Smarter Lunchrooms: A Policy, Systems and Environmental Approach to School Meals

Youth Engagement in Smarter Lunchrooms Movement

Presented by: Grace Cotangco, CHES
9th Biennial Childhood Obesity Conference
San Diego, California
May 31, 2017
Our mission is to improve the health of individuals and under-resourced communities by taking action on the social determinants of health.

Our vision is that all people, regardless of who they are or where they live, can achieve their highest level of health.
Health Academy Youth from Thomas Jefferson Senior High, Los Angeles CA
Champions for Change, is funded by USDA and administered by CDPH.

Housed in LACDPH Division of Chronic Disease and Injury Prevention

Champions for Change Goals

Reduce prevalence of obesity and chronic diseases through
- Nutrition Education
- Physical Activity Promotion
- Community Mobilization
- Policy, Systems and Environmental Change
Youth Participatory Action Research

Members of the community are involved in all aspects of project development

- Needs assessments
- Implementation
- Monitoring
- Evaluation

1. SPOT!
2. PLAN!
3. DO!
4. PROVE!
<table>
<thead>
<tr>
<th>Social Determinants of Health ¹</th>
<th>Los Angeles County</th>
<th>SPA 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent of adults with less than a high school education</td>
<td>22.4</td>
<td>41.6</td>
</tr>
<tr>
<td>Percent of adults who are employed</td>
<td>56.6</td>
<td>48.3</td>
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<tr>
<td>Percent of population with household incomes less than 100% of the Federal Poverty Level (FPL)</td>
<td>18.4</td>
<td>33.6</td>
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¹ 2017 Los Angeles County Department of Public Health Key Indicators of Health: http://www.publichealth.lacounty.gov/ha/KeyIndicator/2017/PH-KIH_2017-sec_printing.pdf
<table>
<thead>
<tr>
<th>Food Security</th>
<th>Los Angeles County</th>
<th>SPA 6</th>
</tr>
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<tbody>
<tr>
<td>Percent of households with incomes &lt;300% FPL who are food insecure(^1)</td>
<td>29.2</td>
<td>32.4</td>
</tr>
<tr>
<td>Percent of households with incomes &lt;185% FPL who participate in the Supplementary Nutrition Assistance Program (SNAP)(^1)</td>
<td>25.2</td>
<td>33.7</td>
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<tr>
<td>Average % of students in public schools eligible for free or reduced price meals(^2)</td>
<td>67%</td>
<td>81%</td>
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Cafeteria Makeover
Spot possible areas of improvement

- Smarter Lunchrooms Scorecard
- Peer-to-Peer Surveys
- Key Informant Interviews
SPOT possible areas of improvement

- Focus on the Fruit
- Vary the Vegetables
- Highlight the Salad
- Move More White Milk
- Boost Reimbursable Meals
- Lunch Atmosphere
- Student Involvement
- School Community Involvement
3. From the time you get in line, about how long does it take you to get food from the cafeteria?

- 5% < 3 MINUTES, 5
- 17% 3-5 MINUTES, 35
- 43% 6-9 MINUTES, 89
- 38% 9 MINUTES OR MORE, 80

4. Which of the ideas for the cafeteria from the list below would you support? You can select more than one:

- MORE LINES
- ENTERTAINMENT
- VISIBLE MENU
- ARTWORK/DÉCOR
- BETTER FOOD
- MUSIC
- SECURITY
- MORE TABLES

5. How many times out of the week do you eat in the cafeteria?

- 2% NEVER, 23
- 11% FEW TIMES A WEEK, 126
- 27% EVERYDAY, 57
- 60% NO ANSWER, 1

6. Overall, how would you rate the food in the cafeteria?

- 20% GOOD, 6
- 3% AVERAGE, 61
- 29% NOT VERY GOOD, 125
- 60% NOT GOOD, 16
- 0% NO ANSWER, 1

7. What is your favorite lunch meal from the cafeteria? What is your least favorite?

- TERRYAKI: 72
- SPAGHETTI: 35
- MEATBALLS: 26
- EVERYTHING: 24
- PASTA: 21
- VEGGIE BURGER: 19
- MACARONI: 19
- PUPUSAS: 16
- TUNA SANDWICH: 13
- SPAGHETTI: 12
- RLT: 10
- BURRITO: 9
- PUPUSAS: 9
- TORTELLINN: 8
- TERRYAKI: 8
- SALAD: 7
- TUNA: 7
- POTATO WEDGES: 6
- MEATBALLS: 5
- HOT WINGS: 5
- KAI & CHEESE SANDWICH: 5
- CARROTS: 4
- BBQ CHICKEN: 4
- CALZONE: 3
- BEANS: 3
- YOGURT: 3
- PIZZA: 1
- CARROTS: 1
- CALZONE: 1
- SALAD: 1
- SABANA: 1
Key Informant Interview

- Student and Community Involvement
  - Changing menu
- Boost Reimbursable Meals
  - Add more lines to reduce wait times
  - Grab-n-go lines
Create an Action PLAN

- Develop before/after floorplan of cafeteria
- Support cafeteria manager in introducing new changes in the lunchroom
- Develop marketing strategy for increased participation in lunch program
- Introduce policies to promote increased use of cafeteria
- Communicate with school administration
DO it! (Implementation)
Cafeteria Re-Design

ATTENTION! We now have NEW ENTRANCES and a NEW EXIT in the cafeteria!
"Don’t hold us up, FOLLOW THIS MAP!"
DO it! (Implementation)
Grab-n-Go Line
DO it! (Implementation)
Menu Tasting
DO it! (Implementation)
School Policy: Breakfast in the Classroom ‡ “Mini Farm Stand”
Show off your improvements

- 19% increased participation in school lunch program
- 20% increase in revenue from reimbursable meals
- Wait times reduced by 5 mins.
- 100% of fruits from BIC being consumed
Show off your improvements

- Presentations
  - Administration
  - Youth Summit
  - LAUSD Food Services Director
- Social Media
- Blog Posts
- Newsletters
Beyond Smarter Lunchrooms
Beyond Smarter Lunchrooms
Smarter Lunchroom
Expansion at Santee Education Complex
For more information:
**MP 1.2: Leading the Way: Youth Advocating and Driving PSE Change**
Thursday, June 1, 10:30 AM - 12:00 PM
Seaport Ballroom

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