

# Building Healthy Schools in Kansas

**Changing Environments through  
School Wellness Policies**

# Jodi Mackey

- Employed 29 years by the Kansas State Department of Education
  - 3 years – computer programmer/analyst
  - 3 years – school nutrition consultant
  - 12 years – assistant director, Child Nutrition & Wellness
  - 11 years – director, Child Nutrition & Wellness
- Employed 5 years in the private sector as a computer systems programmer/analyst/project manager

# Philosophy

- A child who is not healthy cannot achieve his/her full potential in school or in life.
- Schools should never knowingly contribute to childhood obesity or other health problems.
- Schools should make every effort to create an environment for students and staff that is health promoting, nurturing and safe.
- Schools should partner with parents and the community to create healthful environments.
- The state agency should provide on-going support and assistance to help schools fulfill wellness policy requirements.

# Kansas School Wellness Policy Model Guidelines were designed in 2005 to:

- Build upon the efforts of other respected organizations
- Reflect the most credible national standards (such as those in USDA's Healthier US School Challenge)
- Complement the CDC's School Health Index
- Actively involve a wide array of state and local experts on nutrition, nutrition education and physical education/activity
- Provide ample opportunity for input from all stakeholders

# State-Level Goals

- Make it as straightforward as possible for schools to develop a comprehensive high quality local wellness policy
- Provide for flexibility and local control
- Establish a statewide system that allows for collection and evaluation of data so that progress can be measured
- Integrate efforts of related programs such as Child Nutrition, Team Nutrition, Coordinated School Health
- Assure that all federal requirements are met

# Wellness Policy Guidelines

- Include three content areas:
  1. Nutrition
  2. Nutrition Education
  3. Physical Education & Activity
- Have incremental achievement levels:
  1. Basic
  2. Advanced
  3. Exemplary
- LEA reports each guideline to be at one of the following progress levels:
  1. Achieved
  2. In progress
  3. New goal
  4. Not applicable

# Kansas Legislature

- Controls school finance
- In 2005, a state law was passed that required:
  1. the Kansas State Department of Education to develop model wellness policy guidelines, and
  2. Kansas schools to consider the state guidelines when creating local wellness policies.

# Kansas State Board of Education

- Controls school accreditation regulations
- In August 2005, approved the Kansas School Wellness Policy Model Guidelines. The guidelines were strictly voluntary, not required.
- In May 2010, voted to require Kansas schools to achieve the wellness policy guidelines for vending at the “advanced” level by August 2010, and at the “exemplary” level by August 2011.

# Training & Technical Assistance

- Statewide training workshops
- Tools for schools:
  - Wellness policy guidelines booklet
  - Templates for developing implementation plans
  - Wellness Policy Builder paper version for use in planning sessions
  - Wellness Policy Builder web version for reporting
- On-going oversight, training and technical assistance through state administrative reviews and formal classes

To access resources and data, visit:  
[www.kn-eat.org](http://www.kn-eat.org), School Wellness Policies

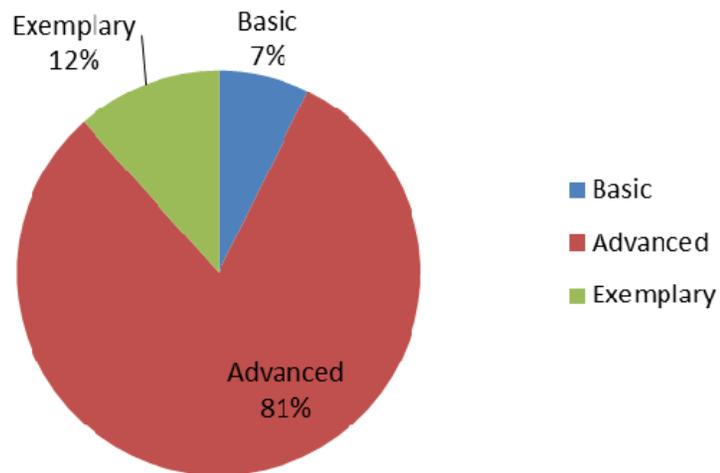
- Wellness Policy Guidelines booklet
- Planning forms
- Guidance
- Nutrition calculators
- State-level aggregate wellness policy data
- Any LEA's reported Wellness Policy Builder data
- Resources for nutrition, nutrition education, physical education/activity

# The Results

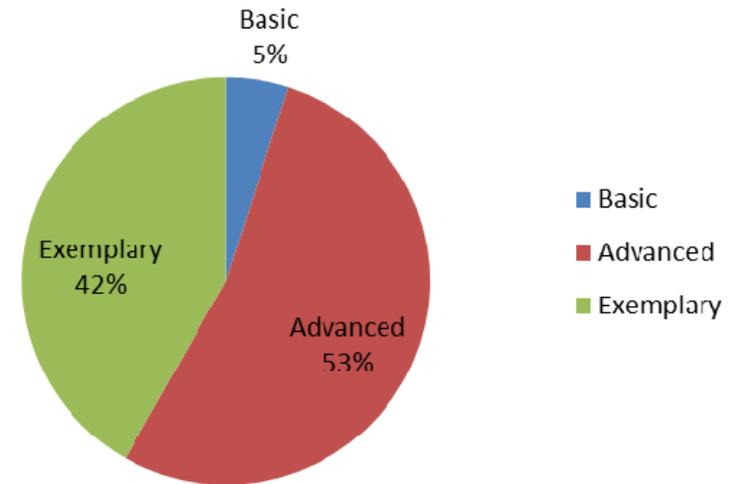
- Since 2006, all LEAs (school districts, private schools, Residential Child Care Institutions) that participate in the National School Lunch Program have implemented comprehensive wellness policies.
- All LEAs provide updated information on the status of their wellness policies to the state annually.
- Data shows that school environments became significantly healthier between 2006 and 2010.

# One Example of Change

## 2006 Nutrition Lunch



## 2010 Nutrition Lunch



# Changing Environments Requires:

- Having a vision of the end results
- Articulating the case
- Collaborating with stakeholders
- Developing policy
- Taking a coordinated approach
- Providing tools, technical assistance
- Helping everyone be successful
- Allowing time for change to occur

# Recommended Reading

## ***Switch***

How to Change Things When Change is Hard

By Chip Heath & Dan Heath

<http://www.heathbrothers.com/switch/>

“For things to change, somebody somewhere has to start acting differently. Maybe it’s you, maybe it’s your team. Picture that person (or people). Each has an emotional Elephant side and a rational Rider side. You’ve got to reach both. And you’ve also got to clear the way for them to succeed.”

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