

Rudolph F. Crew, Ed.D., Superintendent of Schools

**SUBJECT: REQUEST THAT THE SCHOOL BOARD AUTHORIZE THE SUPERINTENDENT TO:**

- 1. ESTABLISH HEALTHY BEVERAGES AND FOOD GUIDELINES FOR ALL FOOD SALES BEFORE, DURING, AND 1 HOUR AFTER SCHOOL AS OUTLINED IN ATTACHMENT A**
- 2. MANDATE PE AT ALL ELEMENTARY/MIDDLE SCHOOLS**
- 3. IMPLEMENT FITNESS LIFESTYLE DESIGN COURSE AT ALL UN-SERVED HIGH SCHOOLS**
- 4. ESTABLISH A MIDDLE SCHOOL ATHLETICS/ACTIVITY COORDINATOR SUPPLEMENT**
- 5. COMMIT TO HOLD THE DIVISION OF SCHOOL ATHLETICS/INDIVIDUAL SCHOOL ATHLETIC PROGRAMS HARMLESS FOR ANY REVENUE LOST FROM CHANGE IN FOOD SALES GUIDELINES**
- 6. DEVELOP AND IMPLEMENT A COMPREHENSIVE HEALTH LITERACY CURRICULUM TO ENSURE THAT STUDENTS MEET THE NATIONAL HEALTH EDUCATION STANDARDS**

**COMMITTEE: INSTRUCTIONAL EXCELLENCE AND COMMUNITY ENGAGEMENT**

#### Introduction

Over the past several years, School Board members have introduced different initiatives that demonstrate their commitment to the health and wellness of our students. Ms. Perla Tabares Hantman introduced an item that established a cold and flu prevention program. Mr. Agustin J. Barrera introduced an item that established a partnership with the City of Miami Mayor's Task Force on Health and the Cuban-American National Council, Inc. to promote awareness on childhood obesity. Mr. Frank J. Bolaños introduced an item that established a partnership between the City of Miami, the Save a Life Foundation, and the District to implement a first response emergency training program. Dr. Martin Karp introduced an item to investigate the feasibility of having CPR certified staff members at school sites. Dr. Marta Pérez submitted an item to ban carbonated beverages and another item to develop a wellness policy. During the past months, staff has worked to identify a System of Health and Wellness that addresses the health issues facing our students. The following recommendations are focused on achieving four objectives:

- Nutrition – all students will have access to and take advantage of high-nutrient food options
- Physical Activity – all students will engage in the daily recommended levels of physical activity
- Health Literacy – all students will be educated on how to make 'health-enhancing' choices
- School-based Healthcare – all students will have access to physical and mental healthcare

Together, they set the foundation for a coordinated, comprehensive wellness program that enables students to succeed academically.

#### Background

National statistics on obesity clearly define an epidemic that experts predict will result in perhaps the first generation of Americans that will have a shorter life expectancy than their parents. The majority of American youth are sedentary and do not eat well. Poor nourishment and lack of physical activity can lead to learning problems in school and school-related problems that can continue into adulthood.

## Current status

Miami-Dade County Public Schools (M-DCPS) has instituted a number of initiatives that address the wellness of our students including, but not limited to, the following:

- School menus comply with the Dietary Guidelines for Americans and vendor contracts include provisions to ensure that healthy beverage/snack options are available in vending machines.
- Elementary and secondary schools implement Physical Education, Health Education, and HIV/AIDS education.
- A mandatory screening program is conducted at multiple grade levels for vision, hearing, and scoliosis, as well as, follow-ups for hypertension.
- Nutrition education, as outlined in the Sunshine State Standards Health Curriculum, is provided upon request to all grade levels by nutrition educators who are Registered Dietitians.
- Recess is currently being implemented in PK-5 grades, either three times a week for 15 minutes each time or two times a week for 20 minutes each time.

While the policies and programs instituted have proven to have an impact on health issues, M-DCPS has not yet instituted a comprehensive program to improve the health of our students.

Cost and timing for the recommended actions are outlined in Attachment B.

- RECOMMENDED:** Request that The School Board of Miami-Dade County, Florida, authorize the Superintendent to:
1. Establish Healthy Beverages and Food Guidelines for **all** food sales before, during, and 1 hour after school as outlined in Attachment A
  2. Mandate PE at all elementary/middle schools
  3. Implement Fitness Lifestyle Design course at all un-served high schools
  4. Establish a Middle School Athletics/Activity coordinator supplement
  5. Commit to hold the Division of School Athletics/individual school Athletic programs harmless for any revenue lost from change in food sales guidelines
  6. Develop and implement a comprehensive Health Literacy curriculum to ensure that students meet the national health education standards

## HEALTHY BEVERAGES AND FOOD GUIDELINES

M-DCPS is committed to providing an environment in which all students can make healthful food choices for lifelong health. As such, the following Healthy Food and Beverage Guidelines will be implemented effective July 1, 2006 for all food sales before, during, and 1 hour after school.

### Beverage guidelines

- Only fruit-based drinks, composed of no less than 50% fruit juices with no added sweeteners, artificial flavors or colors.
- Drinking water with no additives except those minerals normally added to tap water.
- Electrolyte replacement drinks that do not contain more than 34 grams of added sweetener per 16 ounce serving; 16 ounce maximum volume.
- Milk and flavored milks, all milk should contain Vitamin A and D at levels specified by the Food and Drug Administration.

The following are not allowed:

- Carbonated beverages
- Beverages containing additives such as herbal and non-vitamin supplements
- Food colorings and flavors not proven safe by the Food and Drug Administration
- Beverages containing vitamin and/or mineral supplements
- Beverages in glass containers

### Food guidelines

- No more than 35% of total calories from fat
- No more than 10% of total calories from saturated fat, including trans fat
- No more than 35% added sugar by weight

### Portion guidelines

- Beverages, except for water: less than 16 oz.
- Snacks and sweets (including but not limited to chips, crackers, popcorn, cereal, trail mix, nuts seeds, dried fruit): 1.5 oz.
- Cookies/cereal bars: 2 oz.
- Bakery items (e.g., pastries, muffins): 3 oz.
- Frozen desserts, ice cream: 3 fluid oz.
- Other items (including, but not limited to, French fries and onion rings) shall be no larger than the portions served by Food and Nutrition Services

COST AND NEXT STEPS    RECOMMENDATIONS

RECOMMENDATION	COST	NEXT STEPS
Establish Healthy Beverages and Food Guidelines for <u>all</u> food sales	<ul style="list-style-type: none"> <li>• Undetermined cost in lost revenue from change in food sales guidelines</li> </ul>	<ul style="list-style-type: none"> <li>• New vending machine access bid to be released in Dec. 2005</li> </ul>
Mandate PE at all elementary/middle schools	<ul style="list-style-type: none"> <li>• ~\$3.4 million in new PE teacher allocation</li> </ul>	<ul style="list-style-type: none"> <li>• Full implementation by 2008</li> </ul>
Implement Fitness Lifestyle Design course at all un-served high schools	<ul style="list-style-type: none"> <li>• \$158,000 for Middle School Athletics/Activity Coordinators</li> </ul>	<ul style="list-style-type: none"> <li>• Begin Jan. 2006</li> </ul>
Establish a Middle School Athletics/Activity coordinator supplement	<ul style="list-style-type: none"> <li>• \$700,000 for additional fitness centers – Capital Expense</li> </ul>	<ul style="list-style-type: none"> <li>• Full implementation by 2007</li> </ul>
Commit to hold the Division of School Athletics/individual school Athletic programs harmless for any revenue lost from change in food sales guidelines	<ul style="list-style-type: none"> <li>• ~\$3 million to replace lost revenue from change in food sales guidelines</li> </ul>	<ul style="list-style-type: none"> <li>• TBD pending results of vending machine access bid</li> </ul>
Develop and implement a comprehensive Health Literacy curriculum to ensure that students meet the national health education standards	<ul style="list-style-type: none"> <li>• To be determined</li> </ul>	<ul style="list-style-type: none"> <li>• To be developed in 2006 for implementation in 2007</li> </ul>
Implement School Health Connect Teams	<ul style="list-style-type: none"> <li>• \$7 million in redirected funding, not additional cost</li> </ul>	<ul style="list-style-type: none"> <li>• Final proposal due in January</li> </ul>