

Healthy Schools NY

Supporting schools as they develop, implement, and ensure adherence with effective tobacco-free, nutrition and physical activity policies.

On the Web

www.nyscenterforschoolsafety.org/what.cfm?subpage=508910

Facebook

<http://tinyurl.com/3dkj37d>

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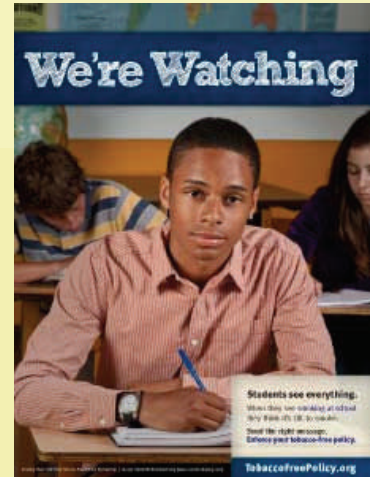
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Eight Reasons to Have a 100% Tobacco-Free School Policy

- 1. It's the Law.**
State public health law prohibits smoking in workplaces, including schools, school grounds, and vehicles transporting children and school personnel.
- 2. Reinforce norms regarding tobacco use.**
Tobacco-Free school policies reinforce that tobacco use is socially unacceptable.
- 3. Reduce exposure to secondhand smoke for students and staff.**
Secondhand smoke causes premature death and disease, exacerbates asthma and respiratory illnesses (contributing to increased absenteeism), and impairs a students' ability to learn, putting them at increased risk for difficulties with reading and math.
- 4. Protect children from developing an addiction to tobacco.**
Studies find that students who attend schools with strong Tobacco-Free policies are less likely to use tobacco.
- 5. Support classroom instruction and other prevention efforts.**
Schools that are not Tobacco-Free send a conflicting message to students about tobacco use.
- 6. Counteract the tobacco industry's targeting of children.**
Internal industry documents indicate that tobacco companies have purposefully marketed to children as young as 14. Tobacco-Free schools help shield students from tobacco marketing.
- 7. Provide positive adult role models for students.**
Implementing Tobacco-Free school policies with parents, staff, and visitors provides positive role models for students.
- 8. Prepare students for a Tobacco-Free world.**
Employers are becoming more reluctant to hire smokers due to increased absenteeism, health care costs, and possible disability.



<http://tobaccofreepolicy.org/content/eight-reasons>

Why More PE?

Five Reasons Every NY School District Should Have 120 Minutes of K-6 PE

- Physical education teaches students how to become fit and healthy for life. PE fosters enjoyment of physical activity and healthier eating habits. **Students are less likely to suffer from obesity and chronic illnesses.**
- Physical education helps kids become better learners. **PE improves concentration and raises test scores.**
- PE helps reduce stress and anxiety, and reduces disruptive behavior. **Students focus better and participate more.**
- Physical education helps students strengthen peer relationships and self-discipline. **PE influences moral development, improving judgment and skills necessary to become successful adults.**
- PE instills a strong sense of self-confidence and self-esteem. **This foundation allows students to be more assertive, independent and self controlled.**



www.wheresmype.org/



Funding Opportunities For Fuel Up to Play 60

New for the 2010-2011 school year, funding is available to K-12 schools enrolled in Fuel Up to Play 60. The competitive, nationwide funding program can help your school jumpstart and sustain healthy nutrition and physical activity improvements. More at http://enroll.fueluptoplay60.com/funds/funds_for_futp60.php



Addressing Change: Response by USDA and Other Organizations USDA Initiatives

The School Meals Initiative for Healthy Children (SMI). In 1995, USDA launched the SMI to improve the nutritional quality of meals served under USDA's NSLP and SBP. Several events during the early 1990s gave impetus to this nutrition initiative:

- *Healthy People 2000*, with national health objectives including specific objectives for child nutrition programs;
- The revised *Dietary Guidelines for Americans*,

cans, which recommended limiting total fat to 30 percent of calories and limiting saturated fat to less than 10 percent of calories;

- The *Food Guide Pyramid*, developed by USDA, supports the *Dietary Guidelines for Americans*; and
- The School Nutrition Dietary Assessment (SNDA) study of 1993⁸, which indicated that students who purchased a reimbursable school meal consumed more sodium and a higher percentage of calories from total fat and saturated fat than recommended.

The SMI required schools to meet the following nutrition standards in meals provided by the NSLP and SBP:

- School lunches must provide 1/3 of the

RDA for protein, calcium, iron, vitamin A, and vitamin C to the applicable age or grade groups and must also provide 1/3 of the calories needed by growing children based on the appropriate age/grade group; school breakfasts must provide 1/4 of the RDA for the same five nutrients and 1/4 of the necessary calories appropriate for the age/grade group.

- School meals must meet the recommendations of the *Dietary Guidelines* for limiting calories from total fat to 30 percent or less and saturated fat to less than 10 percent.

These nutrition standards do not apply to a la carte foods sold in the school cafeteria, nor do they apply to other foods and beverages sold throughout the school in school stores, snack bars and vending machines.

New Dietary Guidelines Released

For More Information Go To: www.choosemyplate.gov
www.cnpp.usda.gov/publications/myplate/gettingstartedwithmyplate.pdf
www.choosemyplate.gov/downloads/myplate/dg2010brochure.pdf



The *Dietary Guidelines for Americans* are the cornerstone of Federal nutrition policy and nutrition education activities.

The Dietary Guidelines are jointly issued and updated every 5 years by the Departments of Agriculture (USDA) and Health and Human Services (HHS). They provide authoritative advice for Americans ages 2 and older about consuming fewer calories, making informed food choices, and being physically active to attain and maintain a healthy weight, reduce risk of chronic disease, and promote overall health.

Healthy Snacks and School Meals

The Alliance for a Healthier Generation is a joint venture between the American Heart Association and Clinton Foundation with a mission to eliminate childhood obesity and inspire all young people in the United States to develop lifelong, healthy habits.

www.healthiergeneration.org



NASPE recommends that:
All children in elementary schools should engage in at least one daily period of recess for at least 20 minutes per period.

www.state.tn.us/education/schoolhealth/physed/doc/recess_elementary_students.pdf



Where can I get more information?

- Centers for Disease Control School Health Index
↳ <https://apps.nccd.cdc.gov/shi/default.aspx>
- New York State Department of Health
↳ www.health.state.ny.us
- Tobacco-Free New York State
↳ <http://tobaccofreenys.org>
- New York State Education Department Physical Education
↳ www.p12.nysed.gov/ciai/pe
- Yale Rudd Center Wellsat Tool
↳ www.wellsat.org
- Let's Move Initiative
↳ www.letsmove.gov



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This grant is funded by the New York State Department of Health