

## CDC Operationalized 1305 Performance Measure

**Date:** 12/18/2015

**Performance Measure 2.3.03:** Percent of local education agencies that have adopted and implemented policies that establish standards (including sodium) for all competitive foods available during the school day

**Strategy:** Create supportive nutrition environments in schools

**Intervention (*Enhanced only*):** Implement policies and practices that create a supportive nutrition environment, including establish standards (including sodium) for all competitive foods; prohibit advertising of unhealthy foods; and promote healthy foods in schools, including those sold and served within school meal programs and other venues

Basic

Enhanced

Domain 2: Environmental Approaches that Promote Health

Domain 3: Health Systems Interventions

Domain 4: Community Clinical Linkages

Short Term

Intermediate

Long Term

### AREAS

### EXPLANATION

**Purpose of Performance Measure**

- The purpose of this performance measure is to determine the extent to which LEAs are adopting and implementing standards for all competitive foods available during the school day (see CDC's [School Health Guidelines to Promote Healthy Eating and Physical Activity](#)).

**Results Statements**

- In the US, CDC funded grantees worked to promote healthy eating by ensuring that students have access to competitive foods that all meet nutrition standards.

**Definition of Terms**  
*(Key concepts defined)*

**A healthy school nutrition environment** includes multiple elements: access to healthy and appealing foods and beverages available to students in school meals, vending machines, school stores, à la carte lines in the cafeteria, fundraisers, and classroom parties; consistent messages about food and healthy eating; and the opportunities students have to learn about healthy eating.

**Nutrition standards** outline the requirements that foods and beverages must meet in order to be sold or available. Nutrition standards can address nutrient requirements (e.g., ≤35% calories from sugar), types of foods and beverages to make available (e.g., fruits, vegetables, whole grains, low-fat or nonfat dairy), portion sizes (e.g., 8 fluid ounce portions of milk), and time of day and locations where items may be offered or sold, served or consumed.

**Competitive foods and beverages** are those that are sold or served at school outside of and in competition with the federally reimbursable meal programs. Examples of competitive foods and beverages include those sold during the school day including à la carte (foods and beverages sold in the cafeteria that are not reimbursable), vending machines, school stores, and school fundraisers, as well as items that are available to students during classroom celebrations, and rewards for academic performance and good behavior. Competitive foods and beverages sold during the school day must meet the USDA's Smart Snacks in School nutrition standards. These standards set limits on calories, sodium, sugar, and fat in foods and beverages and promote snack foods that have whole grains, low fat dairy, fruits, vegetables or protein foods as their main ingredients. These standards are the minimum requirement for schools. States and school districts may have additional rules about competitive foods and beverages.

**Local education agency (LEA)** is another word for school district and will be referred to as LEA throughout this document.

**Unit of Analysis**

- Local education agencies (e.g., school districts)

<b>Intended/Targeted Population</b>	<ul style="list-style-type: none"> <li>Targeted local education agencies serving K-12 students.</li> </ul>
<b>Numerator/Count</b>	<ul style="list-style-type: none"> <li>N/A</li> </ul>
<b>Denominator</b>	<ul style="list-style-type: none"> <li>N/A</li> </ul>
<b>Rate/Percentage</b>	<ul style="list-style-type: none"> <li>Percent of local education agencies that have adopted and implemented policies that establish standards (including sodium) for <u>all</u> competitive foods available during the school day</li> </ul>
<b>Disparities Focus</b>	<p><b>Approach related/specific:</b></p> <ul style="list-style-type: none"> <li>N/A</li> </ul> <p><b>Stratification:</b></p> <ul style="list-style-type: none"> <li>N/A</li> </ul>
<b>Data source(s)</b>	<p>The following data sources can/should be used to collect data for this measure:</p> <ul style="list-style-type: none"> <li>WellSAT 2.0 (<a href="http://wellsat.org">http://wellsat.org</a>) is the preferred data source. This performance measure applies to all foods and beverages available in all venues during the school day. This includes school stores, vending machines, classroom parties, and fundraisers. There are 4 questions on WellSAT 2.0 that together comprise the intent of this performance measure. <ul style="list-style-type: none"> <li>NS1, addresses compliance with Smart Snacks standards for foods</li> <li>NS4, addresses foods served during classroom parties and celebrations at the elementary school level</li> <li>NS5, addresses compliance with Smart Snacks standards beverages</li> <li>NS11, addresses fundraisers at all times (not only during the school day)</li> </ul> </li> </ul> <p>Scores from the three grade levels are averaged and rounded up for an overall rating. Example question NS5: ES= 2, MS= 2, HS= 1, Overall Rating = 2 (5/3=1.66, rounded up to 2). An overall rating of 2 on NS1, NS4, NS5, and 1 on NS11 = Meets Performance Measure.</p> <ul style="list-style-type: none"> <li>A survey, reporting tool or tracking tool that allows LEAs to report whether they have adopted and implemented a policy (or policies) that establishes nutrition standards. Nutrition standards should include at a minimum criteria for sugar, fat, sodium and calories and apply to all food during the school day in all venues including á la carte (foods sold in the cafeteria that are not reimbursable), vending machines, school stores, fundraisers, classroom celebrations, and rewards for academic performance and good behavior.</li> </ul> <p><b>Not Appropriate:</b></p> <ul style="list-style-type: none"> <li>School Health Profiles</li> </ul>
<b>Frequency of Data Collection</b>	<ul style="list-style-type: none"> <li>Annually</li> </ul>
<b>References/Resources</b>	<ul style="list-style-type: none"> <li>CDC's School Health Index <a href="http://www.cdc.gov/healthyschools/SHI/index.htm">http://www.cdc.gov/healthyschools/SHI/index.htm</a></li> <li>CDC's School Health Guidelines to Promote Healthy Eating and Physical Activity <a href="http://www.cdc.gov/healthyschools/npao/strategies.htm">http://www.cdc.gov/healthyschools/npao/strategies.htm</a></li> <li>CDC publications, tools, and resources to support nutrition standards for competitive foods (available at: <a href="http://www.cdc.gov/healthyschools/nutrition/standards.htm">http://www.cdc.gov/healthyschools/nutrition/standards.htm</a>): <ul style="list-style-type: none"> <li><a href="#">Competitive Foods and Beverages in U.S. Schools: A State Policy Analysis</a></li> <li><a href="#">Implementing Strong Nutrition Standards for Schools: Financial Implications</a></li> <li><a href="#">Successfully Implementing Strong Nutrition Standards for Competitive Foods and Beverages: Case Studies of School Districts</a></li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>• Ideas for Parents: Smart Snacks in School <a href="http://www.cdc.gov/healthyschools/parentengagement/pdf/p4hs_smartsnacks.pdf">http://www.cdc.gov/healthyschools/parentengagement/pdf/p4hs_smartsnacks.pdf</a></li> <li>• Smart Snacks in School <a href="http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks">http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks</a></li> <li>• WellSAT 2.0 <a href="http://wellsat.org">http://wellsat.org</a></li> <li>• The Alliance for a Healthier Generation Model Wellness Policy <a href="https://www.healthiergeneration.org/_asset/wtqdwu/14-6372_ModelWellnessPolicy.doc">https://www.healthiergeneration.org/_asset/wtqdwu/14-6372_ModelWellnessPolicy.doc</a></li> </ul>
<b>Questions/Issues for CDC Grantee Collaboration</b>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
<b>Additional Information/Guidance</b>	<ul style="list-style-type: none"> <li>• Consider working directly with targeted LEAs to determine if an LEA already has an existing policy (or policies) that addresses nutrition standards for competitive foods. This might be in the district’s LWP or other school board policy. Use the WellSAT 2.0 (<a href="http://wellsat.org/">http://wellsat.org/</a>) to not only assess whether their existing nutrition standards for competitive foods meet Smart Snacks in School requirements, but to also identify opportunities to strengthen policy language.</li> <li>• In some cases, a district policy may reference nutrition standards established at the state level. Consider the National Association of State Boards of Education’s School Health Policies Database to access state competitive food policies. <a href="http://www.nasbe.org/healthy_schools/hs/bytopics.php?topicid=3115">http://www.nasbe.org/healthy_schools/hs/bytopics.php?topicid=3115</a></li> <li>• Also consider working with LEAs to monitor the degree of implementation at the school level. Starting in school year 2014/2015, all schools are required to implement USDA’s Smart Snacks in School nutrition standards for competitive foods sold during the school day. <a href="http://www.fns.usda.gov/cnd/governance/legislation/allfoods.htm">http://www.fns.usda.gov/cnd/governance/legislation/allfoods.htm</a></li> <li>• School Health Profiles is not appropriate to calculate this performance measure; however the School Health Index may be used for action planning.</li> </ul>