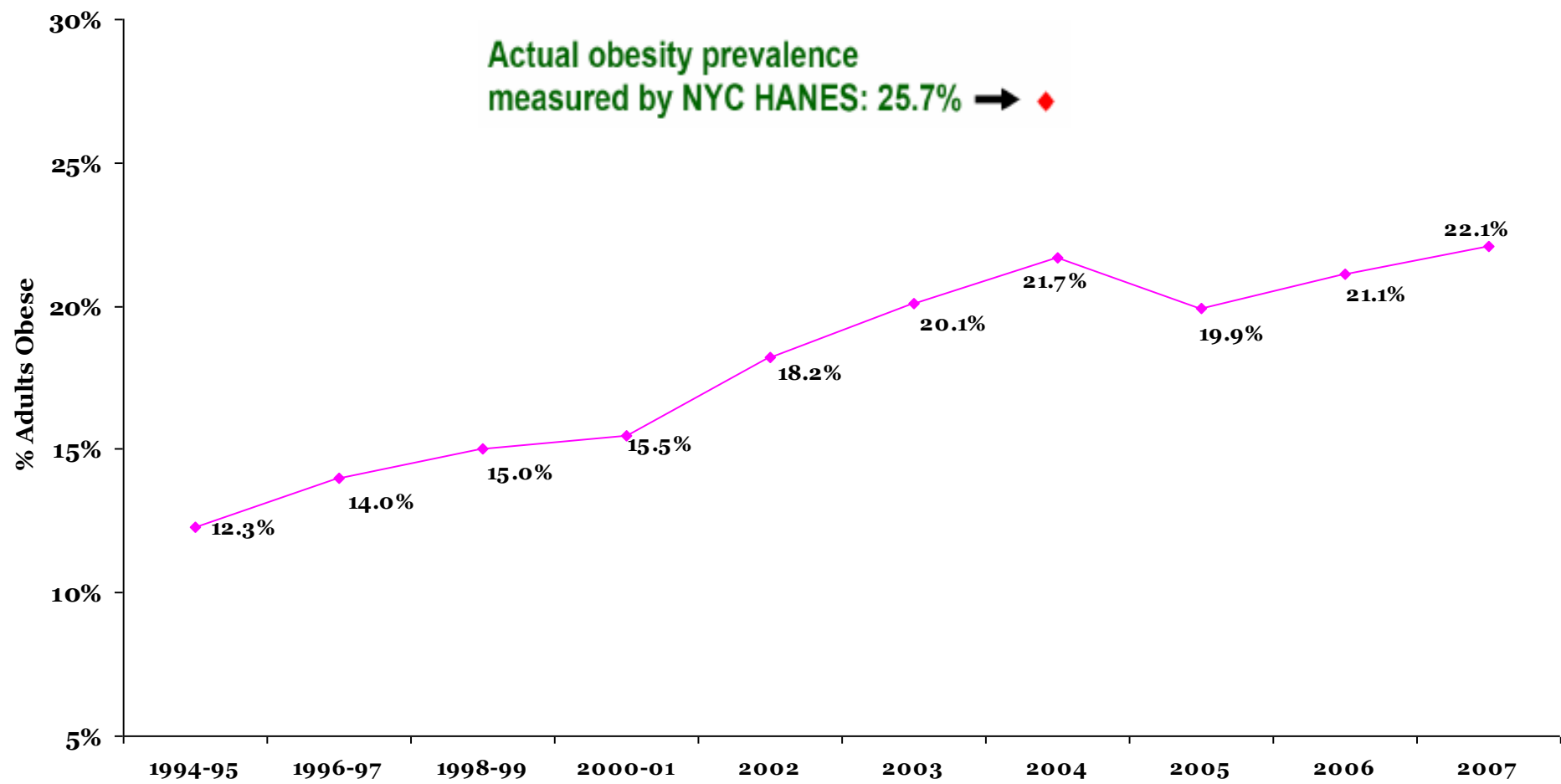
BRFSS, 2008

(*BMI ≥30, or ~ 30 lbs. overweight for 5' 4" person)



EPIDEMIC OF OBESITY IN NYC

Adults with Self Reported Obesity, NYC, 1994-2007

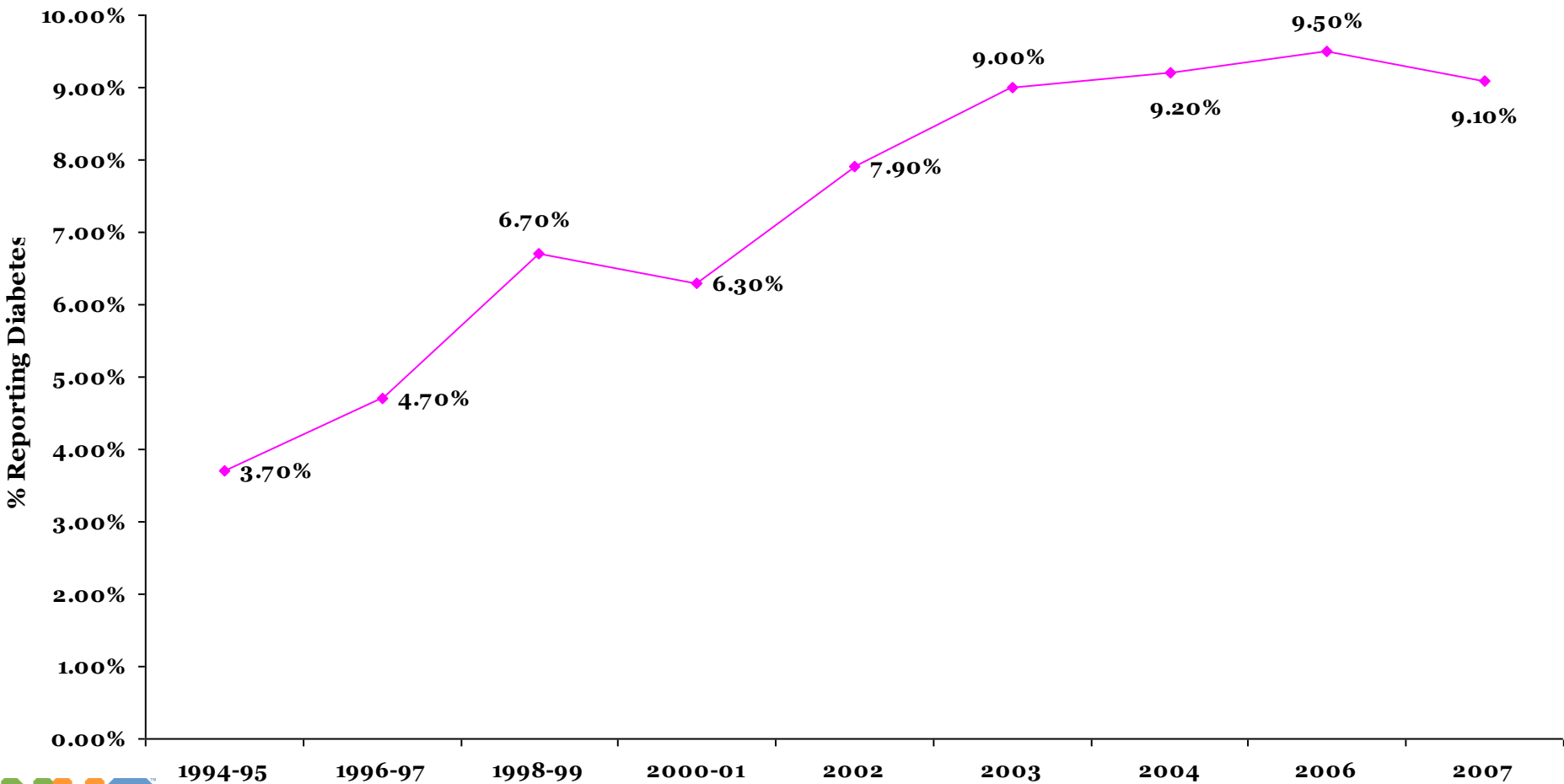


Sources: Behavioral Risk Factor Surveillance System, Centers for Disease Control and Prevention, 1994-2001; NYC Community Health Survey, New York City Department of Health and Mental Hygiene, 2002-2004; NYC Health and Nutrition Examination Survey, New York City Department of Health and Mental Hygiene, 2004



EPIDEMIC OF DIABETES IN NYC

Adults with self reported diabetes 1994-2007



OBESITY AWARENESS

Harris Interactive/Health Day Survey

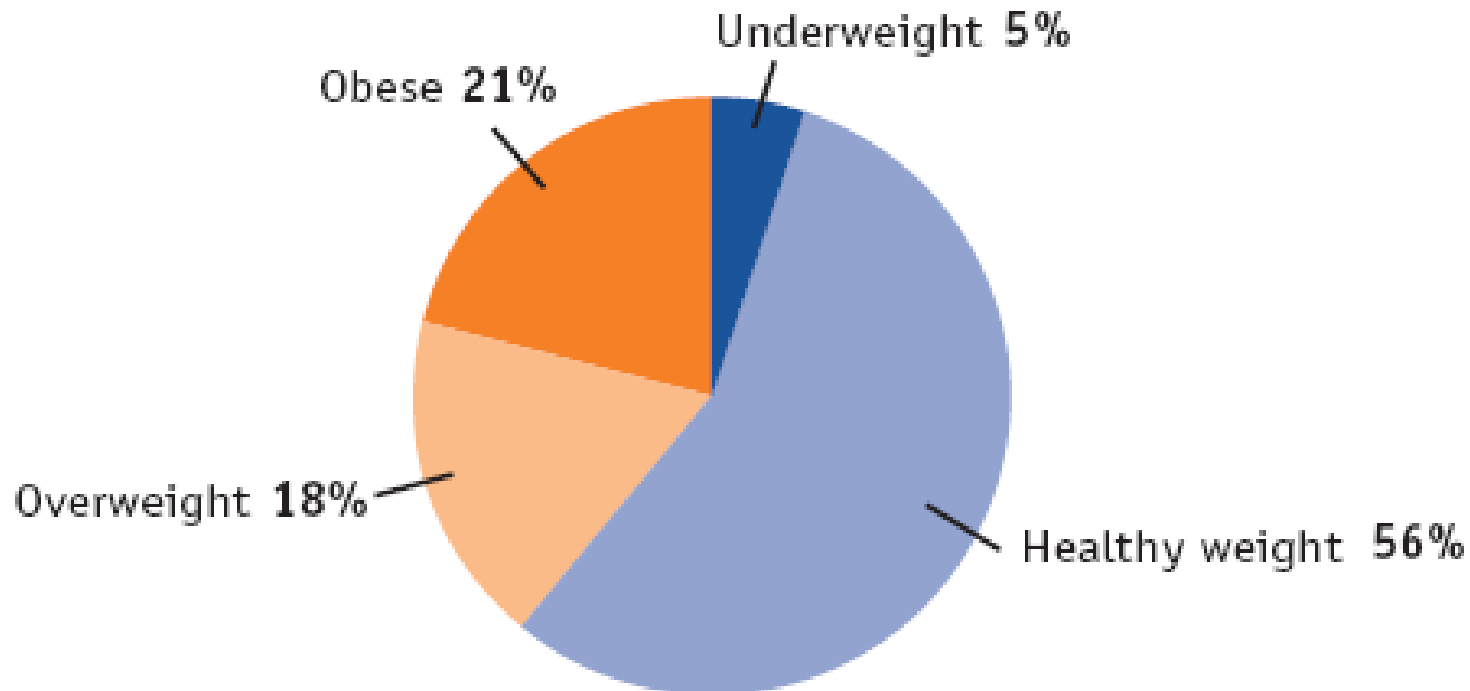
- 2418 adults provided height and weight and stated their weight status
- BMI calculated from height and weight
- 30% with overweight BMI (25-30) said they were normal
- 70% with obese BMI (30-40) said they were overweight

OBESITY TREATMENT: ADULTS

- Permanent weight loss with diet and exercise is very unusual
- Drug treatments are not effective
- Gastric bypass surgery works – over 200,000 per year in USA

In New York City, **almost 40%** of public schools students are overweight or obese.*

Weight status in NYC public schools, Kindergarten–8th grade



*Based on 2007-08 NYC FITNESSGRAM results published in *NYC Vital Signs*
<http://www.nyc.gov/html/doh/downloads/pdf/survey/survey-2009fitnessgram.pdf>

THE SAD TRUTH

- ✓ **Most overweight and obese children become obese adults**

WHAT HAS HAPPENED?

- We have the same genes
- We are a little less physically active (but not a lot less)
- **ANSWER:** We are consuming an average of 200-300 more calories a day

WHERE ARE THE CALORIES?

- ✓ Soft Drinks
- ✓ Fast Food
- ✓ Portion Sizes

HOW SIZES HAVE CHANGED



Original
1920s size:
6.5 ounces

12 ounce
cans
introduced in
the 1960s

20 ounce
contour bottles
introduced in
the early 1990s

1 liter contour
bottles
introduced in
late 1990s

SUGAR IN CARBONATED BEVERAGES

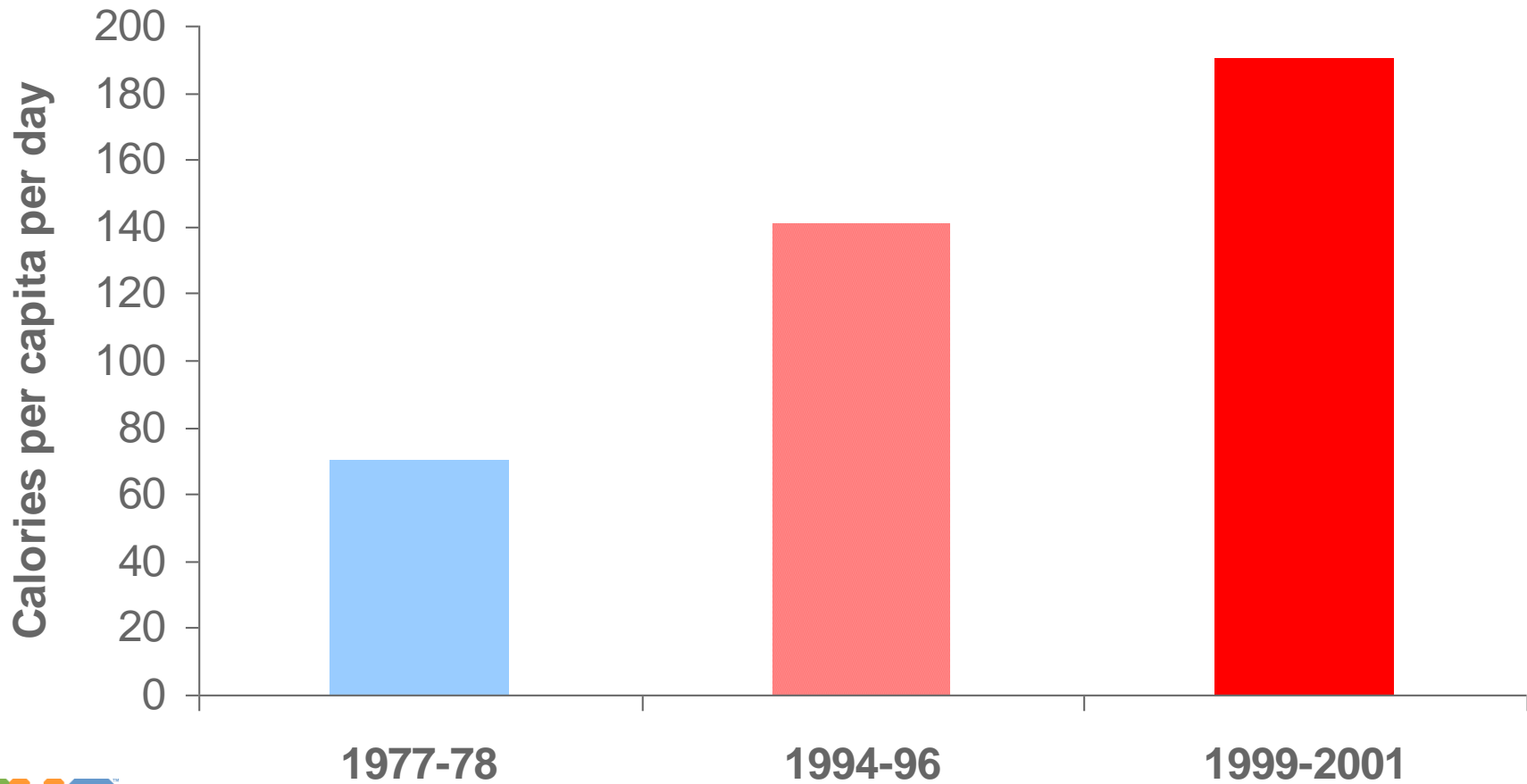


12 oz. can
39g

20 oz. bottle
65g

1 liter (34 oz) bottle
108g

DAILY CALORIE INTAKE FROM SUGAR-SWEETENED BEVERAGES HAS NEARLY TRIPLED



**What does all of this
mean for our schools?**

A special report from the New York City Health Department
and the New York City Department of Education



NYC Vital Signs

New York City Department of Health and Mental Hygiene

June 2009

Volume 8, No. 1

Childhood Obesity is a Serious Concern in New York City Higher Levels of Fitness Associated with Better Academic Performance

Childhood obesity is epidemic throughout the United States. In 1980, 7% of children ages six to 11 years were considered obese. By 2006, this figure more than doubled to 17%. Childhood obesity increases the likelihood of adult obesity, which is associated with heart disease and cancer. Both childhood and adult obesity are associated with diabetes, high blood pressure, and high cholesterol.

Physical activity has many health benefits, including preventing obesity and losing weight. The Office of Fitness and Health Education was created in 2003 as a joint effort between the NYC Department of Health and Mental Hygiene (DOHMH) and the NYC Department of Education (DOE). An initiative from this

collaboration includes extensive teacher training and the introduction of a standards-based fitness curriculum and assessment (NYC FITNESSGRAM).

To better understand the prevalence of childhood obesity and how physical fitness may be associated with academic performance in New York City, the DOHMH and DOE reviewed academic and fitness records of public school students in grades K-8 who participated in the NYC FITNESSGRAM program during the 2007-08 school year. The results of this study will be used to inform strategies to continue raising student achievement levels. Page four provides recommendations for improving student wellness through increased physical activity and improved nutrition.

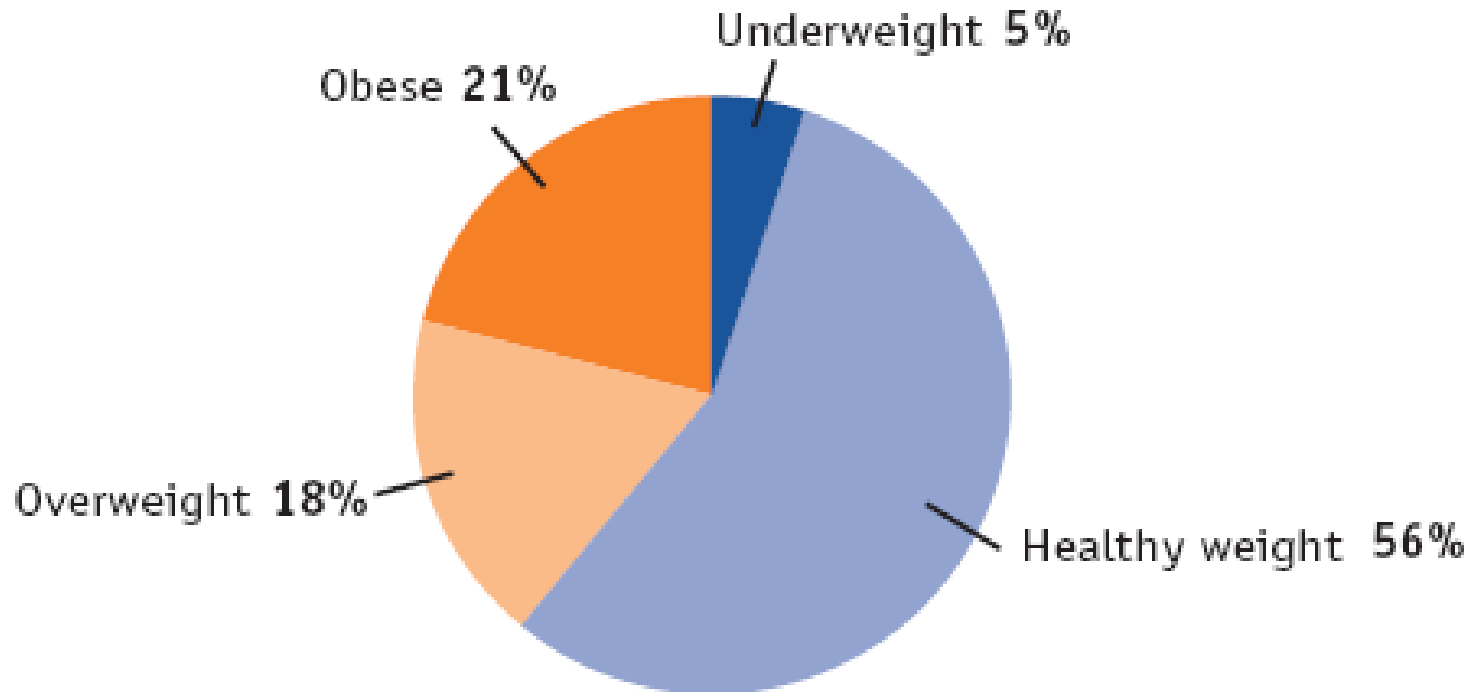


Department of
Education

Joel I. Klein, Chancellor

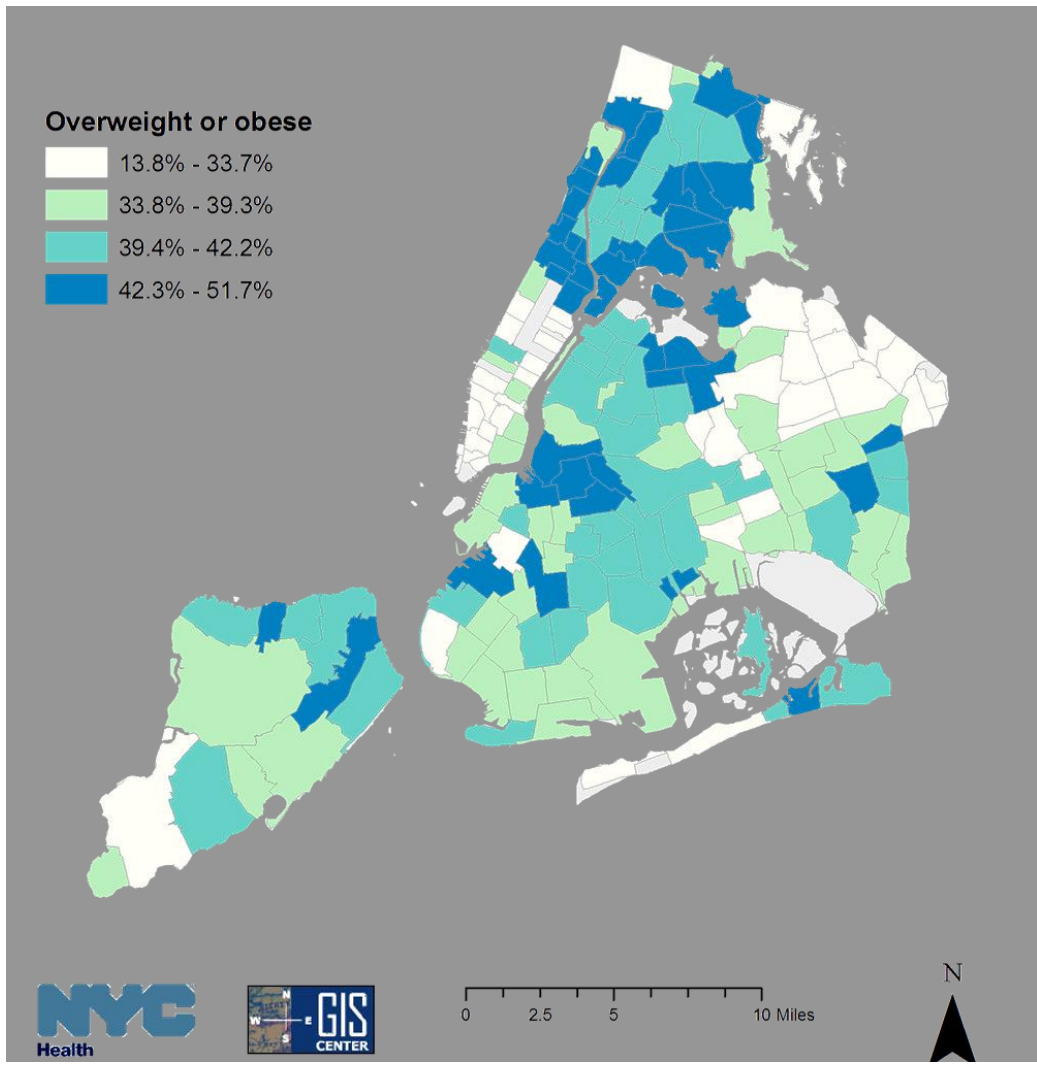
In New York City, **almost 40%** of public schools students are overweight or obese.*

Weight status in NYC public schools, Kindergarten–8th grade



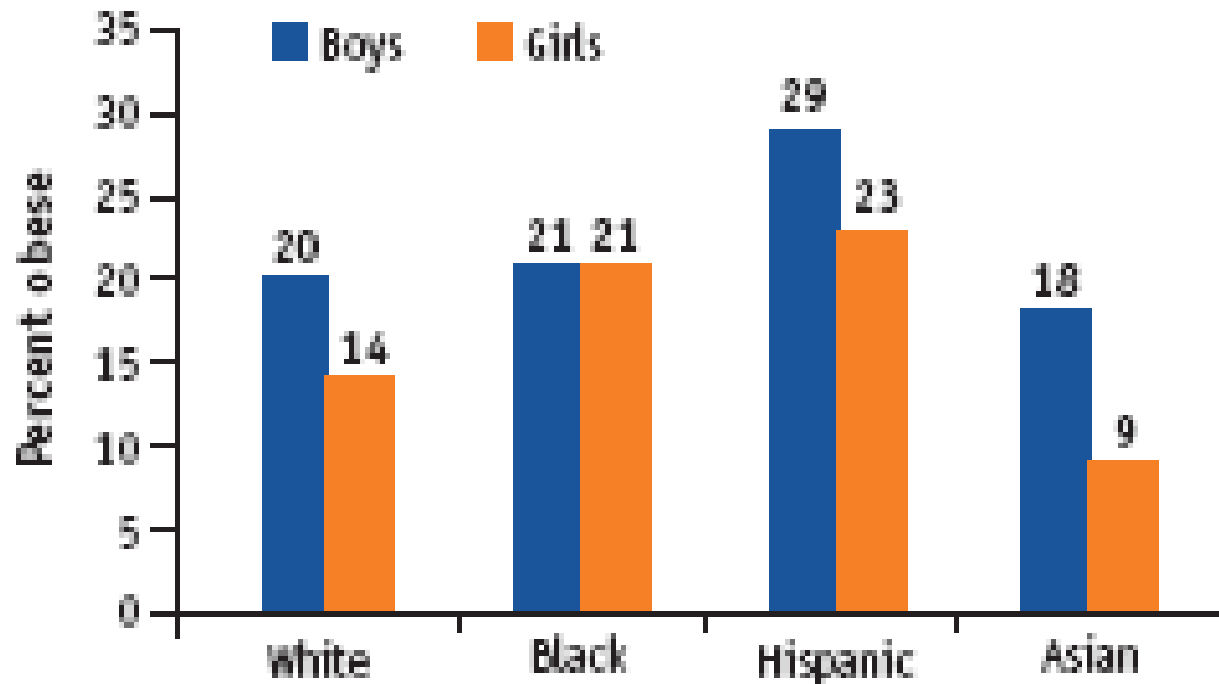
*Based on 2007-08 NYC FITNESSGRAM results published in *NYC Vital Signs*
<http://www.nyc.gov/html/doh/downloads/pdf/survey/survey-2009fitnessgram.pdf>

In Some Zip Codes, more than 1/2 of Public School Students K-8th Grade are Overweight or Obese



Childhood obesity effects all student groups, regardless of race, ethnicity or sex.*

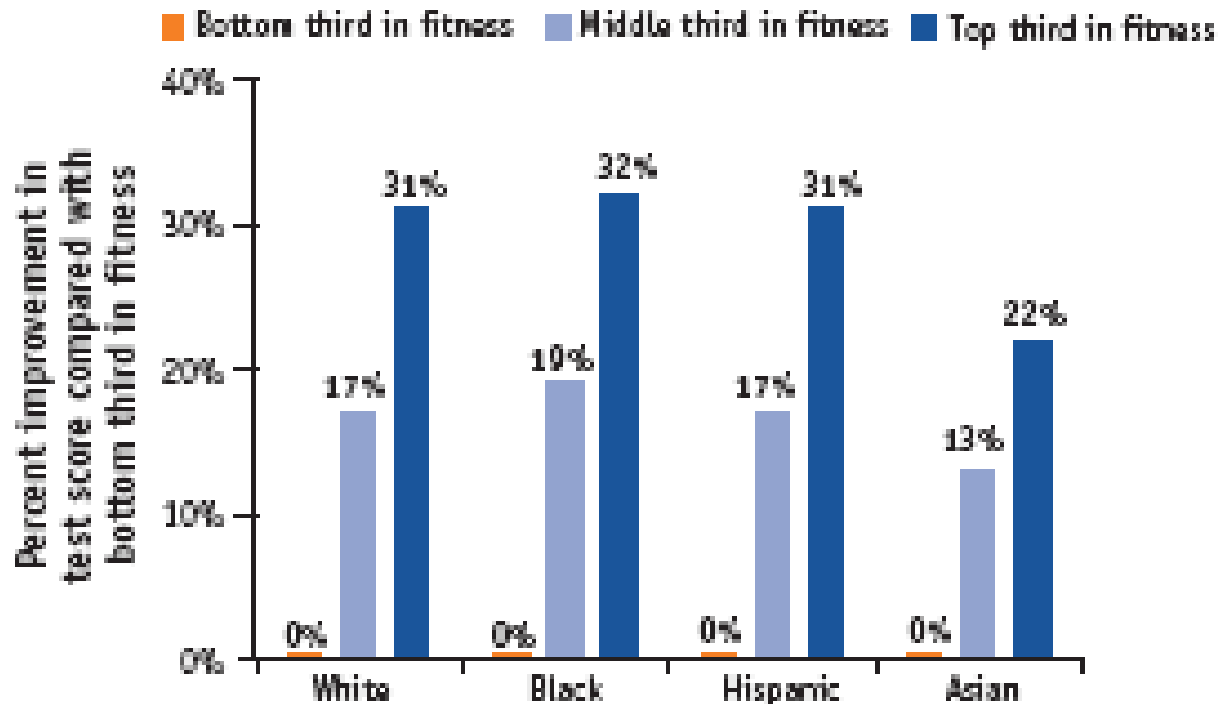
Obesity by race and sex, Kindergarten–8th grade



*Based on 2007-08 NYC FITNESSGRAM results published in *NYC Vital Signs*
<http://www.nyc.gov/html/doh/downloads/pdf/survey/survey-2009fitnessgram.pdf>

Students with better physical fitness have higher academic test scores.*

Percent improvement in academic test score by NYC FITNESSGRAM score, by race, fourth-eighth grade, 2007-08



'C Vital Signs

<http://www.nyc.gov/ntmi/don/downloads/pat/survey/survey-2009fitnessgram.pdf>

WELLNESS means being HEALTHY

in body
and mind



SCHOOL WELLNESS fights obesity

- School wellness works toward changing the nutrition and physical activity environments in schools.
- Congress required all school districts to have a School Wellness Policy in place in 2006.
- NYCDOE updated its Wellness Policies in 2010. They can be seen at:
<http://schools.nyc.gov/Offices/Health/GenProgServ/Wellness.htm>



NYC schools are part of the solution

- Improving school food to include low and non-fat milk, whole grains, and more fresh food offerings.
- Improving the capacity of schools to deliver physical and health education in traditional and non-traditional classes and settings.
- Providing healthier beverage and snack options in school stores and vending machines.
- Opening facilities and school yards for year-round community use.
- Partnering with the Department of Health and Mental Hygiene to increase access to health care and support.

DOE School Wellness Policies:

- ✓ Support all schools in providing opportunities for all students to be physically active on a regular basis.
- ✓ Ensure that food and beverages sold or served at school will meet or exceed the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- ✓ Ensure that school meals provide a variety of affordable, nutritious, and appealing foods that meet health and nutritional needs while accommodating the religious, ethnic, and cultural food preferences of the student body.
- ✓ Provide nutrition education and physical education to foster life-long habits of healthy eating and physical activity.

How can parents help to fight childhood obesity?

- ✓ Review the School Wellness Policies and become familiar with the comprehensive approach. To wellness through good nutrition and physical activity.
- ✓ Read the joint DOE/DOHMH research study *Childhood Obesity is a Serious Concern in New York City*
<http://www.nyc.gov/html/doh/downloads/pdf/survey/survey-2009fitnessgram.pdf>
- ✓ Join or initiate a School Wellness Council in your child's school to bring all members of the school community together to focus on wellness.
- ✓ Become a role model through your own healthy eating and daily exercise habits.



What can you do to encourage Wellness in your child's school?

- ✓ Learn about DOE, DOHMH and community resources
 - **Wellness Council** grants
 - **NYC FITNESSGRAM** program and reports
 - **“Move To Improve”** elementary classroom teacher program
 - **C.H.A.M.P.S.** Middle School Sports and Fitness League
 - **PSAL** High School Sports League
 - **NYC Parks and Recreation** - centers and programs
 - **Healthy Fundraising** options
 - **SchoolFood** partnership meetings

SchoolFood Support

- **SchoolFood Access**
- **Nutritional Standards**
- **Partnerships**
- **New Initiatives**

SchoolFood Access

- ✓ Complete a school meals application
- ✓ Encourage participation in the **FREE** breakfast program
- ✓ Participate in the Lunch Program
- ✓ Encourage Principals to apply for after school meals

SchoolFood Nutritional Standards

✓ Nutritional Standards:

- Meet, and many times exceed, USDA guidelines
- No trans fats, artificial flavors, artificial colors, artificial sweeteners, palm oil, BHA, BHT, and MSG
- Reduced sodium, fat, and cholesterol
- Increasing dietary fiber
- Eliminating high fructose corn syrup

SchoolFood Partnerships

- ✓ **Community Partners** including UFT, CSA, DC 37, Food Bank, City Harvest, NYCHSF, WITS, DOHMH, Parsons New School, Slow Food NYC, etc.
- ✓ **School Community Partners:** Partnership Committees & Wellness Councils: Monthly meeting with local SchoolFood manager, school administration, parents, students and faculty

SchoolFood New Initiatives

- ✓ *Chefs Move to Schools*
- ✓ *Garden to Café*
- ✓ *Salad Bar expansion*
- ✓ *Refrigerated water jets*
- ✓ *Breakfast in the classroom*
- ✓ *Local Procurement*

Need more information or assistance?

Contact:

Office of School Health:

Roger Platt, M.D. Rplatt2@schools.nyc.gov

Office of School Wellness Programs:

Lori Rose Benson Lbenson@schools.nyc.gov

SchoolFood:

Eric Goldstein Egolstein@schools.nyc.gov

Stephen O'Brien Sobrien@schools.nyc.gov