

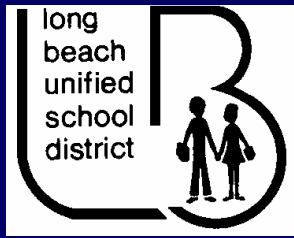


# CSH: A Change Agent in the Implementation and Evaluation of School Wellness Policies

**A Local District's Perspective**

**Robin Sinks, Health Curriculum Leader**

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# Long Beach Unified School District

- Third largest district in California
  - 90,000 students
  - 7,500 employees
- Most diverse city in the U.S. (2000 Census)
  - 83% Other than Caucasian
  - 24% English Learners
  - 46 languages spoken
- Sixth poorest city in the country
  - 68.5% free/reduced meals



# Long Beach Unified School District

- Health Advisory Council since 1995
  - 1990-1995 focused on drug/alcohol/tobacco
- Meets quarterly
- Representatives from each component
- Half of the membership from community
- Purpose: To support, encourage collaboration, and offer advisement to the district's CSHP, as defined by the CDC



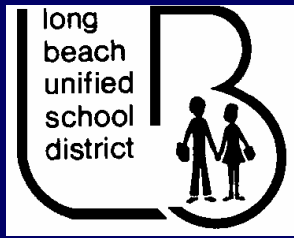
# Long Beach Unified School District

- 2004: Began to look at what the district was doing to promote healthy eating and encourage physical activity *and* what else might be done
- Utilized resources from Health Is Academic and Talking About Health Is Academic (Education Development Center, Inc., 1998 and 1999)



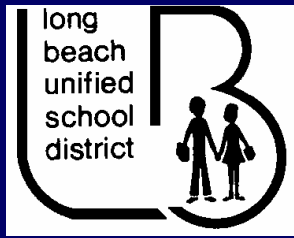
# Long Beach Unified School District

- 2005: Superintendent directed the development of the Local Wellness Policy to the Health Advisory Council
- Utilized a variety of resources
  - USDA's website
  - School Health Index
  - California Department of Education
  - California School Boards Association



# Long Beach Unified School District

- Local Wellness Policy adopted June 20, 2006
  - Complements several other district policies
    - Physical Education
    - Comprehensive Health Education
    - Alcohol, Tobacco, and Other Drugs
    - Comprehensive Sexual Health
    - Positive Climate
    - Conduct, Behaviors, and Weapons
-



# Long Beach Unified School District

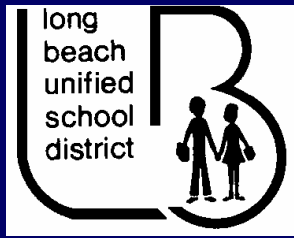
## □ Implementation: Awareness

- September – November: Meetings with Principals, Nurses, Nutrition Staff, Recreation Leaders and After-School Programs, PTA Presidents' Council
- October: Informational Bulletins and Newsletters
- December: Presentation to the Board of Education



# Long Beach Unified School District

- Implementation: Operational Responsibility
  - District-wide and Individual School:
    - Superintendent or Designee
    - Health and Physical Education Curriculum Leaders and Director of Nutrition Services
  - Individual School
    - Principal or Designee

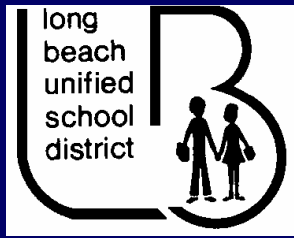


# Long Beach Unified School District

## □ Monitoring

### ■ Gathering Baseline Data

- Report of Minutes of Physical Education Instruction, Fitnessgram results,
  - California Healthy Kids Survey results,
  - School Meal participation,
  - Contents of Vending Machines,
  - Focus on Fundraising,
  - Principal Survey
-



# Long Beach Unified School District

## □ Evaluation

- Comparing Annual Data to Baseline Data
  - Report of Minutes of Physical Education Instruction, Fitnessgram results,
  - California Healthy Kids Survey results,
  - School Meal participation,
  - Contents of Vending Machines,
  - Focus on Fundraising,
  - Principal Survey



# Long Beach Unified School District

## □ Reporting

- Health Advisory Council, as a standing agenda item
- Superintendent, at the end of the first year and then at least once every two years
- Board of Education, as requested



# Long Beach Unified School District

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