

## CDC Operationalized 1305 Performance Measure

Date: 12/18/2015

**Performance Measure B.1.01:** Number of local education agencies that received professional development and technical assistance on strategies to create a healthy school nutrition environment.

**Strategy:** Promote the adoption of food/beverage guidelines/nutrition standards, including sodium

**Intervention (Enhanced only):**

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   |
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| <b>Purpose of Performance Measure</b>                      | <ul style="list-style-type: none"> <li>• The purpose of this performance measure is to determine reach of professional development and technical assistance on nutrition standards and strategies to create a healthy school nutrition environment to local education agencies (LEAs) to ensure that students have access to a healthy school nutrition environment (see CDC’s School Health Guidelines to Promote Healthy Eating and Physical Activity).</li> </ul>  |
| <b>Results Statements</b>                                  | <ul style="list-style-type: none"> <li>• In the US, CDC funded grantees worked to educate and inform staff in LEAs about nutrition standards and strategies to create a healthy school nutrition environment.</li> </ul>  |
| <b>Definition of Terms</b> ( <i>Key concepts defined</i> ) | <p><b>A healthy school nutrition environment</b> 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.</p> <p><b>Nutrition standards</b> 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 (fruits, vegetables, whole grains, low-fat or nonfat dairy), portion sizes (8 fluid ounce portions of milk), time of day and locations where items may be offered or sold, served or consumed.</p> <p><b>Local education agency (LEA)</b> is another word for school district and will be referred to as LEA throughout this document.</p> <p><b>Professional development (PD)</b> refers to a set of skill-building processes and activities designed to assist targeted groups of participants in mastering specific learning objectives. Such events are delivered in an adequate time span (at least 3 hours) and may include curriculum and other training, workshops, and on-line or distance learning courses. Professional development should be focused on highly effective trainings and workshops. Professional development may be delivered by the State Department of Health and/or its partners.</p> <p><b>Technical assistance (TA)</b> refers to tailored guidance to meet the specific needs of a site or sites through collaborative communication between a specialist and the site(s). Assistance takes into account site-specific circumstances and culture and can be provided through phone, mail, e-mail, Internet, or in-person meetings. Technical assistance may be delivered by the State Department of Health and/or its partners.</p> |

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| <b>Unit of Analysis</b>                               | <ul style="list-style-type: none"> <li>Local education agencies (i.e., school districts)</li> </ul>   |
| <b>Intended/Targeted Population</b>                   | <ul style="list-style-type: none"> <li>Local education agencies with no knowledge or limited knowledge about nutrition standards or appropriate strategies to create healthy school nutrition environments.</li> </ul>  |
| <b>Numerator/Count</b>                                | <ul style="list-style-type: none"> <li>Actual number of local education agencies (i.e., school districts) that received professional development or technical assistance on nutrition standards and strategies to create healthy school nutrition environments.</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>N/A</li> </ul>   |
| <b>Disparities Focus</b>                              | <p><b>Approach related/specific:</b></p> <ul style="list-style-type: none"> <li>Approach related/specific: In selecting high-need LEAs consider using the following data: academic, health, SES, free and reduced priced lunch data</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>Training tracking system.</li> <li>Professional development and technical assistance provided by partners you work with closely on relevant nutrition content can count for this performance measure.</li> <li>Below is a list of professional development and technical assistance options, noting length and degree of effectiveness: <ul style="list-style-type: none"> <li>Trainings, 3+ hours long, Highly Effective*</li> <li>Workshops, 3+ hours long, Highly Effective*</li> <li>Technical Assistance, Length varies, Effectiveness varies</li> <li>Presentations, 0.5 – 3 hours long, Knowledge Transfer Only</li> <li>Information Session, 0.5 – 1 hour long, Minimum Knowledge Transfer</li> </ul> </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<br/><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<br/><a href="http://www.cdc.gov/healthyschools/npao/strategies.htm">http://www.cdc.gov/healthyschools/npao/strategies.htm</a></li> <li>CDC’s Fruit and Vegetable National Action Guide<br/><a href="http://www.cdc.gov/nutrition/downloads/national-action-guide2013.pdf">http://www.cdc.gov/nutrition/downloads/national-action-guide2013.pdf</a></li> <li>Action for Healthy Kids - Parents for Healthy Kids Toolkit<br/><a href="http://www.actionforhealthykids.org/what-we-do/parents-for-healthy-kids">http://www.actionforhealthykids.org/what-we-do/parents-for-healthy-kids</a></li> <li>USDA HealthierUS School Challenge<br/><a href="http://teamnutrition.usda.gov/HealthierUS/index.html">http://teamnutrition.usda.gov/HealthierUS/index.html</a></li> </ul> |
| <b>Questions/Issues for CDC Grantee Collaboration</b> | N/A   |

**Additional  
Information/Guidance**

LEAs should represent those targeted for professional development or technical assistance (e.g., all LEAs in state, LEAs not previously targeted for nutrition professional development and technical assistance, high-need LEAs based on academic, health, SES, free and reduced priced lunch data).