

# Healthy Carolinians Action Plan - 3

## School Nutrition

**County:** Forsyth    **Partnership:** Forsyth County Healthy Community Coalition    **Period Covered:** July 2004 to June 2009

**LOCAL PRIORITY ISSUE**

- Priority issue: Health Behavior / Lifestyles
- Was this issue described in your county's most recent Community Health Assessment?  Yes
- List other sources of information about this priority issue: NC Youth Risk Behavior Survey

**LOCAL COMMUNITY OBJECTIVE - Please check one:  Ongoing from last re/certification**

- By: 2009
- Objective: To increase the number of elementary and middle schools in the Winston-Salem Forsyth County system that offer lower fat and lower sugar choices on the lunch line in accordance with the *Dietary Guidelines for Americans* (note – focus on elementary and middle schools is a different focus that originally identified in 2004 certification and has no corresponding objective in Healthy People 2010 at state or federal level).
- Original Baseline: We currently do not have a baseline for this action plan
- Date and source of original baseline data:
- Updated information:
- Date and source of updated information: 2005 BRFSS (middle school only)

**POPULATION(S)**

- Local population(s) experiencing disparities in relation to this local objective: Middle and high school students (<18 years)
- Describe the local population(s) that will benefit: Middle and high school students (<18 years)
- Total number in population: 12,487
- Number you plan to reach: 7,500

**NC 2010 FOCUS AREA AND NC 2010 HEALTH OBJECTIVE ADDRESSED**

- Check one NC 2010 focus area:
 

<input type="checkbox"/> Access to Health Care	<input type="checkbox"/> Infant Mortality
<input type="checkbox"/> Chronic Disease	<input type="checkbox"/> Infectious Diseases
<input type="checkbox"/> Community Health	<input type="checkbox"/> Injury
<input type="checkbox"/> Disability	<input type="checkbox"/> Mental Health
<input type="checkbox"/> Environmental Health	<input type="checkbox"/> Older Adult Health
<input checked="" type="checkbox"/> Health Promotion	<input type="checkbox"/> Oral Health
- Other - Please Describe:

NC 2010 Health Objective: To decrease the percent of students who eat high sugar snack foods on a given day.

INTERVENTIONS, SETTING, & TIMEFRAME	COMMUNITY PARTNERS Roles and Responsibilities	EVALUATION PLAN & PROGRESS TO DATE
<b>1. In order to secure the active involvement of the priority population(s), our Partnership will:</b> work closely with school-based groups such as the PTA (parents) and the School Health Advisory Council		Progress to Date: The PTA and School Health Advisory Council are actively engaged with these initiatives.
<b>2. Marketing/Communication activities related to this community objective:</b> Communication to all teachers in schools where Healthy Alliance Program is being offered and how it will help improve their students' health. This information was included in newsletters and menus that go home to parents; letter from School Superintendent to principals.		Progress to Date: Communication has been shared.

<p><u>3. Intervention</u> Create a baseline for what percentage of elementary and middle school children in Winston-Salem / Forsyth County schools eat high sugar snacks on a given day.</p>	<p>Lead Agency: School Health Advisory Council</p> <p>Other Agencies: Healthy Community Coalition</p> <p>Roles and Responsibilities: Collaborate with school health systems to determine what kind of appropriate measure can be created and collected.</p>	<p>This intervention is: _ New <input checked="" type="checkbox"/> Ongoing _ Completed</p> <p>Process: The goal and baseline data originally listed in our 2004 Healthy Carolinians certification application turned out to be much too specific for the policy change we decided on. We have expanded our suggested change and now need to determine a new baseline.</p>
<p><u>4. Intervention:</u> The Lifestyle/Behaviors group of the FCHCC will partner with the School Health Advisory Council (SHAC) to offer healthier choices on the lunch line in elementary and middle schools. YEAR 1 : 7-01-04 through 6-30-05 <u>Setting:</u> 5 elementary and 2 middle schools <u>Activities:</u> The pilot program includes, but is not necessarily limited to, offering healthy meals, beverages, a la carte and snack items instead of meals, beverages, a la carte or snack items that have low nutritional quality, high sugar and/or calorie content. This program was named the Healthy Alliance Program. YEAR 2 : 7-01-05 through 6-30-06 <u>Setting:</u> 12 elementary and 2 middle schools <u>Activities:</u> Expand the Healthy Alliance Program to 14 schools. Offer healthy meals, beverages, a la carte and snack items instead of meals, beverages, a la carte or snack items that have low nutritional quality, high sugar and/or calorie content.</p> <p>End date: 2009 (hopefully, this program will be expanded to all elementary and middle schools in Forsyth County and hopefully into high schools as well.</p>	<p><u>Lead agency:</u> School Health Advisory Council</p> <p><u>Other agencies:</u> Lifestyle/Behavior Team of Forsyth County Healthy Community Coalition (FCHCC) Forsyth County Dept. of Public Health Winston-Salem/Forsyth County Schools (WSFCS) Chartwells Foodservice Company PTA Parent volunteers</p> <p><i>Roles of all partner agencies are to encourage the school system to implement the policy change.</i></p>	<p>This intervention is: _ New <input checked="" type="checkbox"/> Ongoing _ Completed</p> <p><u>Process:</u></p> <ol style="list-style-type: none"> <li>1. A 6-month planning process with representatives of SHAC and the FCHCC Lifestyle/Behaviors Team took place beginning January 2004. The result was to pilot a minimum of 3 schools with healthier meal/a la carte/beverage choices (known as the Healthy Alliance Program). This pilot program was included in the WSFCS contract with Chartwells Foodservice Management Company. We exceeded the 3 school minimum and had 7 schools participate the 1<sup>st</sup> year of the pilot (by lottery of interested principals).</li> <li>2. A survey of the 7 Healthy Alliance schools was conducted in May 2005 by various members of the SHAC/Lifestyle Behaviors Team to assess how healthy meal and a la carte items were promoted in the schools. Survey result summary attached. <b>Even though WSFCS lost revenue with the pilot project, they are committed to serving healthier meal/snack/a la carte items and expanded the number of schools participating in 2005-2006.</b></li> <li>3. A notebook containing nutrition related public service announcements, newsletter articles, healthy snack list, and bulletin board ideas was given to principals at each of the Healthy Alliance Schools to promote sound nutrition practices among teachers, faculty, students, parents, and community in December 2005.</li> </ol> <p><u>Output/ Impact:</u></p> <ul style="list-style-type: none"> <li>• The contract with the WSFC school vendor, Chartwells, HAS been altered to incorporate healthier snacks into the offerings and to eliminate high sugar and/or high calorie content foods in select schools.</li> <li>• Children in the Healthy Alliance schools are eating healthier foods as recommended in the USDA <i>Dietary Guidelines for Americans</i> because low-nutrient/high-calorie a la carte snack and beverage items have been eliminated from the cafeteria line.</li> </ul> <p><u>Health/ Safety Outcomes:</u> Long-term goal: By 2009, 5% fewer children in the schools with the Healthy Alliance program will be measured as obese.</p>

<p><b>5. Intervention:</b> To incorporate the Healthy Alliance Program into the Winston-Salem Forsyth County Schools Wellness Policy for elementary and middle schools. <b>Setting:</b> 40 elementary schools and 14 middle schools <b>Dates:</b> Wellness Policy development in progress. The policy will be effective the first day of the 2006-2007 school year as required by Federal law. The expansion of Healthy Alliance Schools will be included in the timeline of the School Wellness Policy. <b>Activities:</b> Determine a timeline to expand the Healthy Alliance Program to all 40 WSFC elementary schools. After the program has been expanded to Elementary schools, expand the program to all 14 WSFC middle schools.</p> <p>End Date: 2010</p>	<p><b>Lead agencies:</b> Winston-Salem Forsyth County Schools and Chartwells Foodservice Company</p> <p><b>Other agencies:</b> Lifestyle/Behavior Team of Forsyth County Healthy Community Coalition (FCHCC) Forsyth County Dept. of Public Health PTA Parent volunteer Students</p> <p><i>Roles of all partner agencies are to encourage the school system to implement the policy change for all schools in the Winston-Salem / Forsyth County System.</i></p>	<p>This is <input type="checkbox"/> New <input checked="" type="checkbox"/> Ongoing <input type="checkbox"/> Completed <b>Process:</b> 1. Representatives from Chartwells Foodservice Contract Company, WSFCS, Public Health, and a parent volunteer attended the Healthy Schools Eating Smart and Moving More: Establishing School Wellness Policy in Greensboro on Sept. 27-28, 2005. • The School Wellness Policy Committee has been established by the Superintendent and includes diverse membership as specified in the WIC and Child Nutrition Reauthorization Act. <b>Output/ Impact:</b> By 2010, the Healthy Alliance program will be applied through the Chartwells contract in all public middle and elementary schools in Forsyth County. <b>Health/ Safety Outcomes:</b> <b>Long-term Goal:</b> By 2015, 10% fewer elementary and middle school children in Forsyth County public schools will be measured as obese. <b>Progress to Date:</b> new initiative, planning is underway.</p>
<p><b>6. Intervention:</b> To promote healthier meal and nutrition choices in schools through the PTA Council of Winston-Salem/Forsyth County. <b>Setting:</b> Schools and Community <b>Dates:</b> 2-01-06 (to 2015) <b>Activities:</b> PTA Rally/Walk for Healthy Kids at Forsyth County Govt. Center on April 29, 2006.</p> <p>End date: 2015</p>	<p><b>Lead agency:</b> PTA Council of Winston-Salem/Forsyth County</p> <p><b>Other agencies:</b> Lifestyle/Behavior Team of Forsyth County Healthy Community Coalition (FCHCC) Forsyth County Dept. of Public Health Wake Forest University School of Medicine, Public Health Sciences Winston-Salem District Dietetic Association</p> <p><b>Roles:</b> all partners will support the PTA's efforts by participating in events, recruit other community members to attend, assist in calling press for media coverage of events, assist with writing articles for newsletters.</p>	<p>This is <input checked="" type="checkbox"/> New <input type="checkbox"/> Ongoing <input type="checkbox"/> Completed <b>Process:</b> plan joint activities to promote health in the schools. <b>Output/ Impact:</b> More students will take advantage of healthier food choices at schools. <b>Health/ Safety Outcomes:</b> <b>Long-term Goal:</b> By 2015, 10% fewer elementary and middle school children in Forsyth County public schools will be measured as obese. <b>Progress to Date:</b> First Walk for Healthy Kids rally held Spring 2006 to a small turn out but it was a positive start to future efforts.</p>