

Measuring and Monitoring/Review of Local Wellness Policies

Plans for Measuring:

The basic purpose of measuring is to determine and report the extent to which the Local Wellness Policy has been implemented, and to monitor the plan. Plans need to state who is responsible for compliance, how the plan will be measured, the frequency of measurement and how the measurement results will be reported.

Monitoring *(Adapted from NANA)*

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food services staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDS School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The superintendent or designee will develop a summary report every ____ years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

Policy Review

To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every ____ years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review its nutrition and physical activity

policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Monitoring and Policy Review:

School Health Index, Centers for Disease Control and Prevention (CDC),
<http://apps.nccd.cdc.gov/shi>

Changing the Scene: Improving the School Nutrition Environment Toolkit, U.S. Department of Agriculture, www.fns.usda.gov/tn/Healthy/changing.html

Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition and Physical Activity, Action for Healthy Kids,
http://www.actionforhealthykids.org/special_exclusive.php

Opportunity to Learn: Standards for Elementary Physical Education, National Association for Sport and Physical Education. Order on-line for \$7.00 at
<http://member.aahperd.org/template.cfm?template=ProductDisplay.cfm&Productid+368§ion=5>

Opportunity to Learn: Standards for Middle School Physical Education. National Association for Sport and Physical Education. Order on-line for \$7.00 at
<http://member.aahperd.org/template.cfm?template=ProductDisplay.cfm&Productid+726§ion=5>

Opportunity to Learn: Standards for High School Physical Education. National Association for Sport and Physical Education. Order on-line for \$7.00 at
<http://member.aahperd.org/template.cfm?template=ProductDisplay.cfm&Productid+727§ion=5>

Types of Measurements Options (Adapted from SNA)

Documented Observations
Student Interviews or Focus Groups
Surveys

Benchmarking may be a viable measurement option. Benchmarking keeps track of data, summarizes data, and compares and analyzes data to standards, to other locations and to other years. Keys to Excellence (SNA Tool)