

Welcome to 2025 Leadership Convention

Session will begin soon





Making Schools Healthier: How to Increase Healthy Food and Physical Activity



Every kid healthy, active, and ready to learn.

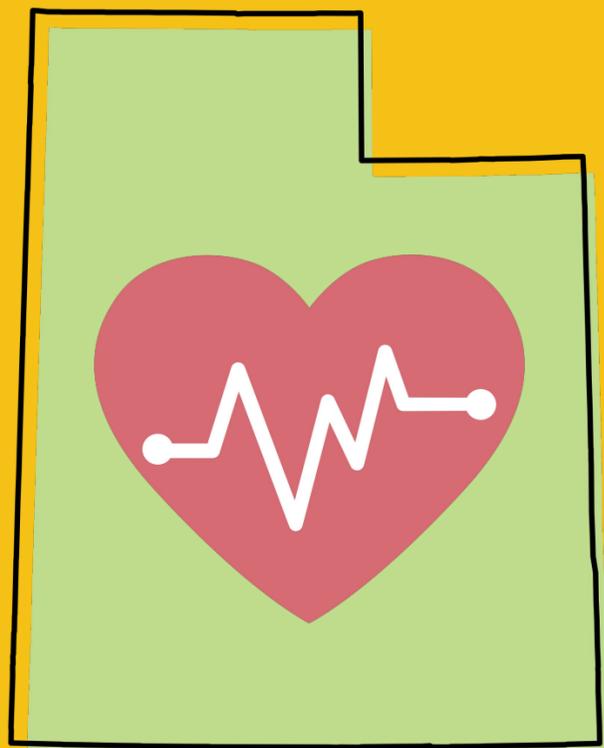
Morgan Hadden, MPH/MBA, CHES

Get Healthy Utah

Outline:

Physical Activity & Healthy Eating

- **Health and Schools**
- **Physical Activity**
 - What you can do as PTA
- **Healthy Eating**
 - What you can do as PTA
- **Local Wellness Policies and**



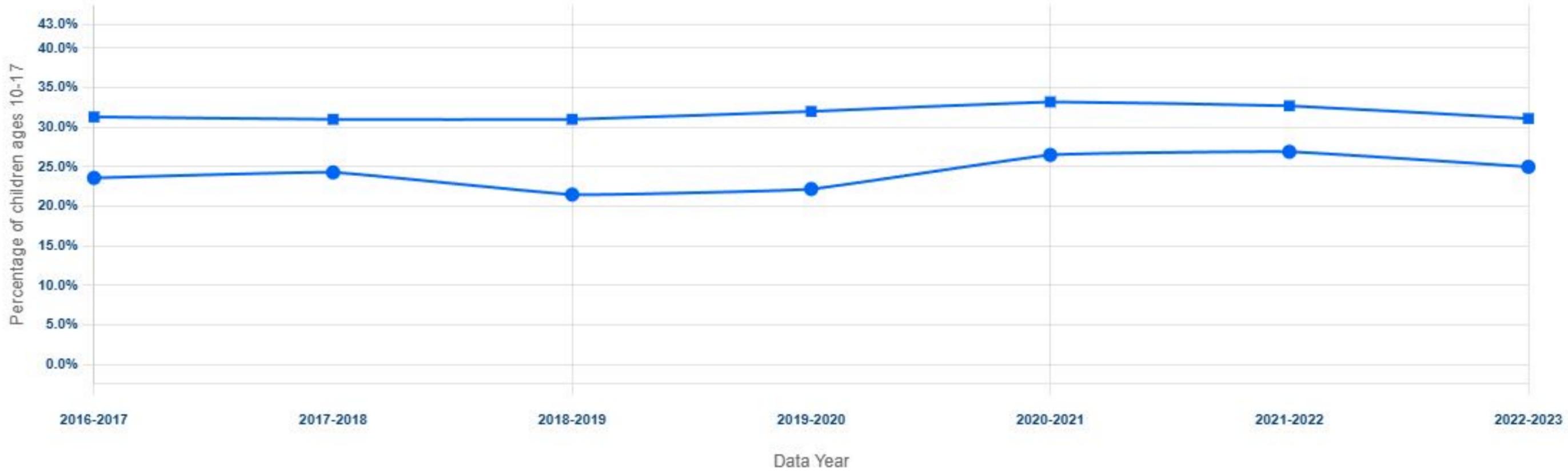
Health in Utah

Health in Utah

Overweight or Obesity - Youth Trends



Percentage of children ages 10-17 who have overweight or obesity for their age based on reported height and weight (2-year estimate)

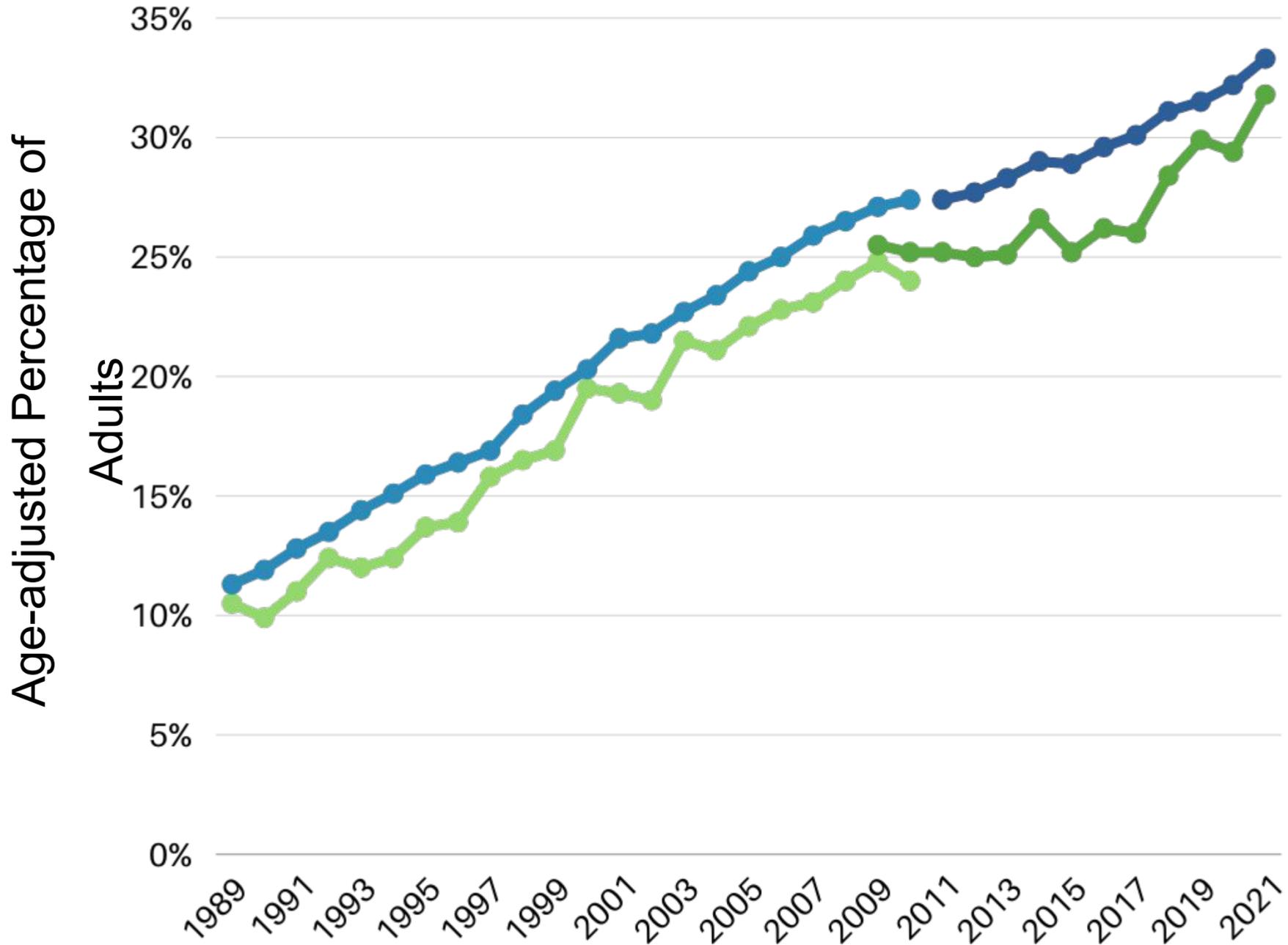


- Utah
- United States

Source: National Survey of Children's Health, U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau (MCHB)

In 2023, about 10.4% of Utah public school students in 8th, 10th, and 12th grades had obesity, with boys being more likely to have obesity than girls (12.9% vs 7.8%)

Health in Utah



If nothing changes:

- Utah's obesity rate is projected to hit **46 percent** by 2050
- The number of obese adults could triple to over **1.79 million** Utahns

Utah 1990: **19.79%**

Utah 2020: **32.2%**

Source: The Utah Department of Health and Human Services Behavioral Risk Factor Surveillance System (BRFSS)

Health in Utah

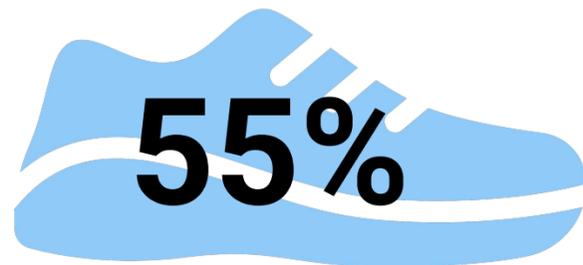
Adults:



Meet fruit
recommendations



Meet vegetable
recommendations



Meet physical activity
recommendations

SOURCE: https://ibis.health.utah.gov/ibisph-view/indicator/complete_profile/OvrwtObe.html

SOURCE:

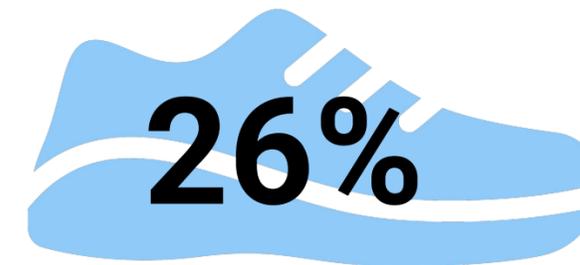
Teens:



Meet fruit
recommendations



Meet vegetable
recommendations



Meet physical activity
recommendations

SOURCE:

SOURCE: https://ibis.health.utah.gov/ibisph-view/indicator/complete_profile/PhysActAdol
<https://www.cdc.gov/nmwr/volumes/70/wr/mm7009a1.htm>



Schools

Schools in Utah

Utah Public School Demographics in 2023

	Number	Percentage
All Students	672,662	100
American Indian	6,025	0.9
Asian	10,874	1.7
Black	8,757	1.3
Hispanic	132,110	19.6
Pacific Islander	10,531	1.6
White	478,697	71.4
Multiracial	25,668	3.4
Economically Disadvantaged	201,736	30
English Language Learner	59,147	8.8
Student with Disability	87,072	12.9

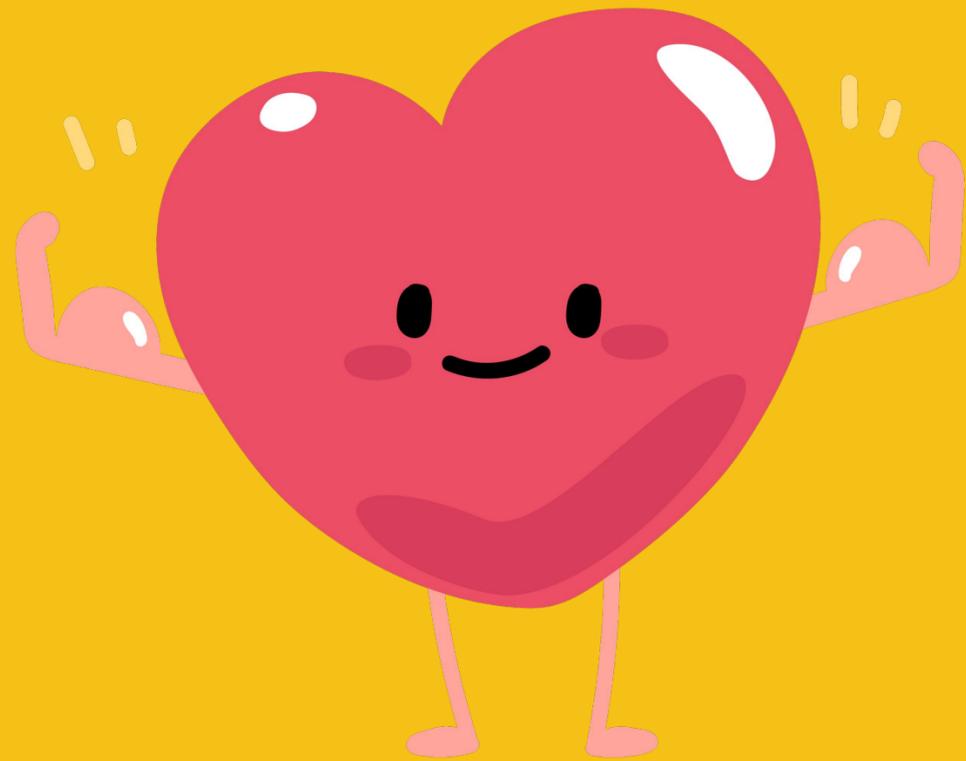
Schools in Utah

Minimal Instruction Time:



Utah law mandates that schools provide a minimum of 990 instructional hours and 180 school days per year

5.5 hours of instructional time per day



Physical Activity

Physical Activity in Schools

Recess:

- Utah encourages elementary schools to schedule no less than **20 minutes** of recess daily.
- According to R277-419-4. Minimum School Days :
 - “All school day calculations shall exclude lunch periods and pass time between classes but may include recess periods that include organization or instruction from school staff.”
- Free Play vs. Organized Play vs. Structured Play



Physical Activity in Schools

Physical Education:



- **Elementary School (K-6):** Physical education is a core subject, but not mandated
- **Middle School (7-8):** Students must earn 0.5 credit in physical education each year
- **High School (9-12):** Students must earn 0.5 credit in health education and 1.5 credits in physical education for graduation

R277-700 allows flexibility for middle school students to “substitute a course requirement with a course, extracurricular activity, or experience that is a) similar to the course requirement; or b) consistent with the student's plan for college and career readiness.

Physical Activity in Schools

Physical Education Curriculum:

- The USBE **does not require schools to administer specific physical fitness assessments** or collect student BMI or height and weight data
- Instead, the state focuses on ensuring that students master the core standards in physical education through **Student Learning Objectives**.
- Utah's physical education curriculum emphasizes developing students' **motor skills** and promoting **lifelong physical activity**.
- While not mandated by the state, many schools in Utah **may choose** to participate in programs like the President's Challenge, which offers fitness

Physical Activity in Schools

Examples of Core Standards:

Elementary School

- **Standard K.1.1** Perform hopping, galloping, running, sliding, skipping, jumping, and landing while maintaining balance.
- **Standard K.1.9** Catch a large ball tossed by a skilled thrower.
- **Standard K.1.17** Jump a long rope with teacher-assisted turning.

- **Standard 3.1.14** Perform intermediate jump rope skills using long and short ropes.
- **Standard 3.3.5** Recognize the importance of warm-up and cool-down.
- **Standard 3.3.4** Describe examples of physical activities that enhance fitness.



Physical Activity in Schools

Examples of Cores Standards:

Middle School

- Standard G6.1.1 Throw with a mature pattern for distance or power (e.g., throw from outfield to home, or from second base to first base).
- Standard G6.3.1 Describe how being physically active leads to a healthy body.
- Standard G6.3.13 Design and implement a personal program to remediate any area of weakness based on health-related fitness test.

High School

- Standard FFL.1.4 Demonstrate competency in two or more specialized activities that promote health-related fitness.
- Standard FFL.3.12 Adjust pacing to keep heart rate in the target zone using available technology to self-monitor aerobic intensity (e.g., pedometer, heart rate monitor).
- Standard FFL.3.32 Design a fitness program, including all components of health-related fitness, for a college student and an employee in the learner's chosen field of work.



Physical Activity in Schools

Exceptions

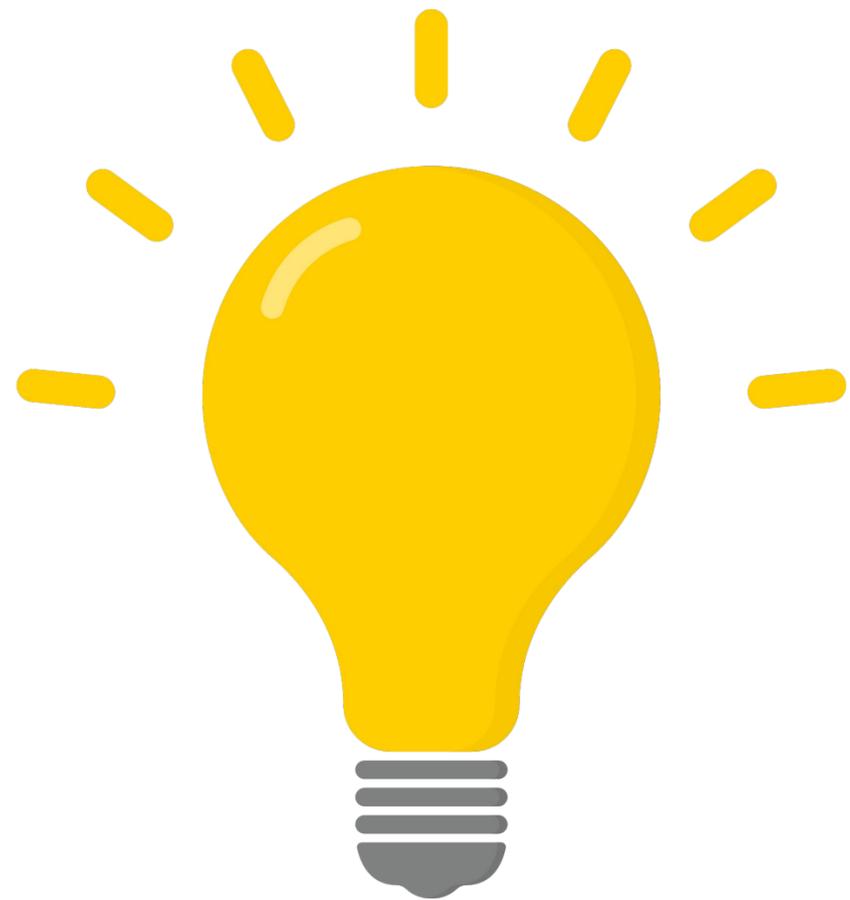
Quick Guide for Physical Education Graduation Credit

	Options for Credit	Fitness for Life (0.5 credits)	Participations Skills & Techniques (0.5)	Individual Lifetime Activities (0.5)
Online	In-Person or Online Course Based on USBE Standards	Course as listed above	Course as listed above	Course as listed above
	Demonstrated Competency	Yes	Yes	Yes
	Proficiency Standards Review	No	Yes	Yes
Sport	UHSAA Athletic Participation	No	Yes	Yes
Other	Alternative Program	No	No	Yes

R277-700 allows flexibility for middle school students to “**substitute a course requirement with a course, extracurricular activity, or experience** that is a) similar to the course requirement; or b) consistent with the student's plan for college and career readiness.

Team sport/athletic participation may receive a **maximum of 0.5 credits per sport** with school approval for Participation Skills and Techniques or Individual Lifetime Activities only

Thoughts?





What you
can do

Physical Activity

Advocate for Recess



Scan here for the full
Recess Guidelines

Source: Utah State Board of Education



Provide at least 20 minutes of daily recess for all elementary students.

Utah code requires elementary schools to schedule no less than 20 minutes of recess daily.



Prohibit the withholding of recess as a punishment.

Students need to release energy. Withholding recess can increase disruptive behavior.



Do not assign physical activity as a consequence of poor behavior.

Using exercise as punishment can result in negative associations toward exercise.



Schedule recess before lunch for all students.

Students eat more fruits and vegetables and waste less food when recess is before lunch.



Offer structured recess by allowing staff to lead active games.

Structured recess can help students move more and have better social interactions.

Physical Activity

Fundraise for Recess



New sports equipment

Organized Play (Playworks)



Physical Activity



Playworks

- In-person coaches
 - \$60,000
- Professional Development
 - \$20,000
- Free resources
 - Available on website
 - www.playworks.org

Public elementary schools (and K-8) with greater than 50% Free and Reduced Lunch student enrollment are eligible for up to 50% subsidy

Physical Activity

Help with After School Programs



Girls on the Run



100 Mile Club/Marathon Kids

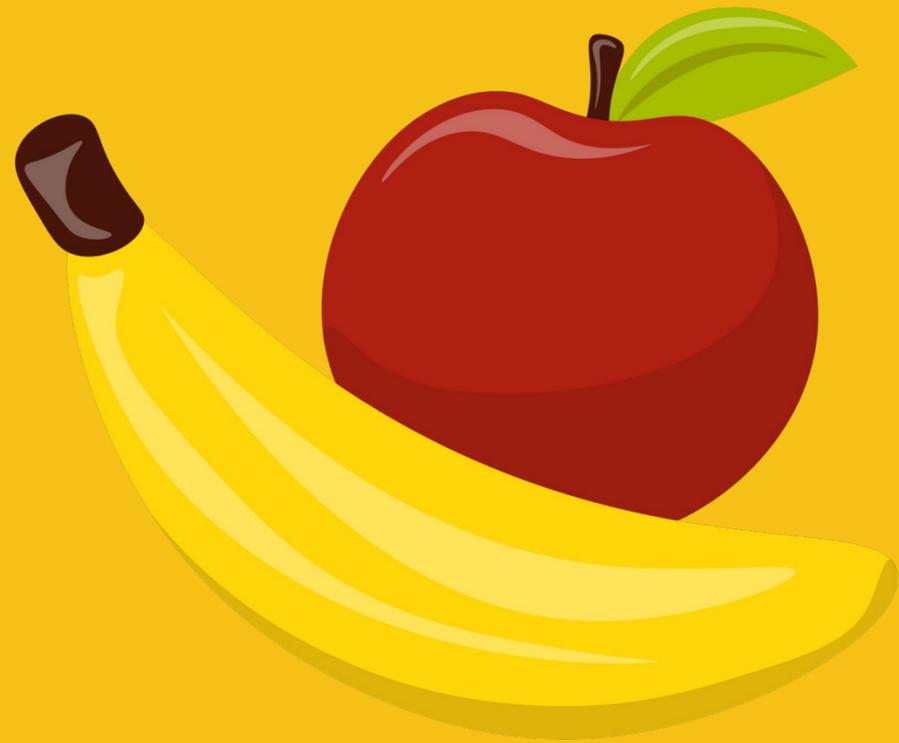
Physical Activity

Walking Classrooms



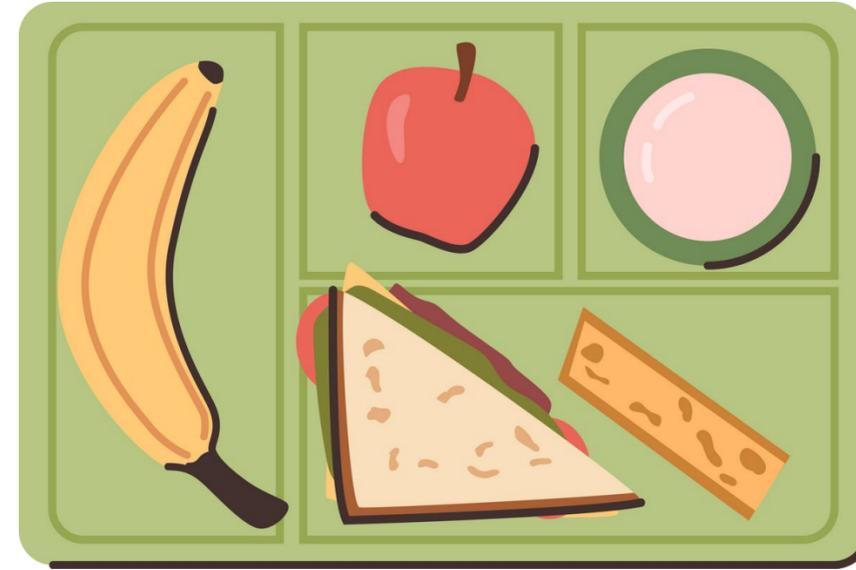
Partner Share





Food in Schools

Food in Schools



School Meals:

- **Participation in School Meals:**

- In the 2021-2022 school year, an average of 358,233 students in Utah received school lunch on a given day (**over half**)
- During the 2023-2024 school year, about 198,000 Utah students qualified for free or reduced-price meals, **over 30% of enrolled students.**
- Utah has the **lowest participation rate in the nation for school breakfast**
 - 39 low-income students participated in breakfast for every 100 low-income students who participated in lunch. The benchmark for success is 70

Food in Schools

School Meals:

Average Price		Reduced-Price	
Breakfast	\$2.17	Breakfast	\$0.30
Lunch	\$3.56	Lunch	\$0.40

Source: Office of the Legislative Fiscal Analyst

- **Reduced Price Meals:**

- Students qualify for reduced-cost lunches if their family's income is at or below 185% of the federal poverty level (about **\$57,720 for a family of four**).

- **Free Meals:**

- To qualify for free school meals, a family's income must be at or below 130% of the federal poverty level (about **\$40,560 annually for a family of four**).

Food in Schools

School Meals:

Federal Reimbursement (\$322 million)

- **Utah (and all states) participate in the National School Lunch Program,** signed into law by President Truman in 1946
 - Schools receive federal funding to reimburse the cost of school meals, especially free and reduced price
- **In order to qualify for federal reimbursement, school meals must meet the dietary guidelines set by the USDA**

State Reimbursement (\$50 million)

- **In addition to federal reimbursement, school meals are reimbursed by the state of Utah through proceeds from the state liquor tax**

Key Nutrition Standards:

1. **Meal Composition:** School lunches must include servings of fruits, vegetables, grains, protein, and dairy. This ensures a balanced diet that supports children's growth and development.
2. **Whole Grains:** At least 80% of the grains offered in school meals must be whole grain-rich, promoting higher fiber intake.
3. **Fruits and Vegetables:** Schools are required to offer a variety of fruits and vegetables, ensuring students receive essential vitamins and minerals.
4. **Milk Options:** Only fat-free or low-fat milk varieties are permitted, with flavored milk options required to adhere to specific sugar content limits. AP News
5. **Calorie Limits:** Age-appropriate calorie ranges are set for meals to prevent overfeeding and underfeeding, aligning with the dietary needs of different age groups.
6. **Sodium Reduction:** Gradual sodium reduction targets are established to decrease sodium content in meals over time, aiming to align with federal dietary guidelines. AP News
7. **Added Sugars:** Starting in the 2025-2026 school year, limits on added sugars in specific products like cereals, yogurts, and flavored milks will be implemented. By fall 2027, added sugars in school meals will be limited to less than 10% of total weekly calories. AP News +1



Balance



Fruits/Veggies



Added Sugars



Milk



Sodium



Whole Grains



Food in Schools

School Meal Challenges:

School meal programs have always operated on tight budgets, but financial pressures have intensified. In a recent SNA survey of meal program directors nationwide, **virtually all cited challenges with the cost of food (97.9%), labor (94.9%) and equipment (91.4%). Only 20.5% reported the reimbursement rate is sufficient to cover the cost of producing a lunch.**

Staff shortages and procurement issues (e.g. long lead times, substitutions, late deliveries, insufficient bid responses) are still problematic for most school nutrition programs, cited as challenges by 88.7% and 86.8% of respondents respectively. **These issues hinder efforts to meet new limits on added sugar and sodium, which require additional staff, training and equipment to expand scratch cooking. Meanwhile, as food companies adjust their recipes, specialized K-12 menu items will continue to increase in price.**

School meal programs are expected to be self-sustaining, covering their expenses with federal reimbursements and program sales. Without additional support, meal program losses will cut into education budgets, taking away funds for teachers, textbooks, technology and other resources that support learning.

Food in Schools

School Meal Challenges:

- **School Lunch Debt:** As of July 2024, Utah school districts reported approximately **\$2.67 million** in outstanding school lunch debt.



- While federal guidelines require schools participating in school meals programs to have a policy on unpaid meal charges, there is no federal or state direction on what should be included in this policy. Thus, **LEAs' approaches to school lunch debt vary widely**
- In September 2024, Utah Governor Spencer Cox redirected \$1.2 million of federal American Rescue Plan funds as a competitive grant to reimburse LEAs for paying down school lunch debt

Snacks in Schools

- **USDA provides a cash reimbursement for each snack served to schools in the Afterschool Snack Program**

- Free afterschool snacks: \$1.21
- Reduced-price snacks: \$0.60
- Paid snacks: \$0.18

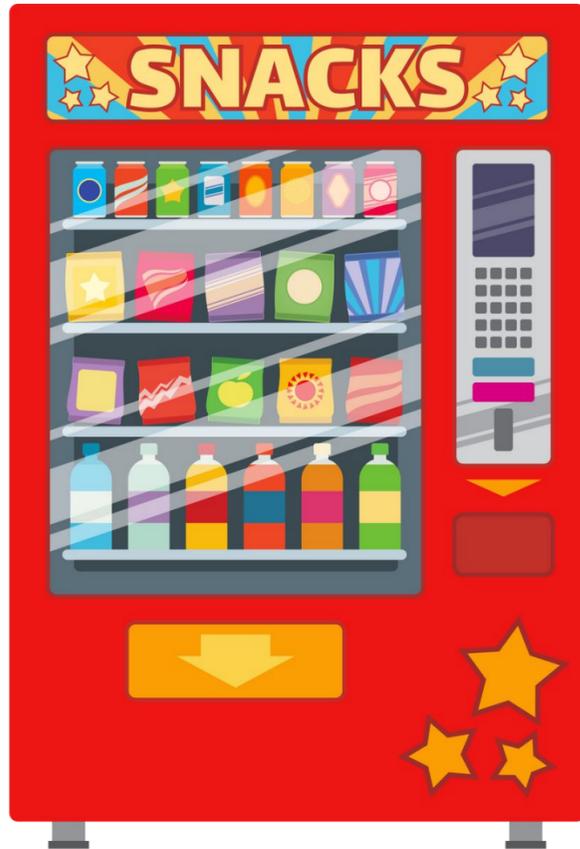
- One snack per child per day

- **Note:** “Extracurricular activities such as the school choir, debate team, drama society, et al. can qualify to participate under this provision **ONLY** if their basic purpose is to provide after school care... It must be emphasized that under no circumstances can organized athletic programs engaged in interscholastic sports be approved as after school care programs under this provision.”



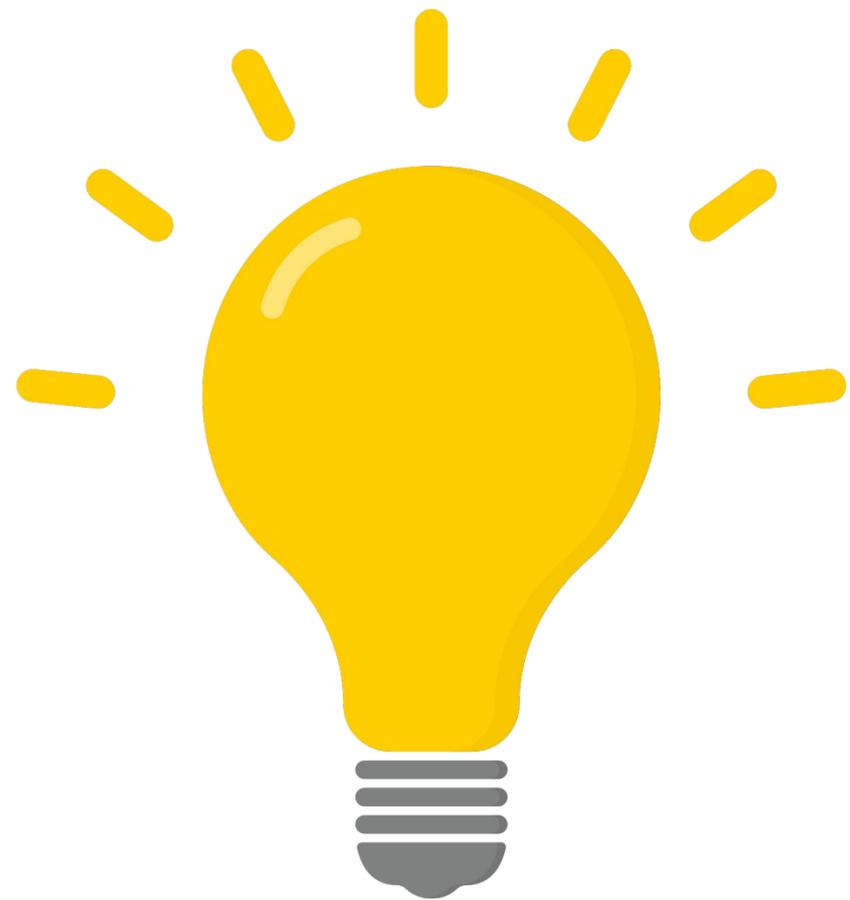
Snacks in Schools

Nutrition Guidelines for Other Food:



- Since July 1, 2014, the USDA's **Smart Snacks in School** rules have required all foods and beverages sold separate from school meals to meet new nutrition standards.
- These items include entrees, sides, snacks or drinks sold during the school day in **vending machines, snack bars** and **a la carte lines**.
- The **rules do not apply** to food and beverages brought from home or sold during non-school hours, weekends or at offcampus events (e.g. concessions during sporting events and school plays).

Thoughts?





What you
can do

Food in Schools

Start a School Garden



serving
utah's
children
local foods

www.UTFarmtoFork.org/SchoolGardenResources

www.WasatchGardens.org

Food in Schools

Taste-Testing Programs



Try-Day Guide

https://fns-prod.azureedge.us/sites/default/files/TNevents_tryday.pdf

Food in Schools

Student-Led Menus



Get Student Input, Let Them Lead

- Surveys and Feedback
- Taste-testing for new recipes
- Student Advisory Board

Food in Schools

School Food Pantries



- Onsite Pantry
 - Mobile Pantry
 - Utah Food Bank
 - District Pantry
 - Specialty Programs
 - Weekend Bags
- Example Foods**

<https://drive.google.com/file/d/10Y3dYnfiwe99W7wVhWApGI8seHrAu5Gm/view>

Partner Share



School Wellness Policy



A local school wellness policy (“wellness policy”) is a written document that guides a school district’s efforts to establish a school environment that promotes students’ health, well-being, and ability to learn.

- Required for schools participating in the National School Lunch Program
- Schools must:
 - Establish a leadership group to create the policy and ensure compliance
 - Permit public involvement (including parents!)
 - Perform assessments every three years
 - Make the wellness policy and triennial assessments available to the public

<https://drive.google.com/file/d/10Y3dYnfiwe99W7wVhWApGI8seHrAu5Gm/view>

School Wellness Policy

At a minimum, policies are required to include:

- **Specific goals for nutrition promotion and education, physical activity, and other school-based activities** that promote student wellness. LEAs are required to review and consider evidence-based strategies in determining these goals.
- **Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day** that are consistent with federal regulations for:
 - School meal nutrition standards, and the
 - Smart Snacks in School nutrition standards.
- **Standards for all foods and beverages provided, but not sold, to students during the school day** (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- **Policies for food and beverage marketing** that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- **Description of public involvement, <https://www.fns.usda.gov/tn/wellness-policy>, public updates, policy leadership, and evaluation plan.**

School Wellness Policy



[USBE Model Wellness Policy](#)

Topics:

Nutrition

Physical Activity

Health Promotion

Mental Health

Monitoring and Evaluations

<https://schools.utah.gov/schoolsafetyandstudentservices/pdfs/ModelHealthWellnessPolicy.pdf>

Utah Healthy Schools Coalition



Every kid healthy, active, and ready to learn.

Monthly Meetings

- 3rd Tuesday at 2:00pm

Workgroups

- Policies and Implementation
- Physical Activity
- Student and Family Resources

Quarterly Newsletter

www.UtahHealthySchools.org

Thank You!



Morgan Hadden, Program Coordinator

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Connect with us on social media

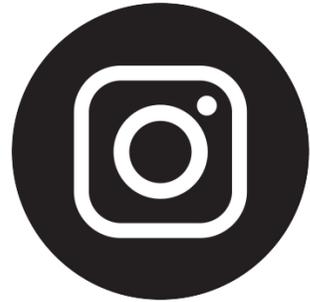


FACEBOOK

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- Utah PTA Treasurers
- Utah PTA Reflections
- Utah School Community Councils
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