

# Local Wellness Policies in Massachusetts

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# Massachusetts Policy

- ★ The release of the 2010 *An Act Relative to School Nutrition* (M.G.L.c.111,s.222) sets the standards in MA related to Local Wellness Policies and Competitive Foods in schools
- ★ Requirements for Local Wellness Policies in MA include minor differences from Federal Guidance:
  - ★ Members on the Wellness Advisory Committee
  - ★ Competitive Food regulations



# SWAC Requirements: Membership

*MA Regulations.....HHFKA Requirements*

- ★ School nurses.....School health professionals
- ★ Physical activity staff.....Physical education teachers
- ★ School nutrition staff..... School food authority reps
- ★ Parents .....Parents
- ★ Students.....Students
- ★ School Committee.....School Board
- ★ Community youth-serving agencies .....
- ★ .....School administrators
- ★ .....The public

*School Wellness Advisory Committee membership should reflect the cultural, linguistic, and ethnic composition of the community as much as possible*



# Implementation Suggestions



# Implementation Suggestions

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Policy Focus	HHKFA Requirement	Implementation
Nutrition Education	Goal for nutrition education	<ul style="list-style-type: none"><li>• Standards &amp; skill based nutrition education as a part of health education</li><li>• Integrated into core curriculum subjects</li><li>• Education links with school environment</li><li>• Included as a part of the school garden curriculum</li><li>• Discuss agriculture and how food gets from the farm to table</li></ul>



# Implementation Suggestions

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Policy Focus	HHFKA Requirement	Implementation
Physical Activity	Goal for physical activity	<ul style="list-style-type: none"><li>• Strong physical education program<ul style="list-style-type: none"><li>• Clear goals/standards for all students</li><li>• Inclusive practices involving all students</li><li>• Keeps all students active for at least half of class time</li><li>• Teaches skills for lifetime physical activity</li></ul></li></ul>



# Implementation Suggestions

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Policy Focus	HHFKA Requirement	Implementation
Physical Activity	Goal for physical activity	<ul style="list-style-type: none"><li>• Physical activity breaks in classes</li><li>• Recess before lunch</li><li>• Reward/punishment practices</li><li>• Before/after school programs</li><li>• Access to school facilities</li><li>• Safe routes to schools – Encourage walking and biking to school</li><li>• Physical activity challenges (i.e. walk across America)</li></ul>



# Implementation Suggestions

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Policy Focus	HHFKA Requirement	Implementation
Other school wellness activities	Other school wellness activities	<ul style="list-style-type: none"><li>• Tobacco prevention</li><li>• Bullying prevention</li><li>• Sexuality education</li><li>• Stress reduction</li><li>• Substance abuse prevention</li><li>• Safe and Clean environment for eating</li><li>• Adequate time for meals</li><li>• Avoid using food as a reward/punishment</li></ul>





# Implementation Suggestions

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Policy Focus	HHFKA Requirement	Implementation
Nutrition Promotion	Goal for nutrition promotion	<ul style="list-style-type: none"><li>• Food demonstrations and/or tasting</li><li>• Marketing</li><li>• Modeling</li><li>• Theme days/months</li><li>• Poster competitions</li><li>• “Junior Iron Chef”/cooking competitions</li></ul>



# Implementation Suggestions

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Policy Focus	HHFKA Requirement	Implementation
Nutrition Guidelines	Standards for all food available on school campus	<ul style="list-style-type: none"><li>• School meals – meal pattern</li><li>• Competitive foods (MA and Smart Snacks)<ul style="list-style-type: none"><li>• <i>A-List</i> at John Stalker Institute</li></ul></li><li>• Classroom/school celebrations</li><li>• Fundraisers</li><li>• Sports and events</li><li>• Farm to School – Buy Local</li><li>• Staff Vending</li></ul>



# Resources

- ★ Wellness Solution for Massachusetts:  
<http://www.johnstalkerinstitute.org/wellness/index.htm>
- ★ Healthy Students, Healthy Schools: Revised Guidance for Implementing the Massachusetts School Nutrition Standards for Competitive Foods and Beverages:  
<http://www.mass.gov/eohhs/docs/dph/mass-in-motion/school-nutrition-guide.pdf>
- ★ The Alliance for a Healthier Generation's Healthy Schools Program:  
[https://www.healthiergeneration.org/take\\_action/schools/](https://www.healthiergeneration.org/take_action/schools/)
- ★ Action for Healthy Kids, Wellness Policy Tool:  
<http://www.actionforhealthykids.org/tools-for-schools/revise-district-policy/wellness-policy-tool>

