



# Introduction to the Nutrition Education Plan

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# About Me



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# Agenda |

- About the Plan
- Using the Plan
- Obtaining Support



# About the Plan



# Nutrition Education Plan

- Guide that will be used by the Office of the State Superintendent of Education (OSSE) when developing nutrition education related programming for schools and providing technical assistance
- Those working in nutrition education in the District are strongly encouraged to fulfill and/or participate in the actions outlined within the plan



# Importance of Nutrition Education

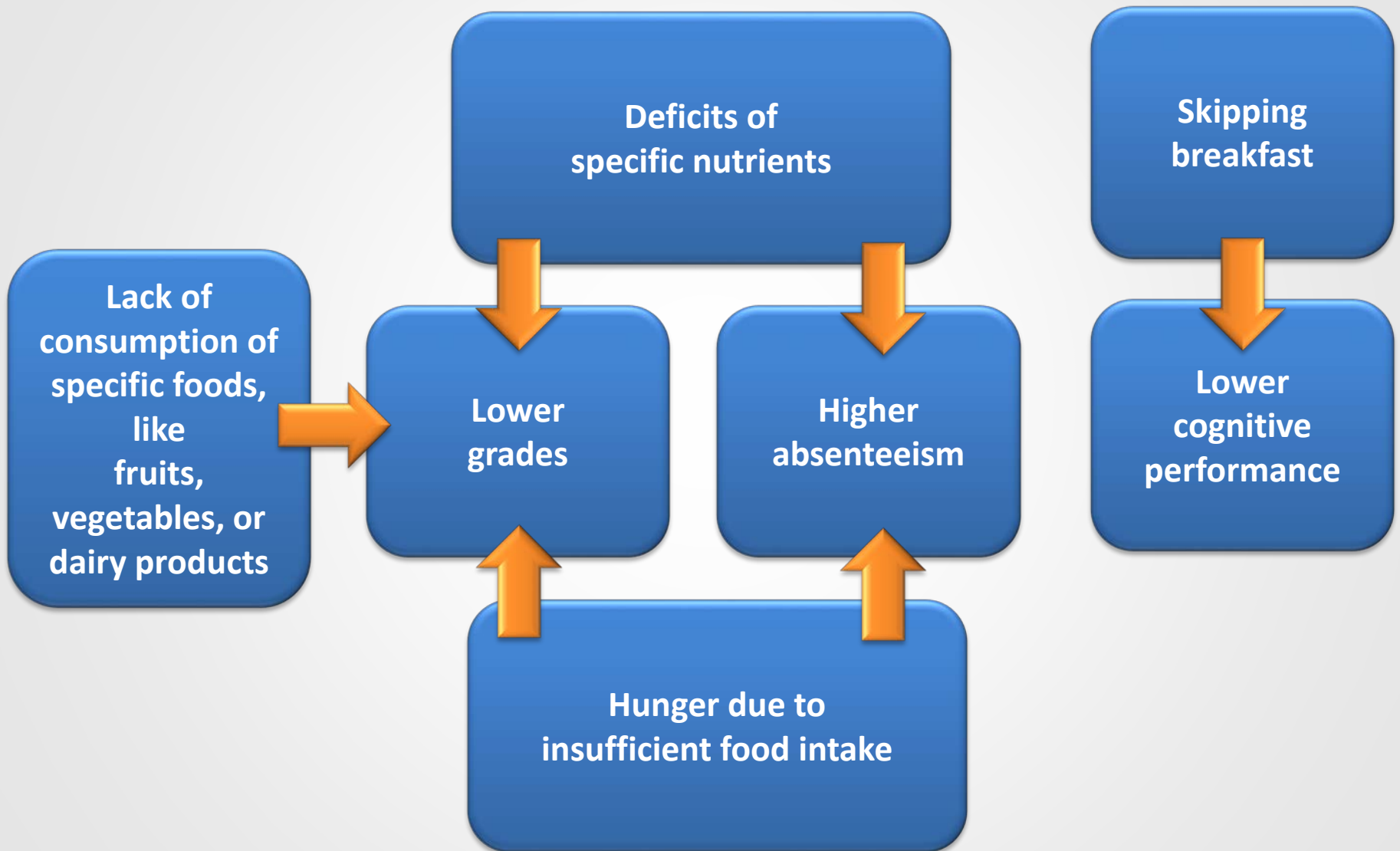
- Helps students maintain a healthy weight
- Establishes healthy eating behaviors
- Enhances classroom engagement
- Promotes an overall healthier lifestyle
- 12 percent of high school students ate vegetables at least three times in the previous week (down from 15 percent in 2012)<sup>1</sup>
- Healthier students are better learners<sup>2</sup>

1) DC Youth Risk Behavior Survey (2015). Retrieved from <http://osse.dc.gov/service/dc-youth-risk-behavior-survey-yrbs>

2) Charles E. Basch. (2010). Healthier students are better learners: A missing link in school reforms to close the achievement gap. Retrieved from [http://www.equitycampaign.org/i/a/document/12557\\_EquityMattersVol6\\_Web03082010.pdf](http://www.equitycampaign.org/i/a/document/12557_EquityMattersVol6_Web03082010.pdf)



# Importance of Nutrition Education<sup>3</sup> (Cont.)





# Nutrition and the Whole Child



## Whole School Whole Community Whole Child (WSCC) Model<sup>4</sup>

- Created by the Centers for Disease Control and Prevention

**Healthier students  
are better learners!<sup>2</sup>**

2) Charles E. Basch. (2010). Healthier students are better learners: A missing link in school reforms to close the achievement gap. Retrieved from [http://www.equitycampaign.org/i/a/document/12557\\_EquityMattersVol6\\_Web03082010.pdf](http://www.equitycampaign.org/i/a/document/12557_EquityMattersVol6_Web03082010.pdf)

8 4) Centers for Disease Control and Prevention. *Whole School, Whole Child, Whole Community Model*. (2014). Retrieved from <https://www.cdc.gov/healthyyouth/wsc/>





# Goals

1. Students receive age-appropriate, evidence-based nutrition education that promotes positive dietary behavior changes

*WSCC Component: Health Education*

2. Schools implement policies and practices to create a nutrition environment that supports students in making healthy choices

*WSCC Component: Nutrition Environment and Services*



## Goals (Cont.)

3. Partnerships between community groups, organizations, and local businesses and OSSE, relevant District agencies, and/or schools are created to share resources, and support student learning, development, and health-related activities

*WSCC Components: Community Involvement; Physical Education and Physical Activity*

4. Parents/guardians are engaged and actively support student learning around nutrition, their development as it relates to the consumption of proper nutrition, and their overall health

*WSCC Component: Parent Engagement*



## Goals (Cont.)

5. Schools foster physically and mentally healthy employees fit to support students' nutritional needs, overall health and academic success

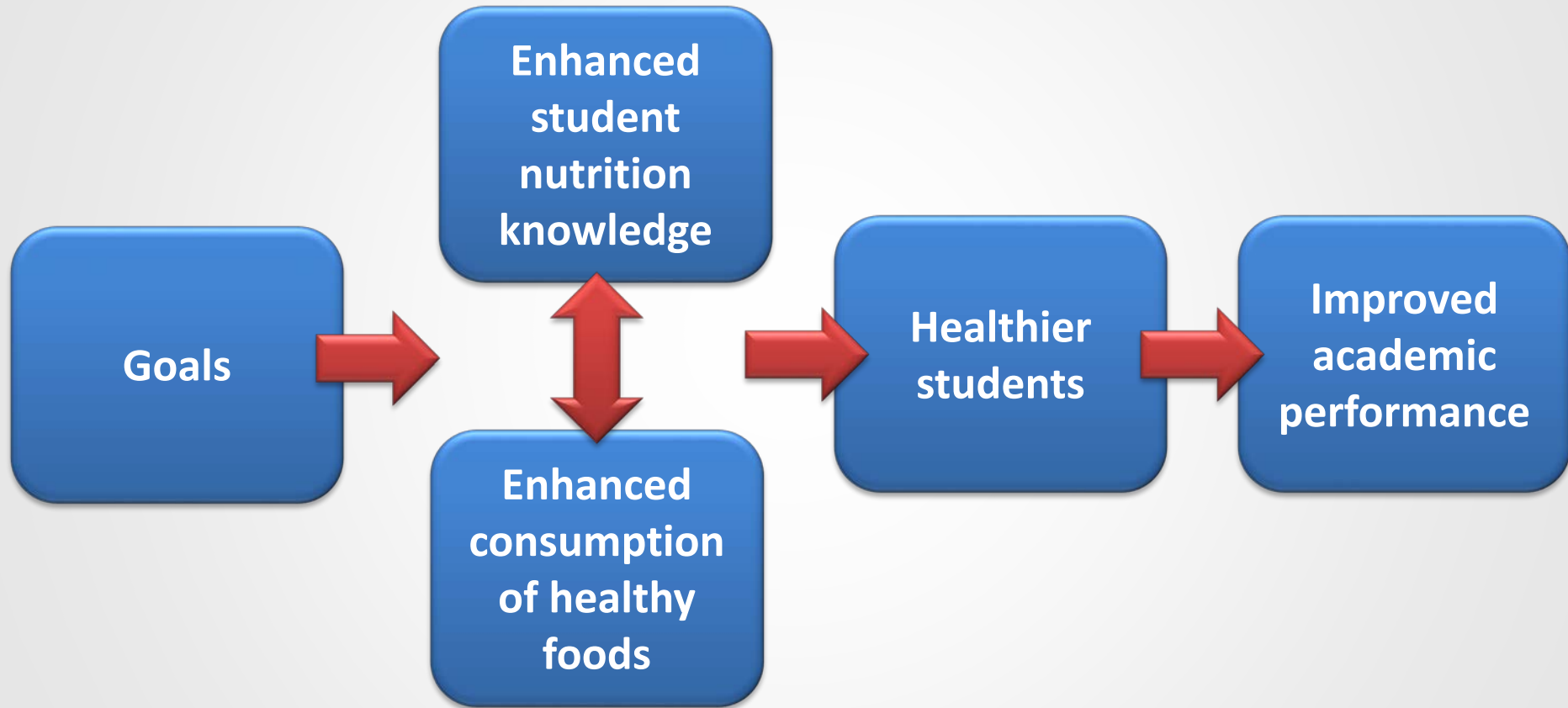
*WSCC Components: Employee Wellness*

6. Schools offer a healthy, safe, and supportive social and emotional climate and physical environment, and has the necessary health, counseling, psychological, and social services to support students' development, health, and learning (bullying (related to food consumption); eating disorders; clean drinking water; allergy management; chronic disease management)

*WSCC Components: Social and Emotional Climate; Physical Environment; Health Services; Counseling, Psychological, and Social Services*



# Desired Outcomes



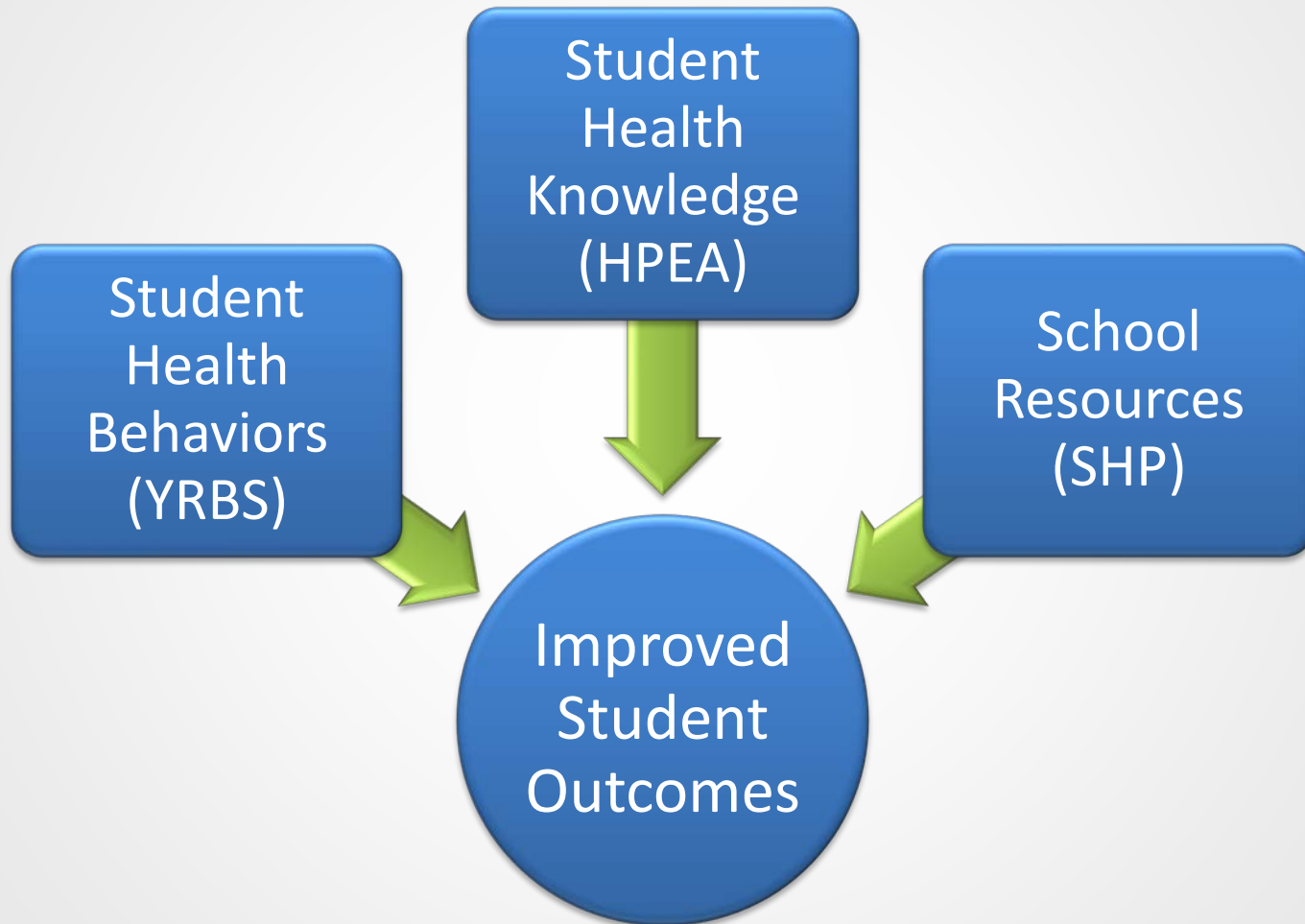


# Development of the Nutrition Education Plan

1. Needs assessment
  - Focus groups
  - One-on-one interviews
  - Survey
2. Inquiries with other districts/states
3. Stakeholder input
  - Nutrition Education Plan Workgroup
  - Round table at the Health and Wellness Symposium



# Measuring the Impact of the Nutrition Education Plan





# Using the Plan



# Uses

| Do you want to...  | Check out...   |
|--|--|
| Learn about the overarching goals of the Nutrition Education Plan?     | The goals and objectives on page 6.  |
| Know how you can contribute to making the goals of the plan a reality? | The section for your audience.   |
| Become familiar with OSSE's nutrition education resources?             | The OSSE Resources section on page 24.   |
| Read about nutrition education best practices?                         | The Best Practices section on page 22.   |
| Focus on top resources for nutrition education?"                       | The "Top Items Checklists" at the start of each audience's section.  |
| Receive support around using the plan?                                 | Contact the Healthy Schools and Wellness Programs team at <a href="mailto:OSSE.Hydt@dc.gov">OSSE.Hydt@dc.gov</a> . |





# Audiences

- The plan has been broken down into resources for:
  - Early Child Care Education Centers
  - LEA/School Staff
    - Administrative
    - Educators
    - Foodservice staff
  - Student families
  - Those working in nutrition education in the District



# One Pagers



District of Columbia  
Office of the State Superintendent of Education



## EARLY CHILD CARE EDUCATION CENTERS

### Top Tips for Early Child Care Education Centers

- |   |  |                          |
|---|--|--------------------------|
| 1 | Use the DC Early Learning Standards. <a href="http://bit.ly/2p3ztre">http://bit.ly/2p3ztre</a><br>Set your students up for success by instilling a strong educational foundation using these standards.  | <input type="checkbox"/> |
| 2 | Join the Healthy Tots Wellness Guidelines Challenge. <a href="http://bit.ly/28hHb2C">http://bit.ly/28hHb2C</a><br>Participate in exciting challenges that will engage staff, providers, students and families.   | <input type="checkbox"/> |
| 3 | Complete the Smarter Mealtimes Scorecard. <a href="http://bit.ly/2kVaUaE">http://bit.ly/2kVaUaE</a><br>The scorecard contains strategies that help create an environment that encourages healthy eating in child care centers.   | <input type="checkbox"/> |
| 4 | Participate in the Child and Adult Care Food Program. <a href="http://bit.ly/2kfbnA">http://bit.ly/2kfbnA</a><br>Participating child care centers can be reimbursed for meals that meet the program guidelines.  | <input type="checkbox"/> |
| 5 | Attend nutrition-based professional development.<br>Visit the Early Learning Course Catalog ( <a href="http://bit.ly/2E55Yji">http://bit.ly/2E55Yji</a> ) or the Health and Wellness Menu for Professional Development, Health Services, and Technical Assistance to find available offerings ( <a href="http://bit.ly/2lnx71w">http://bit.ly/2lnx71w</a> ). | <input type="checkbox"/> |

Please refer to page 9 of the Nutrition Education Plan for additional information on the tips above, plus more on getting involved as Early Child Care Education Centers



## Section: Getting Involved As A...

- Sections outline **actions** that each audience can take to contribute to the goals of the plan
- For example, as a member of the food service staff team, you can:
  1. Work towards quality **nutrition education** by:
    - Telling students about the benefits of school meals or specific items in the menu.



# Appendices

- I: Nutrition Education Best Practices
- II: Transition Best Practices
- III: Resources



# Obtaining Support



# Technical Assistance

- Technical assistance on implementation of the Nutrition Education Plan and its actions is available
  - Place a request through the Healthy Schools and Wellness Program's [Technical Assistance Request Form](#)
- Website: <https://osse.dc.gov/node/1334246>



Q&A



| Thank you!