

Michigan Nutrition Standards

BE FIT. LOOK GOOD. FEEL STRONG.

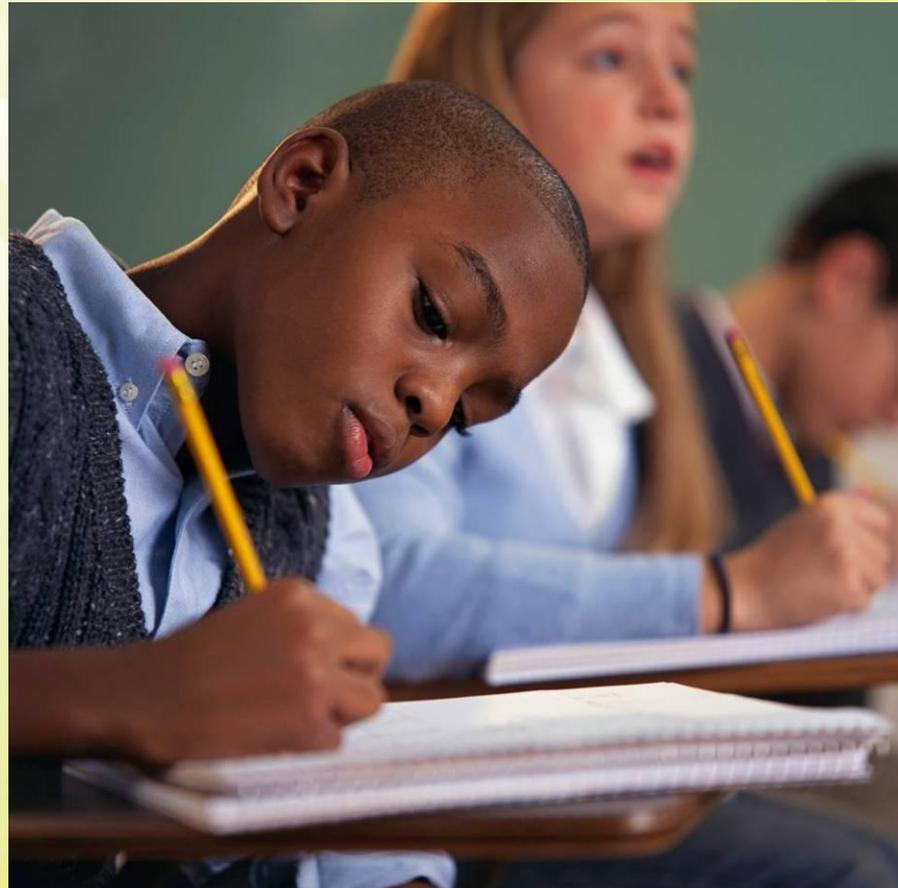




Health Watch

http://www.youtube.com/watch?v=18i-LAaHgKQ&feature=player_detailpage

Why are Nutrition Standards Important for Schools?



What are kids eating?

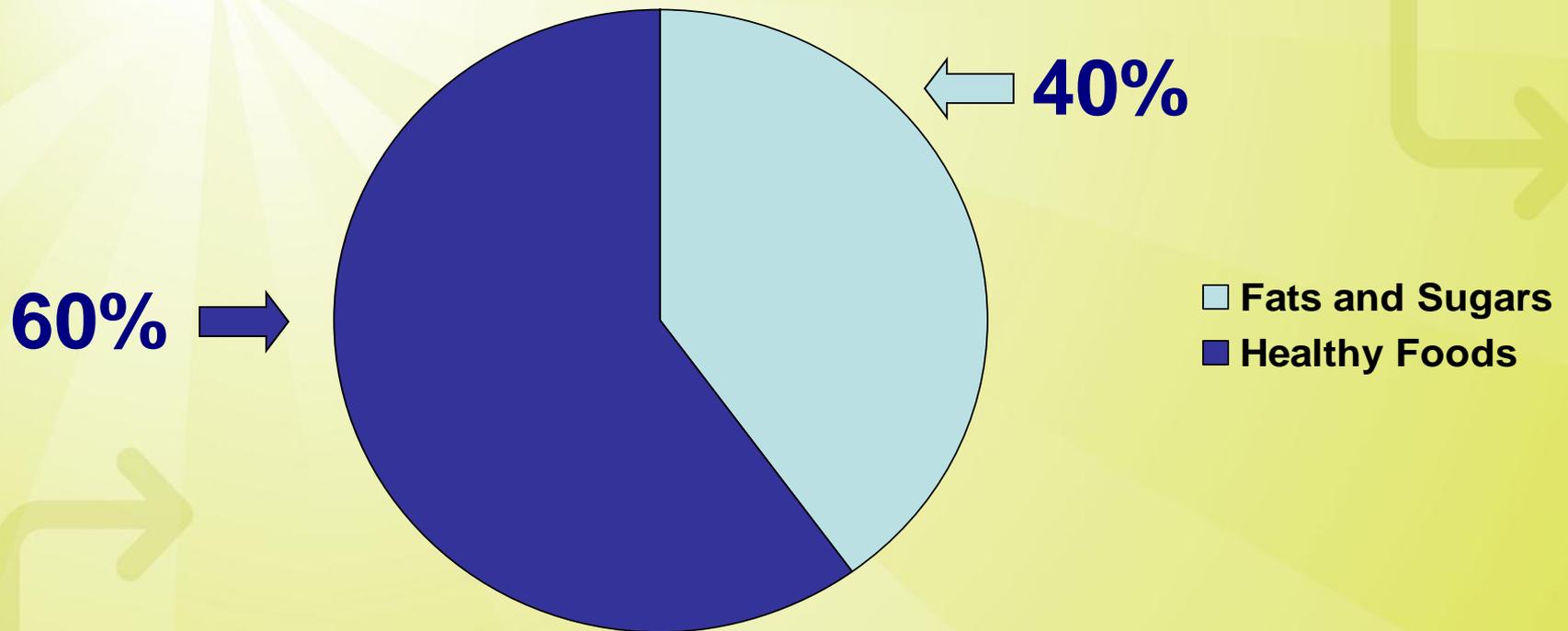




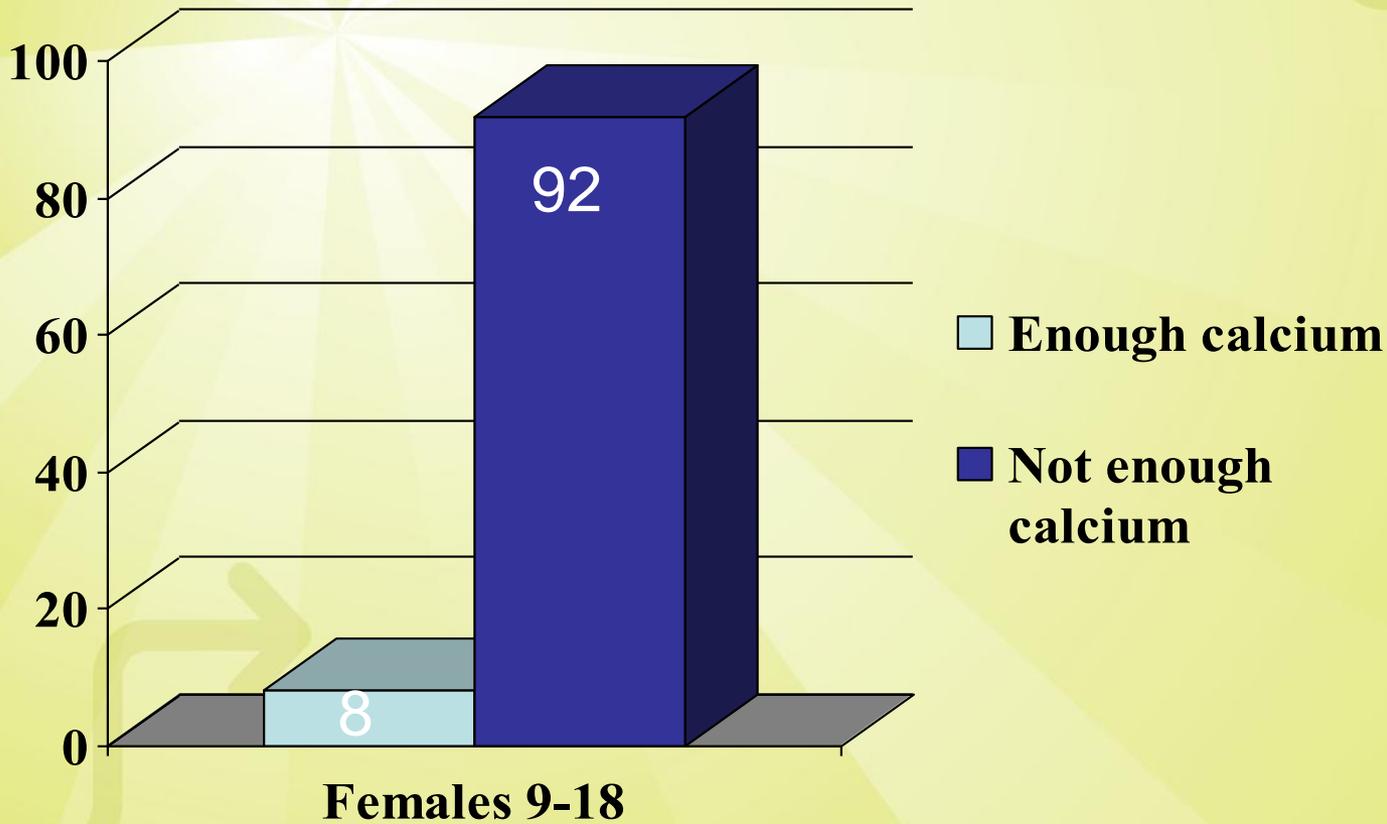
BE FIT. LOOK GOOD. FEEL STRONG.



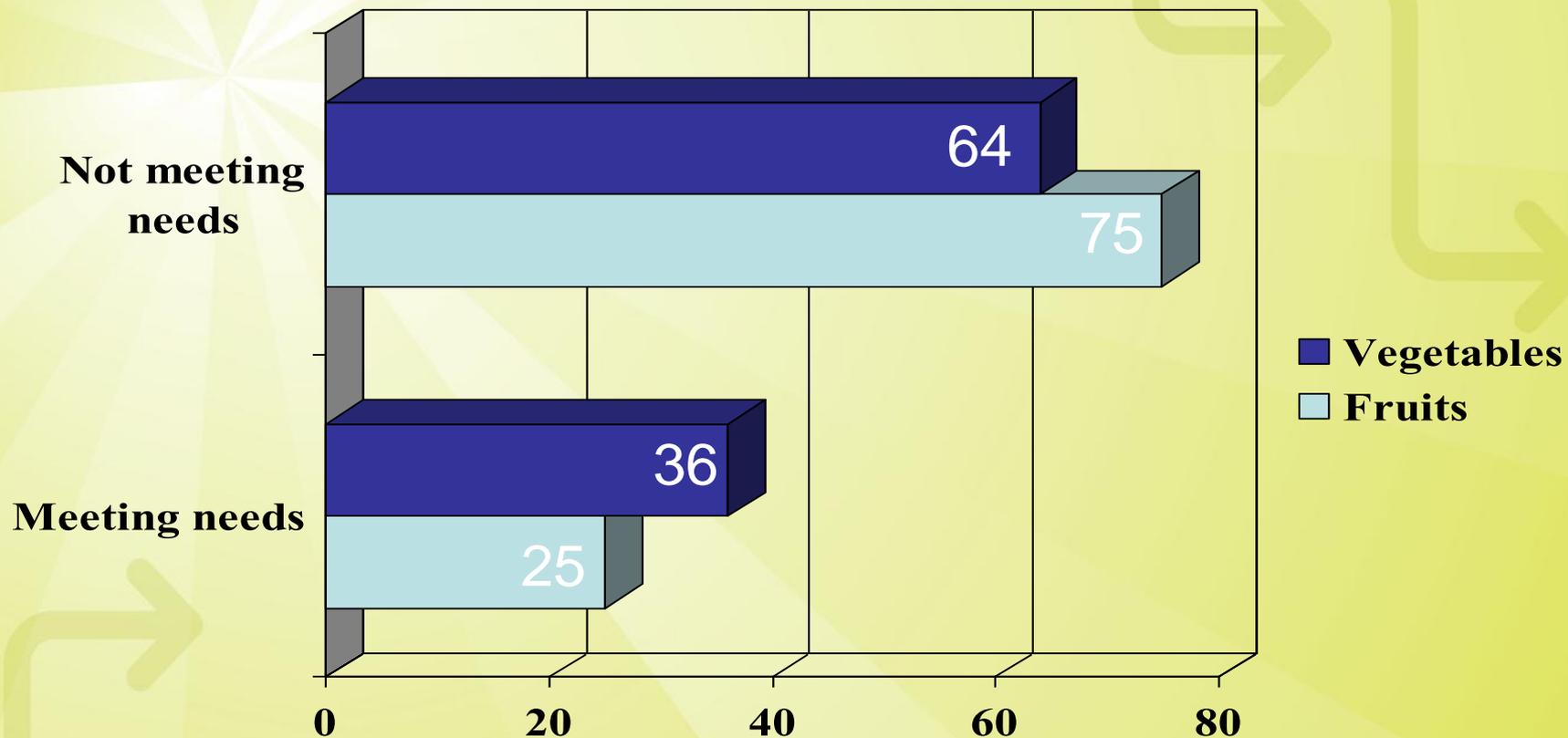
How much of the “other” foods are kids eating



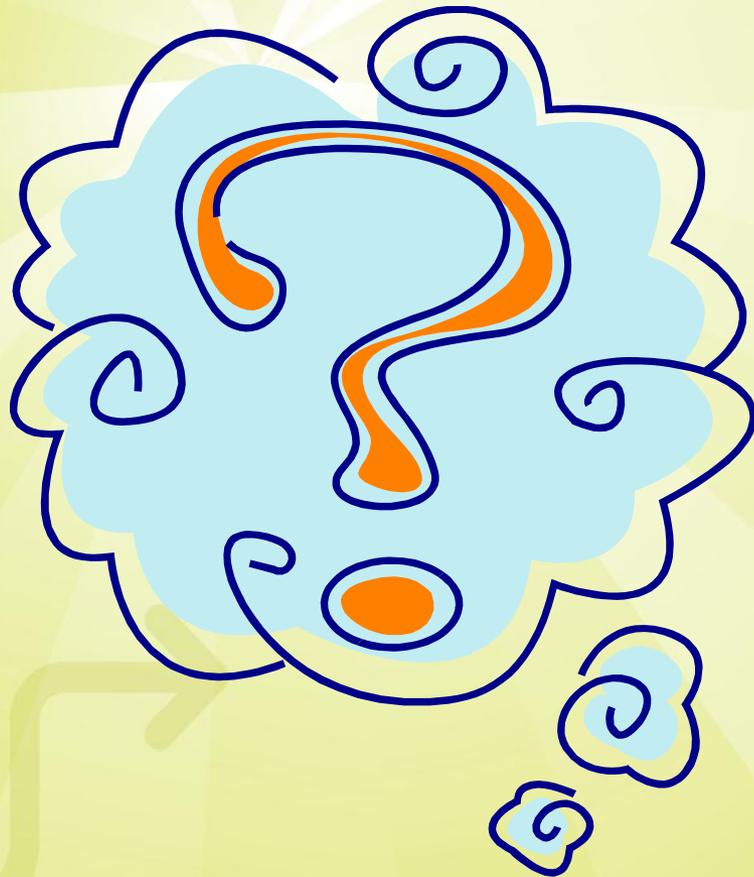
What are kids eating?



What are kids eating?

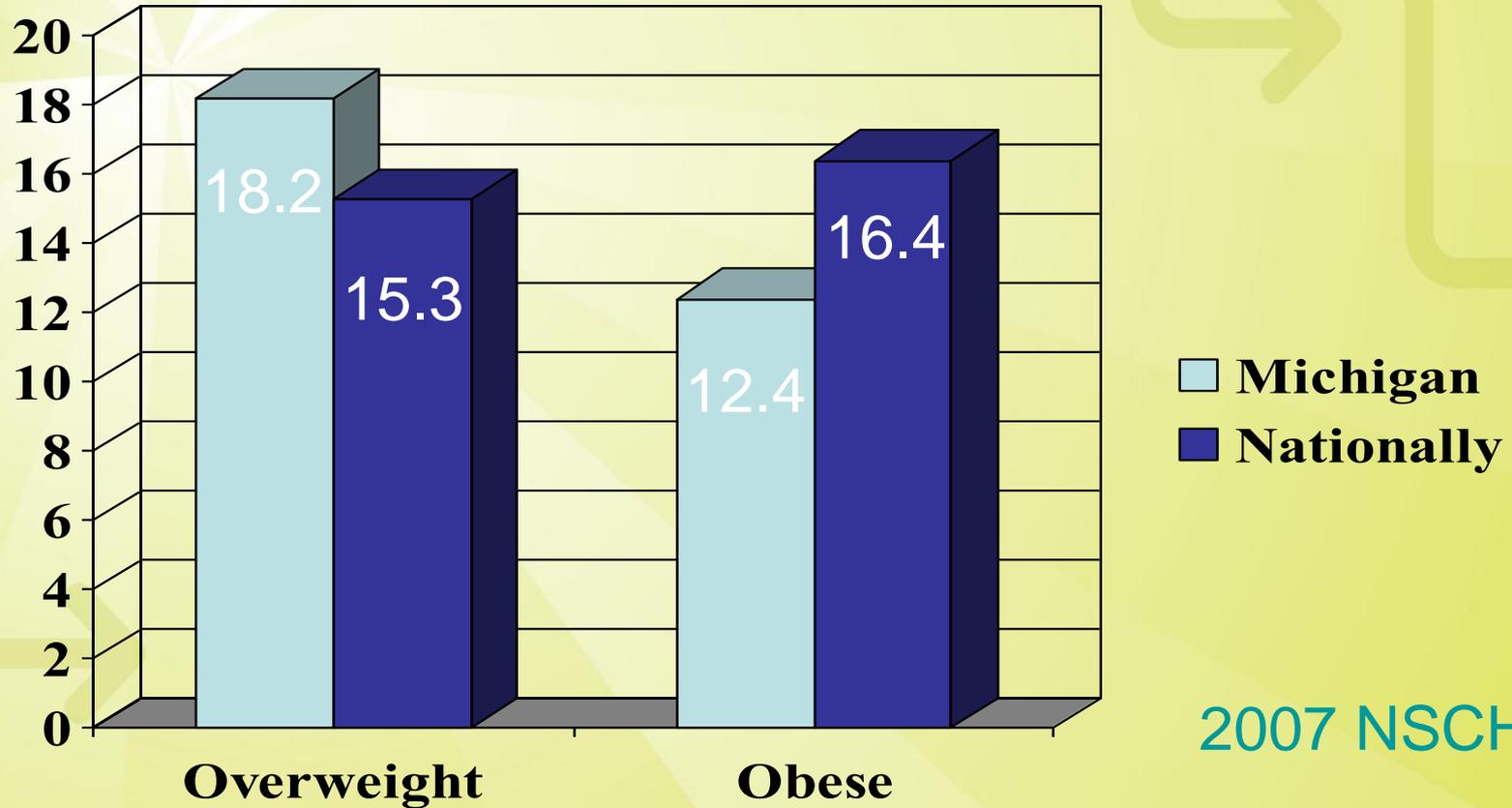


True or False?



- A group of retired U.S. military leaders recently said that, "the escalating rates of child and teen obesity endangers national security."

Childhood Obesity



2007 NSCH

Childhood obesity can happen gradually and innocently



+

100
calories

X

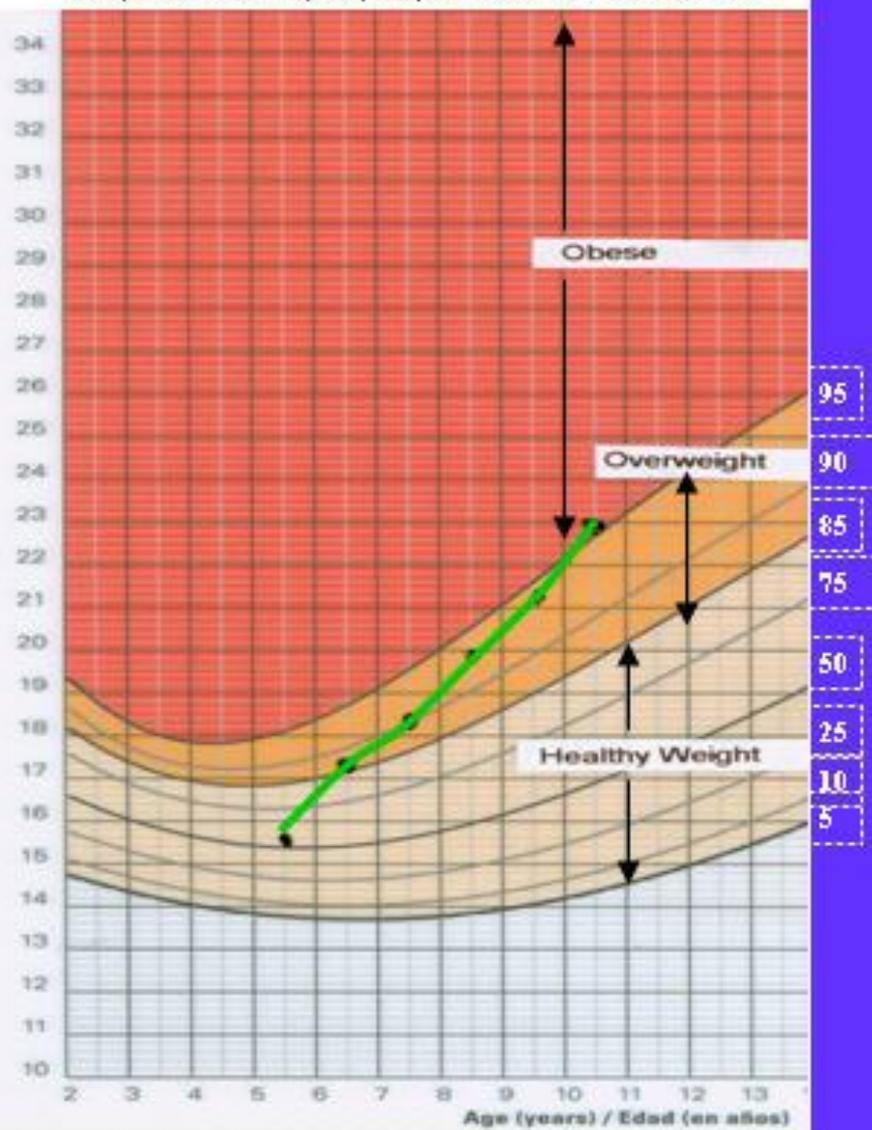
180 days

X

6 years

=

Body Mass Index (BMI) Boys: 2-20 Years Growth Chart



Boys 2-20 Years Body Mass Index Growth Chart

The Cost of Obesity

- In 2008, medical costs for obesity estimated at \$3.1 billion.
 - Obese persons costs approximately \$1205 a year more than those of normal weight.
- If obesity rates continue to rise, Michigan is estimated to spend \$12.5 billion in health care costs for obesity in 2018.
- If obesity rates stay the same, Michigan would save approximately \$6.8 billion dollars



Nutrition Standards are important

- Children are being diagnosed with adult health conditions such as:
 - Abnormal Glucose Tolerance/Type 2 Diabetes
 - High Blood Pressure
 - High Cholesterol (blood fats)



The medical expenses and indirect costs associated with obesity place a significant burden on a health care system that already is overwhelmed and threaten our unstable economy. If something is not done to reverse the childhood obesity epidemic, our next generation can expect even larger medical bills and a health care system less capable of meeting its needs.

www.reversechildhoodobesity.org

Schools: An important piece of the puzzle

- Academic success and nutrition are closely linked.
- In Michigan, nearly 1.6 million students are enrolled in schools.
- 196 million meals were served in Michigan last year

http://www.youtube.com/watch?v=fPOgrrTF3Jk&feature=player_detailpage



Why Have Nutrition Standards?



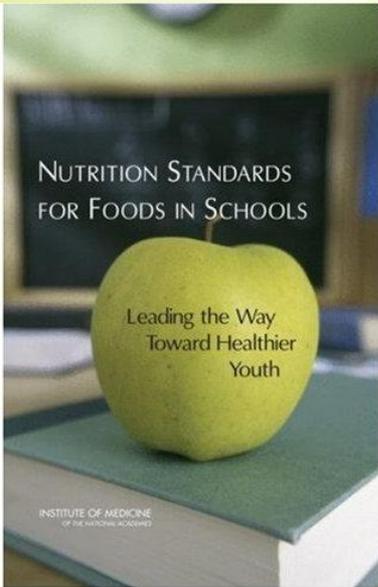
Why Have Nutrition Standards?



What are Nutrition Standards?



National movement to strengthen school meal and campus wide standards.



SIGN UP FOR EMAIL UPDATES

KIDS' COLLECTION



Healthy Choices

Healthier Schools

Physical Activity

Accessible & Affordable Healthy Food

America's Move to Raise a Healthier Generation of Kids

Childhood obesity or excess weight threatens the healthy future of one third of American children. We spend \$150 billion every year to treat obesity-related conditions, and that number is growing.

Obesity rates tripled in the past 30 years, a trend that means, for the first time in our history, American children may face a shorter expected lifespan than their parents.

We need to get moving. Join First Lady Michelle Obama, community leaders, teachers, doctors, nurses, moms and dads in a nationwide campaign to tackle the challenge of childhood obesity.

Let's Move has an ambitious but important goal: to solve the epidemic of childhood obesity within a generation.

Let's Move will [give parents the support they need](#), provide [healthier food in schools](#), help our kids to be [more physically active](#), and make [healthy, affordable food](#) available in every part of our country. Learn more and [join us](#).

Community Wellness Initiative Awards \$230 Million for Obesity Prevention

Thirty communities across the United States received funding for new programs that promote healthy eating, encourage physical activity, and expand access to fresh, healthy foods in communities and schools.

[Watch video of the announcement](#)





[Read the Transcript](#) | [Download Video: mp4 \(385MB\)](#) | [Audio: mp3 \(29MB\)](#)

Our Let's Move Website is just a snapshot of the campaign and what's to come. Visit often as we will be adding new information almost every day. Check out the blog and [join us](#) to receive new features, tips and tools.

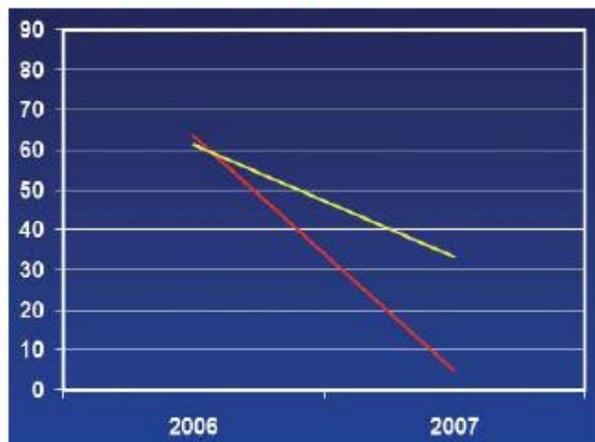
What other states have learned about Nutrition Standards?

- **Fiscal Impact**
- **Training and technical support are important.**
- **Marketing and education help to inform families and students of the new changes so they can be supportive.**

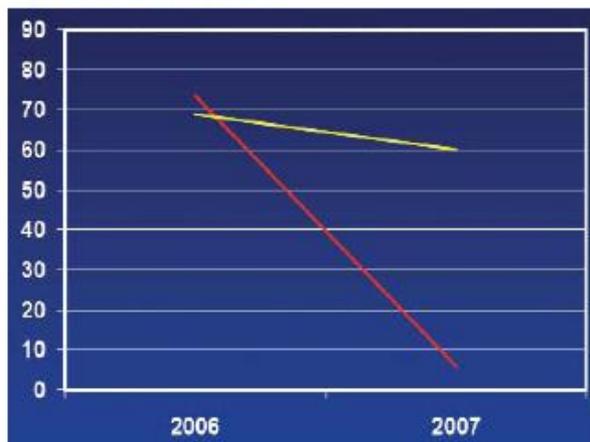
Availability of Unhealthy Snacks: Districts Adopting Connecticut State Standards versus Local Standards

Unhealthy a la carte snacks

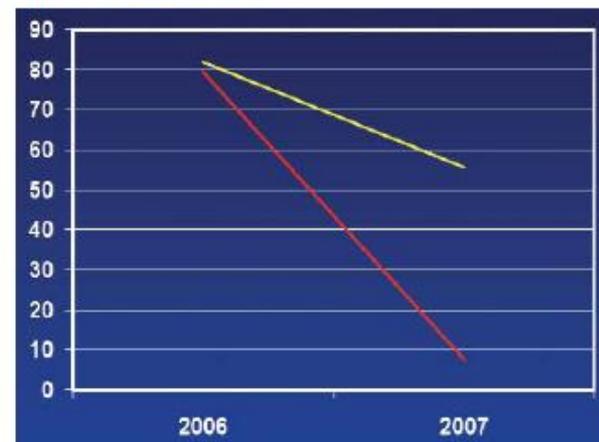
ELEMENTARY SCHOOL



MIDDLE SCHOOL



HIGH SCHOOL



— State Standards
— Local Standards

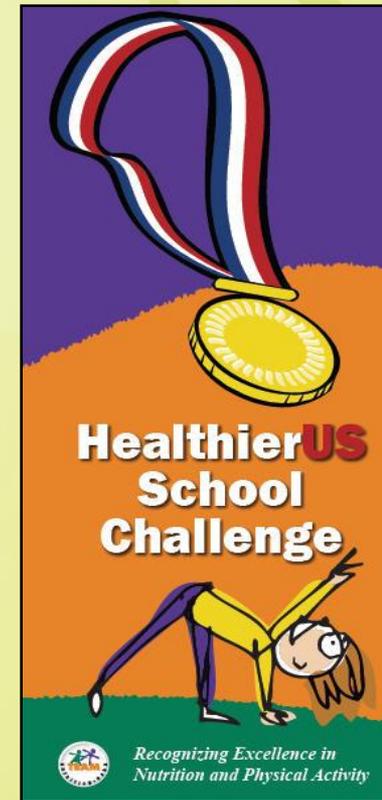
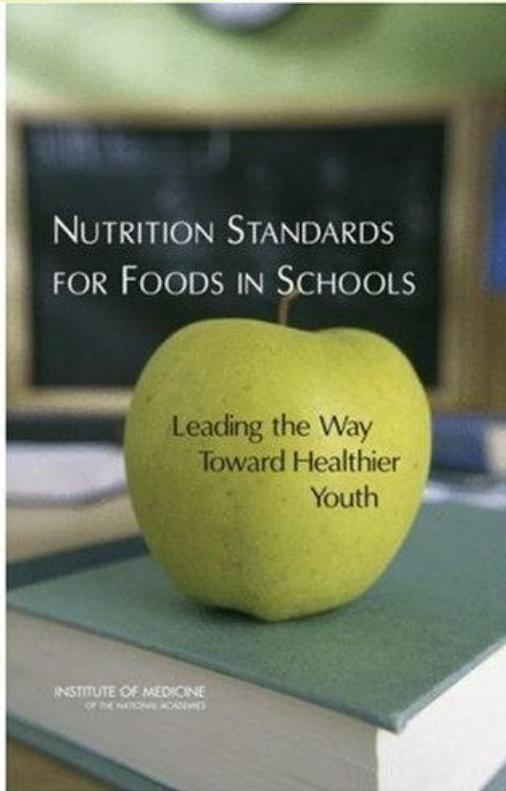
State Standards: 51% of CT districts (n=89)

Local Standards: 49% of CT districts (n=87)

Schwartz M. *School Wellness Policies: Opportunities for Public Policy*, Rudd Center for Food Policy and Obesity, Yale University; 2009.



Modeled After National Standards



What is happening in Michigan?

- **State Board of Education unanimously passed the Michigan Nutrition Standards in October 2010**
- **Goal is for legislation**



Healthy, Hunger-Free Kids Act

- Childhood hunger
- Childhood obesity
- Program management & integrity



Healthy, Hunger-Free Kids Act vs Michigan Nutrition Standards

- National legislation is being slowly implemented and addresses only food and beverages sold on school campuses
- Michigan Nutrition Standards address food and beverages sold and offered on school campuses

Do parents support nutrition standards?



Michigan Parents Support Healthy Choices

- 88% feel schools have a responsibility to provide healthy choices in school meals
- 80% feel schools have a responsibility to provide healthy choices in snack lines, vending machines and school stores.



Michigan Parents Support Nutrition Standards

- 2 out of 3 parents surveyed support a state law for school nutrition guidelines for food and beverages offered and sold during the school day



How do the Michigan Nutrition Standards impact me?

**HEALTHY
FOOD
ZONE**



Ala Carte Sales
School Parties
Fundraisers
School Stores
Vending
Rewards
Concessions
Open Houses
School Board

Federally
Regulated
School Meal
Program

Michigan Nutrition Standards

Section #1: - Standards for school meals.

Section #2: - Standards for all other food and beverages offered and sold on campus

http://www.michigan.gov/documents/mde/Michigan_Nutrition_Standards_Approved_10.12.10_338356_7.pdf

Go! School Meals



BE FIT. LOOK GOOD. FEEL STRONG.



Implications for Districts and Schools

More

- Dark green vegetables
- Orange vegetables
- Legumes
- Fruits
- Whole grains
- Low-fat milk products



Less

- Refined grains
- Total fats
- Cholesterol
- Saturated fats
- *Trans* fats
- Added sugars
- Sodium

Colorful Fruits and Vegetables



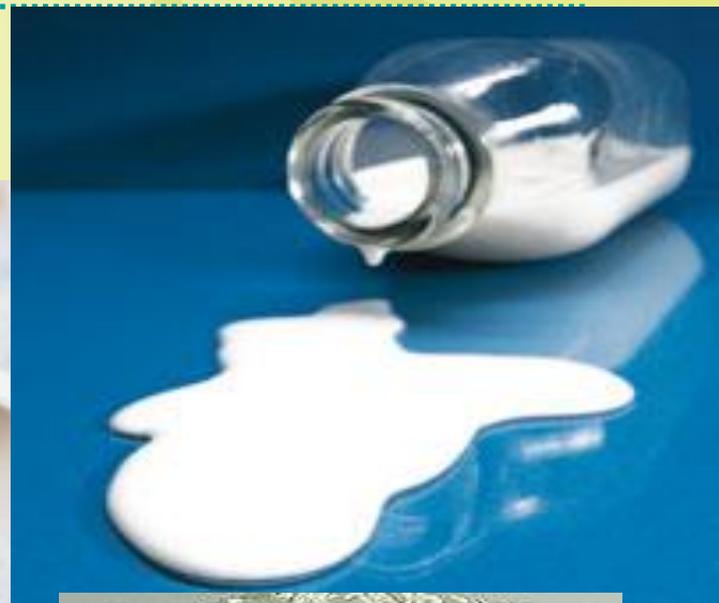
BE FIT. LOOK GOOD. FEEL STRONG.



Whole, fortified and fiber rich grain foods



Low Fat Dairy



Lean meats, poultry, fish, eggs, nuts and beans



Sample Michigan Lunch

**Vegetable Quesadilla
w/Salsa and Light Sour Cream
Refried Beans
Mexicali Corn
Fresh Apple
Low Fat Milk***

Sample Michigan Lunch

**Baked Chicken Strips
w/ Honey Barbeque Sauce
Whole Grain Dinner Roll
Salad with Romaine and Spinach
Petite Banana
Low Fat Milk***

With Nutrition Standards



With Nutrition Standards



BE FIT. LOOK GOOD. FEEL STRONG.



A la carte & Vending

- **Lower fat, sugar and sodium**
- **Emphasis on whole not processed foods**
- **Water, low fat milk, 100% juice**
 - **High School beverage exception: Low calorie beverages (up to 5 calories/8 oz)**



BE FIT. LOOK GOOD. FEEL STRONG.



Fundraising (during school day)

- **Will not compete with school meal times.**
- **Same food and beverage standards as a la carte and vending.**

Fundraising with Nutrition Standards

- **Before: Popcorn sales to students during the school day all year**
 - Net profit of \$504
- **After: Read-A-Thon once a year**
 - Net profit of \$2,834



Classroom Parties/Celebrations

- **Emphasis on minimizing food as method of celebration.**
- **If food included, at least half of offerings will be healthy.**



Party One

- One cupcake
 - One frosted cookie
 - Chips and Dip
 - Hi-C box
- A. 435 calories
 - B. 680 calories
 - C. 760 calories
 - D. 905 calories

The answer is.....

- 760 calories
 - Almost ½ of the calorie needs for the average 8 year old
 - 9 tsp of butter
 - 19.5 tsp of sugar
 - No redeeming value for the child's brain or body



Party Two

- Wheat crackers
 - Reduced fat cheese
 - Cucumber slices
 - Blueberries
 - 100% juice box
- A. 190 calories
 - B. 295 calories
 - C. 370 calories
 - D. 600 calories

Party Two

- 295 calories
 - 16% of daily calorie needs – not from discretionary category
 - Calcium
 - Fiber
 - Vitamin C
 - Phytochemicals



Parties with Nutrition Standards

- Pilot school is celebrating birthdays with a monthly extra recess instead of bringing in birthday treats.
- The child is recognized on their special day by the teacher and the principal.

“Parents are happy not to have the expense as well as the concern of food allergies. What's in those cupcakes?”

**- Food Service Director,
Pilot School District**

Parties with Nutrition Standards

- **Halloween Party**

- Rooms were themed areas to celebrate the holiday

- (slime making, scary stories, games, crafts)

- Students picked their choices and rotated between their favorite three rooms



Rewards

- **Eliminate food and beverages given as rewards.**
- **Food and beverages will not be withheld as a disciplinary measure.**

Little treats add up fast

- 25 calories

- 50++ calories



Rewards with Nutrition Standards

- Pencils, Stickers
- Extra Recess
- Show and Tell
- Earn “school bucks” for privileges
- Books
- Late homework pass
- Choose your own seat
- Front of the lunch line pass
- First to leave class pass



Food and Beverages from Home

- Parents/caregivers encouraged to choose school meals.
- Parents/caregivers encouraged to pack healthy food and beverages





BE FIT. LOOK GOOD. FEEL STRONG.



Outside of the school day

- **Recommend to follow the nutrition standards**

Outside of the school day

- Recommend to follow the nutrition standards



Schools Board meetings with Nutrition Standards

- **Before: Candy bowl and cookies**
- **After: Bowl of fresh fruit, almonds, yogurts, and wheat crackers**



Open House with Nutrition Standards

- **Before:** hot dogs, chips, cookies and soda.
- **After:** turkey hot dogs in a whole wheat bun, pasta salad, fruit tray and water.



Concessions with Nutrition Standards

- **Before:** Many types of regular soda, pizza, popcorn, many types of candy
- **After:** Diet beverages, water, juice, pizza with whole grain crust and low fat cheese, popcorn, fresh fruits, granola bars.

The right thing to do for students!

What can you do?





5
4
3
2
1



BE FIT. LOOK GOOD. FEEL STRONG.

**Eat More Than
5 Servings of Fruits
and Veggies**



GO!

-  5
-  4
-  3
-  2
-  1

BE FIT. LOOK GOOD. FEEL STRONG.

GO!

4



**Drink 4 Glasses
of Water**

- 5 
- 4 
- 3 
- 2 
- 1 

BE FIT. LOOK GOOD. FEEL STRONG.

3



Get 3 Low Fat Dairy Foods

GO!

- 5 
- 4 
- 3 
- 2 
- 1 

BE FIT. LOOK GOOD. FEEL STRONG

**Get Unplugged and
Spend Less Than
2 Hours in Front
of a Screen**

GO!



BE FIT. LOOK GOOD. FEEL STRONG.

1
GO!



**Take 1 Full Hour
to Get a Runnin'
and a Jumpin'**

- 5 
- 4 
- 3 
- 2 
- 1 

BE FIT. LOOK GOOD. FEEL STRONG.

GO!

**Be Fit.
Look Good.
Feel Strong.**



-  5
-  4
-  3
-  2
-  1



5
4
3
2
1



BE FIT. LOOK GOOD. FEEL STRONG.