10th Biennial Childhood Obesity Conference

Engaging Superintendents for Successful Local School Wellness Policy Implementation:

Making the Link between Student Health and Academic Achievement
• CWN, formerly CPL funded to provide TA to South Kern Districts
• CPL staff:
  • Trained parent advocates
  • Trained School staff
  • Realized a gap in engagement
    • Superintendents
    • School Board Members
• Since 2010, CWN staff has provided training to parents in South Kern
  • Train the trainer model
  • Direct training of parent advocates

• Training for teachers

• Dinner Convenings:
  • Networking and learning session
  • Superintendents, Assistant Superintendents, School Board Members
Local School Wellness Policy: Making the Link between Student Health and Academic Achievement

• Building Healthy Communities

• Champion Pediatrician

• California School Board Association

• Local Public Health Department

• Partner organizations
  • Kern Health Systems
  • Children NOW
  • California Department of Education
Local School Wellness Policy:
Making the Link between Student Health and Academic Achievement

• By Invitation only

• Limited to Districts in South Kern region

• Targeted recruitment of Superintendents, School Board Members, and wellness champion staff
Evolution of Dinner Convenings:

The Initial 3

• Kick off of Initiative
• Driving the point home
• USDA Final Rule
Local School Wellness Policy: Making the Link between Student Health and Academic Achievement

Continuing the momentum for Health

- Physical Education and Physical Activity: The mandates, challenges, and opportunities
- Supporting and Promoting Healthy Eating Throughout the School Campus
- Wellness Policy: Affecting One Smile at a Time
- Waste Hunger Not Food
  - Public Health Department Perspective
  - Making it work in schools
Local School Wellness Policy: Making the Link between Student Health and Academic Achievement

What were people saying?

"I had zero knowledge on oral health. Tonight was all informative!“

"The dinner convenings are phenomenal! I feel a deeper sense of responsibility and accountability as it pertains to our district Wellness Policy as a result of attending the dinners.“

“The dinner convenings have been a great way for others in my district to learn and see the work that we do with the Wellness Policy. I find them very beneficial. The topics covered are amazing and I feel very inspired. I believe our leadership is more supportive now and I am grateful for that.”
What changes were made?

<table>
<thead>
<tr>
<th>District</th>
<th>2016 WellsAT score</th>
<th>2018 WellsAT score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arvin</td>
<td>Comprehensiveness: 31 Strength: 25</td>
<td>Comprehensiveness: 100 Strength: 73</td>
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<tr>
<td>Bakersfield City</td>
<td>Comprehensiveness: 42 Strength: 18</td>
<td>Comprehensiveness: 57 Strength: 36</td>
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<td>Vineland</td>
<td>Comprehensiveness: 37 Strength: 21</td>
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<td>Lamont</td>
<td>Comprehensiveness: 39 Strength: 27</td>
<td>Comprehensiveness: 38 Strength: 30</td>
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Evaluation of Dinner Convenings

In 2018, Transforming Local Communities Inc. began an evaluation process of the CWN dinner convenings.
<table>
<thead>
<tr>
<th>Topics</th>
<th>Responses</th>
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</table>
| **Perceptions of convenings**              | • To create opportunities for networking between districts  
• To provide information to address districts’ policy needs related to enacting or revising wellness plans                                           |
| **Venue**                                  | • Relaxed environment  
• Open, social space                                                                                                                                                                                      |
| **Value of Collaboration and Networking**  | • Opportunity to meet with other districts to share ideas, make adjustments to current policies, and learn from each other                                                                                 |
| **Presentations**                          | • Most outstanding presentation was by Ken Dyar, Director of Physical Education and Afterschool Programs  
• Food Waste presentation  
• PINCO Food Show                                                                                                                                                                                      |
| **Obstacles**                              | • School wellness policies have changed  
• It has changed the way business is conducted on local campuses  
• The impact on school employees  
• Pushback from parents  
• Engagement of students in the process in order to gain buy-in                                                                                                                                  |
Next Steps:

• Final Dinner Convening
• Call to Action!
• Partnerships continue
Many thanks for our partners:

BUILDING HEALTHY COMMUNITIES
CONSTRUYENDO COMUNIDADES SALUDABLES
SOUTH KERN - SUR DE KERN

CENTER FOR WELLNESS AND NUTRITION
Education | Training | Advocacy | Evaluation

The Center for Wellness and Nutrition is a program of the Public Health Institute.
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