

**NOPREN/PAPRN+ School Wellness Working Group Call 4/10/18**  
Summary, Upcoming Dates, Resources

**Presentation Summary**

Greg Welk and Joey Lee, Iowa State University

*School Wellness Programming through SWITCH (School Wellness Integration Targeting Child Health)*

**Background**

- Switch program (now SWITCH) was started by a non-profit agency and later adopted by the Physical Activity and Health Promotion Lab at Iowa State University
- Modified slightly (features brought online from paper sources), but still included student level behavior tracking at its core
  - Helping kids switch what they “do, view, and chew”
- SWITCH team secured USDA funding to scale up to more schools, incorporate more evaluation components to align with polices included in the final rule

**Methods/Process**

- Schools who participate have their SWITCH team (of 3 at least people) attend a single training at the beginning of the year, which is the only face to face contact with the research team
  - Check-ins are online, with short surveys
  - Schools in charge of implementing all programmatic components to fit their own needs
- Many tracking components available, including school environment, policies/practices, youth physical activity
  - Other resources and “mini modules” for parents, lunchroom, PE teacher, SWITCH implementation leaders, etc
  - All on the SWITCH web site
- Gamification elements added such as classroom medals for various accomplishments, students can accrue small trinkets as rewards for tracking
- SWITCH community of practice for information sharing across teachers and across schools

**Key Findings**

- Implementation across schools was generally high
- Students that were more involved with tracking were also more physically active (reported an increased in MVPA from baseline to follow-up)
- Schools had more participation/involvement from sectors when an individual from that sector was included in the SWITCH team (i.e. food service, PE teacher, etc).
- Schools that were more involved (had higher implementation scores) saw greater levels of student tracking
- Evaluation supported the viability of the implementation model

- All schools were able to run programming on their own
- Results support ability to capture data through the online system and through school administered assessments
  - Schools collected audit data through SWEP and YAP tools
- Preliminary analyses support the utility of the analyses for examining the nature of changes in the school system
  - 2018 evaluation will have larger sample with more variability

**Announcements and updates**

Updates on working group projects were postponed until the May call.

**Links and Resources**

SWITCH web site: [www.iowaswitch.org](http://www.iowaswitch.org)

Information on the Youth Physical Activity Profile: <http://www.youthactivitystudy.com>

Original research article on SWITCH: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2758893/>

Research article on evaluation of print versus online tracking in SWITCH:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4511247/>

**Upcoming Call Schedule**

*Let us know if you would like to present your ongoing, upcoming, or completed work!*

**Call Schedule**

Upcoming Calls	Tentative Speaker(s)
May 8th	TBA
June 12 <sup>th</sup>	TBA
Past calls	Speakers
April 10th	<b>Greg Welk and Joey Lee, Iowa State University</b> School Wellness Programming through SWITCH (School Wellness Integration)
February 13th	<b>Pam Koch and Claire Uno, Laurie M. Tisch Center for Food, Education &amp; Policy</b> Empowered Eaters: A Road Map for Stronger Nutrition Education Policies
December 12 <sup>th</sup>	<b>Amy Moyer, Action for Healthy Kids</b> Structuring Urban Districts to Support Strong Wellness Policies Engaging Parents in School Health: Parents for Healthy Kids

November 14 <sup>th</sup>	<b>Chris D'Adamo, University of Maryland School of Medicine</b> Spice MyPlate <b>Erin Hager, University of Maryland School of Medicine</b> Evidence Supporting School-Based Wellness Teams: The Maryland School Wellness Partnership Projects
October 10 <sup>th</sup>	<b>Gabriella McLoughlin, University of Illinois Urbana-Champaign</b> School-based Lunch and Recess: The Impact of Recess Schedule on Children's Nutrition and Physical Activity Behavior
September 12 <sup>th</sup>	<b>Betsy Piekarcz-Porter, University of Illinois Chicago</b> Working on Wellness: National Wellness Policy Study State and District Reports
August 8 <sup>th</sup>	<b>Lauren Au, Nutrition Policy Institute</b> School wellness committee association with lower BMIz and improved obesity-related dietary outcomes in U.S. schoolchildren <b>Renee Gross, Alliance for a Healthier Generation</b> America's Healthiest Schools campaign launch

### **School Wellness Resources**

*\*This list that will be updated periodically. Feel free to email [hlane@peds.umaryland.edu](mailto:hlane@peds.umaryland.edu) if you would like to add something!*

<b>Websites</b>	
<a href="https://www.fns.usda.gov/tn/local-school-wellness-policy">https://www.fns.usda.gov/tn/local-school-wellness-policy</a>	USDA's Food and Nutrition Services Team Nutrition Local School Wellness Policy Helpful Links
<a href="https://www.cdc.gov/healthyschools/npao/wellness.htm">https://www.cdc.gov/healthyschools/npao/wellness.htm</a>	CDC's Healthy Schools Local School Wellness Policy Fact Sheet/Helpful Links
<a href="http://www.schoolwellnesspolicies.org">www.schoolwellnesspolicies.org</a>	Managed by Center for Science in the Public Interest, but contains Voices for Healthy Kids (AHA) and Pew resources and Alliance's model policy, which would be great to promote
<a href="http://www.wellsat.org">www.wellsat.org</a>	WellsAT Wellness School Assessment Tool, wellness policy checklists, etc.
<a href="http://www.actionforhealthykids.org">www.actionforhealthykids.org</a>	Action for Healthy Kids
<a href="http://www.bridgingthegapresearch.org">www.bridgingthegapresearch.org</a>	Bridging the Gap: Research Informing Policies and Practices for Healthy Youth
<a href="http://www.healthiergeneration.org/take_action/schools">www.healthiergeneration.org/take_action/schools</a>	Alliance for a Healthier Generation
<b>Documents</b>	
<a href="#">Team Nutrition's Local School Wellness Policy Outreach Toolkit</a>	USDA's Food and Nutrition Services Team Nutrition
<a href="#">A Guide for Incorporating Health and Wellness into School Improvement Plans</a>	National Association of Chronic Disease Directors (NACDD)
<a href="#">Resource to Sustain and Strengthen Local Wellness Initiatives</a>	National Food Service Management Institute at University of Mississippi

<a href="#">Model School Wellness Policy Language Restricting Food and Beverage Marketing in Schools</a> <a href="#">Model Statute Limiting Food Marketing at Schools</a>	Change Lab Solutions Food and Beverage Marketing in School Wellness Policies Materials
<b><i>Listservs</i></b>	
CDC's Enhancing Coordination Update	<b>How to Subscribe:</b> Provide your name and e-mail address to <a href="mailto:ecupdates@cdc.gov">ecupdates@cdc.gov</a> . The Enhancing Coordination Update will come from Centers for Disease Control & Prevention. <a href="mailto:cdc@service.govdelivery.com">cdc@service.govdelivery.com</a>
CDC's Healthy Schools	<a href="#">Sign up</a> to receive email updates from CDC about Nutrition in Schools, Physical Activity and Physical Education in Schools, Obesity Prevention, and Management of Chronic
National Drinking Water Alliance Google Group	Visit <a href="https://groups.google.com/group/drinking-water">https://groups.google.com/group/drinking-water</a> Post <a href="mailto:drinking-water@googlegroups.com">drinking-water@googlegroups.com</a> Unsubscribe <a href="mailto:drinking-water+unsubscribe@googlegroups.com">drinking-water+unsubscribe@googlegroups.com</a>
Conditions in Schools. CDC's Beverage Bulletin	Subscribe, comment, or contribute: Email <a href="#">Sohyun Park</a> at CDC, Division of Nutrition, Physical Activity, and Obesity, Obesity Prevention and Control Branch