

## **BRIDGING THE GAP DISTRICT AND STATE WELLNESS POLICY CODING GUIDE AND CODING TOOLS, YEARS 1-7 (SY 2006-07 through 2012-13)**

Note: This document contains the coding scheme and tools used by Bridging the Gap researchers to analyze all district wellness-related policies and state wellness-related laws across the U.S. for school years (SY) 2006-07 through SY 2012-13 that are posted on the Bridging the Gap website ([www.bridgingthegapresearch.org](http://www.bridgingthegapresearch.org)). This document contains separate coding guides and tools are included for each SY of interest.

Please note the following:

1. some items are only coded at the state level,
2. some items in the coding tool are open-ended and are presented as such in the corresponding data files and codebooks (for the state data), and,
3. that many of the examples in the coding tools are district-specific but they may apply equally to coding of state laws.

Last updated: February 11, 2014

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**Bridging the Gap (BTG) Program**  
**SCHOOL DISTRICT WELLNESS POLICY CODING TOOL, v. 1**  
**(For Use with Coding SY 06-07 and SY 07-08 policies)**

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In 2006, all school districts participating in the National School Lunch Program and other Child Nutrition Programs, including the School Breakfast Program and the Milk Program, were required to develop a written wellness policy. The original version of this coding system was designed by a group of researchers funded by the Robert Wood Johnson Foundation Healthy Eating Research Program to evaluate these policies. This instrument was designed to be a common and reliable method for evaluating the comprehensiveness and strength of wellness policies within and across states.

**UIC Notes:**

An original version of this tool was developed by the Robert Wood Johnson Foundation Healthy Eating Research Program, Working Group 1. The working group was chaired by Marlene Schwartz (Yale Rudd Center) and included Anne Lund and Mollie Greves (Washington), Elaine McDonnell and Claudia Probart (Pennsylvania), and Anne Samuelson and Leslie Lytle (Minnesota).

For a description of the development and reliability analyses of the original tool developed by the HER working group, please see:

Schwartz M, Lund A, Grow H, et al. "A Comprehensive Coding System to Measure the Quality of School Wellness Policies." *Journal of the American Dietetic Association*, 109(7): 1256-1262, July 2009.

This tool has been adapted to incorporate decision rules being employed by UIC under the BTG program. New variables have been added, additional decision rules and a Coding Appendix are incorporated, and, in some instances, alternative coding is identified. Note that all items labeled NG in the UIC scheme corresponds to identically numbered items in the HER scheme that start with NS [with the exception of items ending with a lower-case letter (e.g., US15a, NG23b) which are unique to UIC].

For additional information on the UIC coding adaptations or for a copy of a grade-specific coding sheet, please contact Jamie Chriqui at [jchriqui@uic.edu](mailto:jchriqui@uic.edu) or 312-996-6410

## UIC Notes/Guidance

1. Also refer to specific coding examples/scenarios and the UIC decision rules included in the Appendix in conjunction with this coding tool.
2. BTG are conducting grade level-specific coding; as such, separate codes are created for each variable for each grade level (ES, MS, HS). Use the UIC-created grade-level score sheet to accompany this tool.
  - a. If the **grade-level distinctions are not clear in the policy**, check the district's web site to confirm the ES/MS/HS grades, as appropriate.
3. In cases where **similar policies are coded for districts within or across states**, review the policies and final coding across districts to ensure coding consistency before completing the consensus coding process and prior to submitting the coding for data entry.
4. If multiple districts within the same state all rely on the same **model policy**, code the model first and then apply the coding as appropriate across districts.
  - a. For policies with **CSPI and NANA model**-like provisions, review the CSPI and NANA master coding and code appropriately.
    - i. **Note on CSPI coding:** You will often find nuances and variations in the district policy language so you will need to review the language in the policy and the CSPI model to capture coding nuances accordingly.
    - ii. See also the CSPI and NANA model guidance in the attached Appendix.
5. If there are multiple policies from the same district with differing provisions, give credit for the weaker language.

## Coding

Scoring of wellness policies is based on the coding of seven sections, containing a total of 100 primary policy items and 6 sub-items. The sections include:

- Section 1: Nutrition Education (page 5)
- Section 2: Standards for USDA Child Nutrition Programs and School Meals (page 8)
- Section 3: Nutrition Standards for Competitive and Other Foods and Beverages (page 13)
- Section 4: Physical Education (page 30)
- Section 5: Physical Activity (page 37)
- Section 6: Staff PA/Wellness/Modeling (page 41)
- Section 7: Stakeholder Involvement/Feedback (page 42)
- Section 8: Messaging, Marketing, & Promotion (page 45)
- Section 9: Evaluation (page 47)

Each policy item is coded as “0,” “1,” or “2,” unless otherwise noted, using the definitions below. This coding manual lists each item followed by an explanation of the item and examples of “1” and “2” statements.

Code		Explanation
<b>0</b>	<b>= Not Mentioned</b>	The item is not included in the text of the policy.
<b>1</b>	<b>= Weak Statement</b>	<p>Code an item as a “1” when the item is mentioned, <i>but</i></p> <ul style="list-style-type: none"> <li>• the policy will be hard to enforce because the statement is <i>vague, unclear, or confusing</i></li> <li>• statements are listed as <i>goals, aspirations, suggestions, or recommendations</i></li> <li>• there are <i>loopholes</i> in the policy that weaken enforcement of the item</li> <li>• the policy mentions a <i>future plan to act</i> without specifying when the plan will be established.</li> </ul> <p>Words often used include: <b>may, can, could, should, might, encourage, suggest, urge, some, partial, make an effort, and try.</b></p> <p>An exception to this would be if the district is unable to enforce action on the item, such as teachers role modeling healthy behaviors (in this case the item would be coded as a “2”).</p>
<b>2</b>	<b>= Meets / Exceeds Expectations</b>	<p>Code an item as a “2” when the item is mentioned, and it is clear that the policy makers are committed to making the item happen because</p> <ul style="list-style-type: none"> <li>• the item is described using specific language (e.g., a concept followed by concrete plans or strategies for implementation) and</li> <li>• strong language is used to indicate that action or regulation is required, including: <b>shall, will, must, have to, insist, require, all, total, comply and enforce.</b></li> </ul>

**Coding hint** One method for deciding between a “1” and a “2” is to consider the scenario of a parent approaching a school district’s board of education to discuss something happening in a school. If the policy is written such that it is not clear exactly how the school should behave regarding the issue at hand, code the item as a “1.” If the policy is written such that the parent and board of education will have no trouble deciding if the school is or is not compliant with the policy, code the item as a “2.”

**State law** may regulate items in this coding tool. State law supersedes the authority of local wellness policies. Depending on how your study is structured, you may want to code according to the strength of state law when it exceeds standards in a policy or when it mentions items not included in a policy. For example, if state law prohibits soda in schools, but the policy does not, you might consider coding as if the policy explicitly prohibits soda.

**The federal wellness policy requirements** are incorporated into the beginning of each section, as appropriate, and are labeled “Federal Wellness.” The language for these items is taken from these federal requirements (Public Law 108-265, The Child Nutrition and WIC Reauthorization Act of 2004).

## Scoring

Policies are scored to determine Comprehensiveness and Strength. Comprehensiveness reflects the proportion of item topics that are simply mentioned. Strength reflects the proportion of items that are addressed with *specific* and *directive* language.

Score	Explanation
<b>Comprehensiveness Score by section</b>	Comprehensiveness is calculated by counting the number of primary items in each section coded as “1” or “2,” dividing this number by the number of primary policy items in the section, and multiplying this number by 100.
<b>Strength Score by section</b>	Strength is calculated by counting the number of primary items in each section coded as “2,” dividing this number by the number of policy items in the section, and multiplying this number by 100.
<b>Total Comprehensiveness</b>	Total comprehensiveness is calculated by summing the section comprehensiveness scores, dividing this number by the total number of sections (9), and multiplying this number by 100.
<b>Total Strength</b>	Total strength is calculated by summing the section strength scores, dividing this number by the total number of sections (9), and multiplying this number by 100.

The example below shows the calculation of sample scores for Section 1.

Section 1. Nutrition Education		Code
NE1	Includes goals for nutrition education that are designed to promote student wellness in a manner that the local education agency determines is appropriate ( <i>Federal Requirement</i> )	2
NE2	Nutrition curriculum provided for each grade level	0
NE3	Coordinates nutrition education with the larger school community	2
NE4	Nutrition education extends beyond the school environment	1
NE5	District provides nutrition education training for all teachers	0
NE6	Nutrition education is integrated into other subjects beyond health education	1
NE7	Nutrition education teaches skills that are behavior focused and/or interactive and/or participatory	2
NE8	Specifies number of nutrition education courses or contact hours	0
NE9	Nutrition education quality is addressed	2
<b>Subtotal for Section 1 Nutrition Education</b>		<b>67</b>
<b>Comprehensiveness Score</b> Count the number of primary items coded as “1” or “2” and divide this number by 9. Multiply by 100. Do not count an item if the rating is “0.”		<b>67</b>
<b>Strength Score</b> Count the number of primary items coded as “2” and divide this number by 9. Multiply by 100.		<b>44</b>

**Comprehensiveness Score** = There are two items coded as “1” and four items coded as “2,” for a total of 6 items. Six divided by 9 equals 0.67, multiplied by 100 for a score of 67.

**Strength Score** = There are four items coded as “2.” Four divided by 9 equals 0.44, multiplied by 100 for a score of 44.

## Section 1. Nutrition Education (Note: See Appendix for additional NE-related guidance)

#	Item	Coding Guidance
NE1+	Federal Wellness: Includes goals for nutrition education that are designed to promote student wellness in a manner that the local education agency determines is appropriate	0 <ul style="list-style-type: none"> <li>• No goals for nutrition education are mentioned</li> <li>• Policy clearly detracts from requirement</li> </ul>
		1 <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Nutrition education goal is implied</li> <li>• Policy <u>only</u> repeats the language of the federal wellness requirement regarding nutrition education</li> <li>• Policy only mentions “total learning environment” language coded for NE3=1 and no other NE-related language included.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The district is committed to nutrition education.”</li> <li>• “Includes goals for nutrition education...designed to promote student wellness in a manner that the local educational agency determines is appropriate,” (and no other NE goals are stated).</li> </ul>
		2 <p><u>Any</u> nutrition education goal statement is mentioned</p> <p><b>Example:</b> “Schools should provide nutrition education and engage in nutrition promotion.”</p>
NE2+	Nutrition <u>curriculum</u> provided for each <u>grade level</u>	<p><b>UIC NOTE: Health education curriculum should only be coded for this item if there is some reference to nutrition or healthy eating being a component of the curriculum/lessons/topics, etc. A wellness curriculum that does not mention nutrition/healthy eating does not count.</b></p> 0 <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned.</li> <li>• Integrating nutrition education into other subjects beyond health education does not qualify for a “1” or “2” for NE2.</li> <li>• Solely incorporating NE consistent with the state Dept of Ed. standards.</li> <li>• Mentions “standards-based NE” without mentioning curriculum/program</li> <li>• Addresses a “wellness curriculum” or health education curriculum without including nutrition/healthy eating as part of the curriculum components.</li> </ul>
		1 <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Describes general <u>health</u> curriculum for “K-12” or “all levels,” and/or it is unclear if each grade will receive <u>nutrition</u> education</li> <li>• Addresses NE quality or number of courses/hours but not clear that each grade will receive NE.</li> <li>• Standards-based NE curriculum</li> <li>• Addresses “sequential NE” without mentioning curriculum or grade levels</li> <li>• Addresses “sequential-based NE curriculum” without mentioning grade levels</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Enable students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.” (Not clear that NE is actually taught at each grade level.)</li> <li>• “Nutrition and physical activities lessons will be designed for integration into the curriculum and the health education program.”</li> </ul>
		2 <p>Clear that district has a <u>nutrition</u> education curriculum in each grade</p> <p><b>Example:</b> “Nutrition topics shall be integrated within the comprehensive health education curriculum taught at every grade level (K-12).”</p>
NE3	Coordinates nutrition education with the <u>larger school community</u>	0 <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Mentions “total learning environment” or something along those lines without addressing nutrition in the same context.</li> <li>• Mentions “total learning environment” with regard to lifelong wellness practices but does not mention nutrition.</li> </ul>
		1 <p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The entire school environment, not just the classroom, shall be <u>aligned</u> with healthy school goals to positively influence a student’s understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.”</li> <li>• “The food service staff will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings”</li> <li>• “Schools will... establish linkages between nutrition (health) education and school meal programs, and related community services”</li> <li>• “The NE program shall include enjoyable interactive activities such as contests, taste testing, field trips, and school gardens.”</li> </ul>
		2 <p>Requires specific strategies</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The nutrition education program shall work with the school meal program through school gardens and by having the cafeteria serve as a learning lab.”</li> <li>• NE will be conducted in the cafeteria through posters, campaigns, etc.</li> </ul>

## Section 1. Nutrition Education (*continued*)

NE4	Nutrition education extends <u>beyond the school environment</u>	0	Not mentioned
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Vague and/or suggested</li> <li>• Contains a required but vague statement about the community or families being involved in nutrition education</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“To the extent possible, families and community organizations are involved in nutrition education.”</i></li> <li>• <i>“Schools will...establish linkages between nutrition (health) education and school meal programs, and related community services”</i></li> <li>• <i>“Educational nutrition information will be shared with families and the general public to positively influence health of students and community members.”</i></li> <li>• <i>“The NE program shall include enjoyable interactive activities such as contests, taste testing, <u>field trips</u>, and school gardens.”</i></li> </ul>
		2	<p>Requires specific strategies: Team Nutrition schools, student community nutrition projects, opportunities for students to volunteer in nutrition, homework students can do with families (reading/interpreting nutrition facts labels or preparing healthy recipes), etc.</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Families are invited to attend student nutrition project exhibitions.”</i></li> <li>• <i>“School staff will cooperate with other agencies/community groups to provide opportunities for student projects related to nutrition.”</i></li> </ul>
NE5	District provides <u>nutrition education training for teachers</u>	0	Not mentioned. Training on school wellness policy does not qualify for a “1” or “2.”
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Type of training is vague (even if required)</li> <li>• Provision of training is suggested</li> <li>• Specifies only health/nutrition education teachers will receive training</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“In service training for health education teachers is encouraged.”</i></li> <li>• <i>“Training opportunities for staff in the area of food nutrition is encouraged.” (Count this as long as not in the food service section of the policy. This variable is for teachers/NE teachers; not food service staff.)</i></li> </ul>
		2	<p><b>All of the following:</b></p> <ul style="list-style-type: none"> <li>• Provision of training is specific to nutrition education and required</li> <li>• Policy implies that a broad set of teachers will receive training (not only health education teachers)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Professional development training will be offered in the area of nutrition education for all interested faculty and staff.” (NOTE: This is different than the coding for US20=1 because the goal in US20 is that all food service staff will have professional development whereas NE5 seeks to ensure that all staff will be provided the opportunity for professional development.)</i></li> </ul>
NE6+*	Nutrition education is <u>integrated</u> into <u>other subjects</u> beyond health education  *See Coding Appendix for additional clarification.	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“...will encourage teachers to integrate nutrition education into the broader curriculum.”</i></li> <li>• <i>“Staff shall teach, encourage, and support healthy eating by students through providing NE and engaging in nutrition promotion for all grade levels throughout the school day in a number of different instructional settings. Instruction shall be integrated and include information about nutrition, exercise, and/or healthy choices that:....”</i></li> <li>• <i>Instructional staff are encouraged to integrate nutritional themes into daily lessons when appropriate.”</i></li> </ul>
		2	<p>Requires that nutrition education be integrated into other subjects</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Nutrition education will be integrated into mathematics classes.”</i></li> <li>• <i>“Nutrition education will be integrated into the broader curriculum, where appropriate.”</i></li> <li>• <i>“The wellness committee is responsible for overseeing policy implementation in the following areas... integration of nutrition into overall curriculum.”</i></li> </ul>

## Section 1. Nutrition Education (continued)

NE7+	Nutrition education teaches <u>skills</u> that are behavior-focused, interactive, and/or participatory	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Skill-based nutrition education is suggested</li> <li>• Specific skills are mentioned, but none are required</li> <li>• Skill-based nutrition education is suggested outside of the NE section of the policy</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices.” (This language was included in a policy with a weak NE section; this language fell under “other school based activities.”)</li> <li>• “Schools will provide NE to foster lifelong habits of healthy eating.” (Key here is “habits”—we equated lifelong habits similar to skills)</li> <li>• “Students will receive NE that fosters the adoption and maintenance of healthy eating behaviors.”</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Skill-based nutrition education is required</li> <li>• Specific skills or activities are identified and required (e.g., media awareness or understanding calorie balance, energy expenditure, and nutrition facts labels)</li> </ul> <p><b>Example:</b> “Nutrition education will provide the knowledge and skills necessary to promote student health.”</p>
NE8	Specifies <u>number</u> of nutrition education <u>courses</u> or <u>contact hours</u>	0	Not mentioned
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Amount of nutrition education is vague and/or suggested</li> <li>• NE is included in HE, but it is unclear how many credits/hours are for NE</li> </ul> <p><b>Example:</b> “An appropriate number of class hours should be designated for nutrition education.”</p>
		2	<p>Number of hours or courses are specified and required</p> <p><b>Example:</b> “...<u>will</u> ensure that four hours of class time will be designated for nutrition education every month.”</p>
NE9	Nutrition education <u>quality</u> is addressed	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Only requires that NE be consistent with state and federal standards.</li> <li>• Integrating NE consistent with state curriculum standards.</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Vague and/or suggested</li> <li>• Specifies “comprehensive” without mentioning standards or benchmarks.</li> <li>• NE is aligned with State DOE Health Education Standards, Frameworks, or Benchmarks (but the State HE Standards are not specific to nutrition education)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “...should provide high quality nutrition education.”</li> <li>• “Enable students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.”</li> <li>• “The curriculum frameworks of the state Department of Education will serve as primary guidance concerning the NE topics.”</li> </ul>
		2	<p>Nutrition education curriculum is aligned with academic standards or benchmarks, comprehensive in scope and sequence. Possible wording: [“ongoing,” “sequential,” “systematic,” and/or “standards-based.”]</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Standards-based NE must be provided</li> <li>• NE must be sequential...</li> <li>• A “standards-based or sequential NE curriculum...”</li> <li>• “The district’s NE program shall be based on research, consistent with the expectations established in the state’s curriculum frameworks and content standard.”</li> </ul>



## Section 2. Standards for USDA Child Nutrition Programs and School Meals

**Note:** This section relates to U.S. Department of Agriculture (USDA) school meals and NOT regulations for competitive foods. If the policy specifies regulations for “all foods” at school, and it is not clear whether the statement applies to either meals or competitive foods, apply those regulations to both this section (Standards for USDA Child Nutrition Programs and School Meals) and section 3 (Nutrition Standards for Competitive and Other Foods and Beverages).

US10+	<p><u>Federal Wellness</u>: Assures that guidelines for reimbursable school meals shall not be less restrictive than USDA school meal regulations</p>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>No mention of district meeting federal/USDA school meal regulations/standards</li> <li>Guidelines clearly detract from federal/USDA school meal regulations/standards</li> <li>Just requires meal programs to meet the 2005 Dietary Guidelines</li> </ul>
		1	<p>Policy states that district “should” or “strives” to meet federal/USDA school meal regulations/standards</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Nutritional standards for the school breakfast and lunch program are established that typically exceed state and federal standards”</li> </ul>
		2	<p>Policy requires or assures that the district meet federal/USDA school meal regulations/standards</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The district shall provide school breakfasts and lunches that meet the nutritional standards required by the USDA School Breakfast and National School Lunch Programs.”</li> <li>“The district provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than USDA meal regulations and guidance.”</li> <li>“The Food Service Program shall provide healthy food choices for students...Meals shall meet or exceed federal nutrition standards.”</li> <li>“...the district will ensure that reimbursable school meals meet the federal program requirements.”</li> <li>“All food sold or served will comply with USDA guidelines.</li> <li>Policy states that the district regulation/procedure “SHOULD” provide an assurance that guidelines for reimbursable meals shall not be less restrictive than the USDA regulations and guidance; <i>however</i>, the regulation goes on to state that “All food made available in the federal program to students during the school day by the Office of Food Services will comply with or exceed the current federal and state requirements.” [The combination of the two statements—policy and then regulation—should be treated as a requirement]</li> </ul>
US11+	<p>Addresses access to and/or promotion of the <u>School Breakfast Program (USDA)</u></p>	0	Not mentioned.
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Promotes a breakfast program without specifying the “School Breakfast Program” (USDA) or CFR Part 220</li> <li>Encourages or suggests participation in the School Breakfast Program</li> <li>Notifies parents of the availability of the School Breakfast Program.</li> <li>Encourages students to start each day with a healthy breakfast.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The district shall make every effort to offer school breakfast.”</li> <li>“The Food Service Program shall provide healthy food choices for students. Breakfast and lunch meals shall meet or exceed federal nutrition standards.”</li> </ul>
		2	<p>Includes language to institutionalize the School Breakfast Program (i.e., specific reference to School Breakfast Program or CFR Part 220)</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“All schools will provide breakfast through the USDA School Breakfast Program.”</li> <li>“Food services include breakfast and lunches in all schools through participation in the National Child Nutrition Programs.”</li> <li>“All school breakfasts comply with USDA regulations”</li> </ul>
US12	<p>Addresses access to and/or promotion of the <u>Summer Food Service Program</u></p>	0	Not mentioned
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Promotes a summer food program without specifying the “Summer Food Service Program” (USDA) or CFR Part 225</li> <li>Encourages or suggests participation in the Summer Food Program</li> </ul>
		2	Includes language to institutionalize the Summer Food Service Program (i.e., specific reference to Summer Food Service Program or CFR Part 225)

**Section 2. Standards for USDA Child Nutrition Programs and School Meals (continued)**

US13+	Addresses <u>nutrition standards</u> for school meals <u>beyond USDA</u> (National School Lunch Program / School Breakfast Program) minimum standards	<p><b>Note: U.S. Department of Health and Human Services (HHS) and U.S. Department of Agriculture (USDA) 2005 Dietary Guidelines for Americans exceed the minimum standards for the USDA school meal programs.</b></p>	
		0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned.</li> <li>• Unless defined, ambiguous references to federal or USDA standards/guidelines/requirements (e.g., “federal nutrition standards,” “USDA standards,” or “USDA guidelines”) do not qualify for “1” or “2” because it is not clear that these standards refer to anything other than the minimum legal requirements for USDA school meals programs.</li> <li>• “Striving to meet” or “should meet” the 2005 Dietary Guidelines does not qualify for a 1 or 2.</li> <li>• Exploring increased use of whole grains or exploring including salads, yogurts and other healthy foods to the meal menu.</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Vague and/or suggested</li> <li>• Specifies <u>2005 Dietary Guidelines for Americans</u> and no other standards. To receive a “1” for specifying the Dietary Guidelines for Americans, a policy must at least state that it will meet the “Dietary Guidelines.”</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “...encourage the consumption and choice of nutrient dense food, such as whole grains, fruits, and vegetables.”</li> <li>• “...all meals will follow the food guide system developed by USDA”</li> <li>• “...all foods sold/served on campus will meet the USDA 2005 Dietary Guidelines” (and no other mention about school meal programs in the policy that would alter the coding for this item)</li> <li>• “School meals promote fresh fruits, vegetables, whole grains, and low-fat items”</li> </ul>
		2	<p>School meals are required to meet specific standards (e.g., 4 fruits and/or non-fried vegetables per day; only 1% and fat-free milk served; at least half of grains are whole grain; eliminates trans fats)</p>
US14	Specifies use of <u>low-fat versions</u> of foods and/or <u>low-fat methods</u> for preparing foods	0	<p>Not mentioned. Low-fat food mandated by law does not qualify for “1” or “2.”</p>
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Cooking methods to reduce fat in school meals shall be used whenever possible.”</li> <li>• “Healthy food preparation for meals...”</li> <li>• “School meals promote fresh fruits, vegetables, and low fat items”</li> </ul>
		2	<p>Specific and required</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “All cooked foods offered as part of a meal will be baked or steamed.”</li> <li>• “Purchasing programs and preparation methods will be used to decrease fat, calorie, and sodium levels in food.”</li> <li>• “No deep fried foods shall be offered as part of school meals.”</li> </ul>

## Section 2. Standards for USDA Child Nutrition Programs and School Meals (continued)

US15*	<p>Specifies <u>strategies to increase participation</u> in school meal programs</p> <p>“School meal programs” can be assumed to refer to breakfast and/or lunch</p> <p>*See also decision rule table.</p>	0	<p>Not mentioned or weak statement. Notifying parents of eligibility requirements for free/reduced price meals is a federal requirement and does not qualify for “1” or “2.”</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Schools will provide meals that are culturally/ethnically diverse.”</li> <li>• “Child Nutrition Services will collaborate with elementary school buildings to encourage the consumption of food and beverages including opportunities for taste-testing among students” (under NE in policy, taste testing is used as a teaching tool and not for menu development).</li> </ul>
		1	<p>Mentions vague and/or suggested strategies</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “School meals shall be <u>made attractive</u> to students by appealing to their taste preferences.”</li> <li>• “Meals shall be appealing...”</li> <li>• “...bus schedules should be arranged to facilitate participation in the school breakfast program.”</li> <li>• “The district has a closed campus policy unless the Principal provides permission for students to leave during the lunch period.”</li> <li>• “To the extent possible, school and transportation schedules shall be designed to encourage participation in school meal programs.”</li> </ul>
		2	<p>Requires specific strategies such as promotional mailings or events, alternative breakfast systems, altered bus schedules, closed campus, student input on the menu, or “Grab and Go” or “Fun on the Run” promotions</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Students will have the opportunity to provide input on local, cultural, and ethnic favorites.”</li> <li>• “...shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.”</li> <li>• “Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.”</li> </ul>
US15a	<p><u>Closed campus</u></p>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Mentions vague and/or suggested strategies</li> <li>• Suggests that students are not allowed to leave campus for lunch/encourages schools to have a closed campus OR closed campus is a goal</li> </ul> <p><b>Example:</b> “The district has a closed campus policy, unless the Principal provides permission for students to leave during the lunch period”</p>
		2	<p>Required</p> <p><b>Example:</b> “Students are prohibited from leaving campus for lunch.”</p>
US16*	<p><u>Optimizes scheduling of meals</u> to improve student nutrition</p> <p>*See also decision rule table</p>	0	<p><b>Either of the following</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Meal times scheduled according to state/federal regulations. (Code according to state law in this instance.)</li> </ul>
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Non-specific reference to “appropriate times.”</li> <li>• “...making <u>every effort</u> to have recess before lunch in cases where they are back to back.”</li> <li>• “Lunch should be scheduled during appropriate hours.”</li> <li>• “A short recess may be scheduled sometime before lunch so that the children will come to lunch less distracted and ready to eat.”</li> <li>• “The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.”</li> </ul>
		2	<p>Requires specific strategies, such as lunch between 11:00 a.m.-1:00 p.m., lunch to follow recess, or no events during meals unless students may eat</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Recess will be scheduled before lunch.”</li> <li>• “No events shall be held during lunch period unless students may eat during the event.”</li> <li>• “Tutoring sessions may not be held during lunch unless students may eat their lunch during the session.”</li> </ul>

## Section 2. Standards for USDA Child Nutrition Programs and School Meals (continued)

		If no standards are mentioned, code according to state law	
US17+	Ensures <u>adequate time to eat</u>	0	Not mentioned
		1	Vague and/or suggested <b>Examples:</b> <ul style="list-style-type: none"> <li>“Schools are encouraged to permit all full-day students a daily lunch period of not less than 20 minutes.”</li> <li>“Personnel will schedule enough time so students do not have to spend too much time waiting in line.”</li> <li>“The school district will provide students with a minimum of 20 minutes to eat their meals.” (this gets a coding of 1, because it is not clear whether “meals” includes lunch only or breakfast and lunch).</li> </ul>
		2	Requires meal periods to include ≥20 minutes for lunch and, if time for breakfast is mentioned, ≥10 minutes for breakfast <b>Examples:</b> <ul style="list-style-type: none"> <li>“After obtaining food, students will have at least 20 minutes to eat lunch.”</li> <li>“Students will be provided adequate time (minimum of 20 minutes) to eat lunch.”</li> </ul>
US18	Addresses <u>access to hand-washing</u> before meals	0	Not mentioned
		1	Vague and/or suggested <b>Example:</b> “School personnel will <u>encourage</u> all students in developing the healthy practice of washing hands before eating.”
		2	Ensures assistance with hand washing or access to proper facility <b>Examples:</b> <ul style="list-style-type: none"> <li>“School personnel will assist all students in developing the healthy practice of washing hands before eating.”</li> <li>“Students shall have convenient access to hand-washing facilities.”</li> </ul>
US19	Requires <u>nutrition qualifications</u> of food service staff	0	Not mentioned
		1	Qualifications are suggested
		2	Qualifications are required <b>Examples:</b> <ul style="list-style-type: none"> <li>“...shall be directed by a qualified nutrition professional.”</li> <li>“...shall ensure that the Food Service Manager has <u>appropriate degree and certification</u>.”</li> <li>“Food service staff that is properly qualified according to <u>current professional standards</u> will administer the Child Nutrition Programs.”</li> <li>“Food service employees responsible for food preparation will have cook manager certification.”</li> <li>“Food service staff will be properly trained and qualified.”</li> </ul>
US20	Ensures <u>training or professional development</u> for <u>food service staff</u>	0	Not mentioned
		1	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>Vague and/or suggested</li> <li>Only <u>food safety training</u> is addressed (food handling permit, HACCP, etc.)</li> <li>Only mentions <u>pre-service</u> training</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>“All food service personnel will have adequate training in food service operations.”</li> <li>“Professional development training will be offered in the area of nutrition education for all interested MPS faculty and staff.” (NOTE: This is different than the coding for NE5=2 because the goal here is that all food service staff will have professional development whereas NE5 seeks to ensure that all staff will be provided the opportunity for professional development in NE.)</li> <li>“...we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers according to their level of responsibility.”</li> </ul>
		2	<u>Nutrition</u> training is required for food service staff. Providing only food safety training does not qualify for a “2.” <b>Example:</b> “...shall ensure that professional development in the area of food and nutrition is provided for food service staff.”

## Section 2. Standards for USDA Child Nutrition Programs and School Meals *(continued)*

US21	Addresses <u>school meal environment</u>	0	Not mentioned
		1	Vague and/or suggested
		2	Requires specific strategies (ensures adequate space/seating; supervision; a clean, pleasant environment; etc.) <b>Examples:</b> <ul style="list-style-type: none"> <li>• “Appropriate supervision shall be provided in the cafeteria and rules for safe behavior consistently enforced.”</li> <li>• “Students shall be provided a pleasant environment in which to eat lunch.”</li> </ul>
US22+	<u>Nutrition information</u> for school meals (e.g., calories, saturated fat, sugar) is available	0	Not mentioned
		1	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>• Vague and/or suggested</li> <li>• Only available upon request</li> </ul> <b>Example:</b> “...will provide nutrition information to parents <u>upon request</u> .”
		2	Specific and required <b>Example:</b> “...will share and publicize information about the nutritional content of meals with students and parents.”
US38a	Farm-to-school or farm-to-cafeteria program  <b>NOTE: This item is NOT competitive food-specific. It likely will apply to school meals but still code here.</b>  *If 23b=2 refer to 23b for coding guidance	0	Not mentioned
		1	Suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions  <b>Examples:</b> <ul style="list-style-type: none"> <li>• “Schools are encouraged to make available locally grown produce to students for all school meals and food items sold outside of the reimbursable school meal program.”</li> <li>• “Schools are encouraged to source fresh fruits and vegetables from local farmers where practicable.”</li> </ul>
		2	Required/definitively in place <b>Example:</b> “Produce from area farms shall be sold/served at all locations where F&B are sold/served.”

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

**Note:** This section relates to sale or service of foods outside USDA school meals. Do not count provisions in the USDA school meals section of the policy for items in this section. If the policy specifies regulations for “all foods” at school, and it is not clear whether the statement applies to either competitive foods or USDA school meals, apply those regulations to this section (Nutrition Standards for Competitive and Other Foods and Beverages) and to section 2 (Standards for USDA Child Nutrition Programs and School Meals).

- Some policies regulate foods “served” at school, while others only regulate foods “sold” at school. The distinction between “served” and “sold” is that “served” includes both foods that are “sold” and foods that are distributed without cost, such as foods served at birthday parties. Most items in this section refer to foods sold, but some refer to the broader category of foods served.
- For a policy to receive a minimum default code for mentioning U.S. Department of Health and Human Services (HHS) and U.S. Department of Agriculture (USDA) 2005 Dietary Guidelines for Americans, the policy must state “Dietary Guidelines.”
- A “time-specific” regulation is one that only applies during certain hours (e.g., when class is in session or during lunch).
- A “location-specific” regulation is one that only applies to certain places or grade levels (e.g., in cafeteria or certain grades within middle school).

**UIC Note:** “NG” items correspond with the “NS” items in the HER-version of the coding scheme. Also, see NG23b=2 for clarification on -9 coding.

**\*See Coding Appendix and decision rule table for several NG-related items**

NG23+*	<p><u>Federal Wellness:</u> Includes nutrition guidelines selected by the local education agency for ALL foods available on each school campus during the school day with the objective of promoting student health and reducing childhood obesity</p> <p><u>*See Coding Appendix for additional clarification</u></p>	<p><b>0</b></p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• No guidelines for competitive foods mentioned or language weaker than 1 code</li> <li>• Strives to/should meet the 2005 Dietary Guidelines for America</li> </ul>
		<p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Mentions districts guidelines but does not define them</li> <li>• Mentions plans to create guidelines</li> <li>• Only mentions federal law regarding the National School Lunch Program or Foods of Minimal Nutritional Value</li> <li>• Only mentions state guidelines (if the state has guidelines)</li> <li>• Only repeats the language of the federal wellness requirement regarding nutrition guidelines for all foods during the school day</li> <li>• Indicates guidelines are limited only to <u>particular places</u> (e.g., cafeteria), <u>times during the school day</u> (e.g., 30 minutes before to 30 minutes after the school lunch is served), or <u>categories of items</u> (i.e., food but not beverage; beverage but not food)</li> <li>• Guidelines are subject to principal’s discretion or weakened by other exceptions</li> <li>• Guidelines that require provision of healthy food choices to students <i>outside of the school meal program</i> and no other NG language included.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “<i>Nutritious meals served by the food services operation and other nutritious food choices served in district schools and district-sponsored events will comply with district guidelines and state and federal law,</i>” (and “district guidelines” are not defined in policy).</li> <li>• “<i>NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.</i>”</li> </ul>
		<p><b>2</b></p> <p>Requires specific district guidelines (that are not time- or location-specific), even if only in reference to <u>2005 Dietary Guidelines for Americans</u> and even if you feel the guidelines are weak (including guidelines that only apply to a percentage of items)</p> <p><b>Example:</b> “<i>All foods served during the school day shall meet district guidelines, which include...ensuring the provision of whole grains and fruits and vegetables.</i>”</p>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

SD	<p>Nutrition standards apply during the school day (SD)</p>	<p><b>Note:</b> The SD coding should be applied for each NG item, as appropriate, for each relevant grade level.</p> <p><b>Note2:</b> Code SD based on how the district defines SD. If SD is defined as only applying through the lunch period, that would count for SD coding. If SD is defined as also including before school, that would include SD and NG29.</p>
		<p>0 No mention of school day or NG applies at all times.</p>
		<p>1 NG item(s) limited to/applies only during the school day (SD)</p> <p><b>Example:</b> <i>“Beverages other than soda should/shall be limited to 100% juice drinks, water, and milk during the school day.”</i></p>
NG23b*	<p>Competitive food ban/cannot be sold</p> <p>*See Coding Appendix for additional clarification</p>	<p>0 Either of the following:</p> <ul style="list-style-type: none"> <li>• No suggestion of competitive food ban/not mentioned</li> <li>• Only prohibits sale of FMNVs in places where meals are served during mealtimes</li> </ul> <p><b>Example:</b> <i>“Competitive foods and beverages are prohibited from the start of breakfast until the end of the last lunch period <u>in places where school meals are served.</u>”</i></p>
		<p>1 <b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Competitive food ban suggested/encouraged (CSPI/NANA ES model language; see Appendix for coding examples) (Note: if 23b=1 and there are no other nutrition guidelines, code 24-26=1)</li> <li>• Competitive food ban is limited to certain hours</li> </ul> <p><b>Example:</b> <i>“Competitive foods and beverages may not be sold from the time of arrival of the first student at school until thirty minutes after the lunch period.”</i></p>
		<p>2 Bans the sale of competitive foods (<b>Note:</b> if 23b=2 and there are no other nutrition guidelines, code 24-26 as appropriate based on competitive foods and <u>code all other NGs as -9</u> (except 27, 28, 29, 30, 31, 32, 38, 38a, 40, 51)</p>
NG23c	<p>Vending/competitive food contract compliance with NG</p>	<p>0 <b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• No mention of vending/competitive food contracts</li> <li>• Vending/competitive food contracts do not have to follow NG</li> </ul>
		<p>1 Vague, suggested, location-specific, time-specific</p> <p><b>Example:</b> <i>“Upon expiration of the existing competitive food/vending contracts, all such contracts are <u>encouraged</u> to follow the district’s nutrition guidelines/standards.”</i></p>
		<p>2 Vending/competitive food contracts required to follow NG</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“The superintendent shall continually evaluate vending contracts. Vending contracts that do not meet the intent of this policy shall be modified accordingly or not renewed.”</i></li> <li>• <i>“Upon expiration of the existing vending/competitive food contracts, such contracts must be in accordance with the district’s nutrition standards or not be renewed.”</i></li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

Places food is available (NG24-NG28)

<p>NG24+*</p>	<p>Regulates <u>vending machines</u></p> <p>*See also Coding Appendix and decision rule table.</p>	<p><b>Note: If policy regulates “all foods” or “competitive foods,” code according to the strength of that statement</b></p> <p><b>0</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>No mention of vending machine regulations or umbrella statement regulating “all foods” or “competitive foods”</li> <li>Any language such as: “The district shall <i>monitor</i> all food and beverages [F&amp;B] sold or served to students, including those available outside of the federally regulated child nutrition programs (i.e., a la carte, vending, student stores, rewards, fundraising, etc.).</li> <li>Any language such as “should strive to sell only healthy foods in vending machines”</li> <li>Efforts to minimize sale of FMNVs.</li> <li>Strives to/should meet the 2005 Dietary Guidelines for Americans</li> <li>Mentions regulating food and beverages in vending machines/all food and beverages without specifying guidelines or mentions plans to create guidelines</li> </ul> <p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Vending machine regulations or umbrella statement regulating “all (competitive) foods” is vague, suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate vending machines or “all (competitive) foods”</li> <li>Regulations only apply to a very limited group of foods (e.g., prohibiting Foods of Minimal Nutritional Value [FMNV] in vending machines)</li> <li>Mentions only state guidelines regulating vending machine sales (and does not clarify what the state guideline is)</li> <li>Restrictions only apply to a percentage of food and/or beverage items or a limited set of items (e.g., fat content and soda, for example)</li> </ul> <p><b>(Note: if 23b=1 and there are no other nutrition guidelines, code 24-26=1)</b></p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Vending machines shall include items which are healthful.”</li> <li>“Vending machines shall be unplugged during lunch hour.”</li> <li>“FMNVs shall not be sold on school grounds at any time.”</li> <li>“Vending machine sales are in accordance with the state Public School Nutrition Policy.”</li> <li>“F&amp;B sales in vending machines will support healthy eating”</li> <li>“...all food and beverages sold will strive to support the district’s healthy eating guidelines”</li> <li>“The sale of food items during the school day shall be restricted to those items in categories of food that meet minimal nutritional value.”</li> <li>“The district shall consider sugar content, fat content, portion size, and lack of nutrients in all food and beverages sold or served to students.”</li> <li>“...75% of food and beverages sold in vending machines must meet district nutrition standards”</li> <li>“A minimum of 20% of snacks in vending, stores, concession, a la carte will be considered health snack offerings.”</li> <li>“NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.”</li> </ul> <p><b>2</b></p> <p>Requires regulation of ALL vending machine items or umbrella statement regulating “all (competitive) foods.” For a “2,” the regulation must meet <b>one of the following:</b></p> <ul style="list-style-type: none"> <li>Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, and saturated fat content of <u>ALL</u> items sold);</li> <li>Provide a specific and <u>restricted</u> list of food items allowed to be sold in vending machines or at all times (e.g., limiting vending to only water, fruits, vegetables, whole grains, and nuts);</li> <li>Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) in vending machines or at all times; OR</li> <li>Prohibit vending machines</li> </ul> <p><b>(Note: if 23b=2 and there are no other nutrition guidelines, code 24-26 as appropriate based on competitive foods)</b></p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Elementary school: The sale of food and beverage items is limited to the sale of items sold in connection with the school lunch and breakfast program.”</li> </ul>
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## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (*continued*)

<p>NG25+*</p>	<p>Regulates <u>school stores</u></p> <p>*See also Coding Appendix and decision rule table</p>	<p><b>Note: If policy regulates “all foods” or “competitive foods,” code according to the strength of that statement</b></p>
		<p><b>0</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>No mention of school store regulations or umbrella statement regulating “all (competitive) foods”</li> <li>Any language such as: “The district shall <i>monitor</i> all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs (i.e., a la carte, vending, student stores, rewards, fundraising, etc.).</li> <li>Any language such as: “...should strive to sell healthy food and beverages in school stores”</li> <li>Efforts to minimize sale of FMNVs.</li> <li>Strives to/should meet the 2005 Dietary Guidelines for Americans</li> <li>Mentions regulating food and beverages/all food and beverages in school stores without specifying guidelines or mentions plans to create guidelines</li> </ul>
		<p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>School store regulations or umbrella statement regulating “all (competitive) foods” is vague, suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate school stores or “all (competitive) foods”</li> <li>Regulations only apply to a very limited group of foods (e.g., prohibiting FMNV’s in school stores)</li> <li>Mentions only state guidelines regarding school store sales.</li> <li>Restrictions only apply to a percentage of food and/or beverage items or a limited set of items (e.g., fat content and soda, for example)</li> </ul> <p><b>(Note: if 23b=1 and there are no other nutrition guidelines, code 24-26=1)</b></p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“...ensure some healthy options are sold at school stores.”</li> <li>“sales of food and beverages in school stores must comply with the state Public School Nutrition Policy”</li> <li>“..school stores shall strive to include healthy choices for sale...”</li> <li>“all food and beverages sold will strive to support the district’s healthy eating guidelines”</li> <li>“The sale of food items during the school day shall be restricted to those items in categories of food that meet minimal nutritional value.”</li> <li>“The district shall consider sugar content, fat content, portion size, and lack of nutrients in all food and beverages sold or served to students.”</li> <li>“...50% of food and beverages sold in stores must meet the district nutrition standards”</li> <li>“NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.”</li> </ul>
		<p><b>2</b></p> <p>Requires regulation of ALL school store items or umbrella statement regulating “all (competitive) foods.” For a “2,” the regulation must meet <b>one of the following:</b></p> <ul style="list-style-type: none"> <li>Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, and saturated fat content of <u>ALL</u> items sold)</li> <li>Provide a specific and <u>restricted</u> list of food items allowed to be sold in school stores or at all times (e.g., limiting food sales to only water, fruits, vegetables, whole grains, and nuts)</li> <li>Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) in school stores or at all times</li> </ul> <p><b>(Note: if 23b=2 and there are no other nutrition guidelines, code 24-26 as appropriate based on competitive foods)</b></p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Elementary school: The sale of food and beverage items is limited to the sale of items sold in connection with the school lunch and breakfast program.”</li> </ul>

**Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)**

NG26+\*

Regulates food service a la carte OR food sold as an alternative to the reimbursable school meal program (if not defined as to what this means)

\*See also Coding Appendix and Decision Rule Table

	<p><b>Note: If policy regulates “all foods” or “competitive foods,” code according to the strength of that statement; if policy addresses food and/or beverage sold by food service program /child nutrition programs etc. but the policy is silent on a la carte, give credit for a la carte</b></p>
0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>No mention of a la carte regulations or umbrella statement regulating “all (competitive) foods”</li> <li>Language such as: “The district shall <i>monitor</i> all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs (i.e., a la carte, vending, student stores, etc.)”</li> <li>Any language such as “...should strive to sell healthy a la carte F&amp;B</li> <li>Efforts to minimize sale of FMNVs.</li> <li>Strives to/should meet the 2005 Dietary Guidelines for Americans</li> <li>Mentions regulating a la carte/all F&amp;B without specifying guidelines or mentions plans to create guidelines</li> </ul>
1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>A la carte regulations or umbrella statement regulating “all (competitive) foods” is vague, suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate food service a la carte or “all (competitive) foods”</li> <li>Regulations only apply to a limited group of foods (e.g. prohibiting FMNVs)</li> <li>A la carte sales must comply with state guidelines</li> <li>Restrictions only apply to a percentage of food and/or beverage items or a limited set of items (e.g., fat content and soda, for example)</li> </ul> <p><b>(Note: if 23b=1 and there are no other nutrition guidelines, code 24-26=1)</b></p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“all food and beverages sold will strive to support the district’s healthy eating guidelines”</li> <li>“food service shall strive to include some healthy choices (choices listed) for all a la carte food sales”</li> <li>“The sale of food items during the school day shall be restricted to those items in categories of food that meet minimal nutritional value.”</li> <li>“The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</li> <li>“...50% of a la carte F&amp;B items must meet district nutrition standards”</li> <li>“NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors..”</li> </ul>
2	<p>Requires regulation of ALL a la carte items or umbrella statement regulating “all (competitive) foods.” For a “2,” the regulation must meet <b>one of the following:</b></p> <ul style="list-style-type: none"> <li>Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, or saturated fat content of <u>ALL</u> items sold)</li> <li>Provide a specific and <u>restricted</u> list of food items allowed to be sold a la carte or at all times (e.g., limiting food sales to only fruits, vegetables, and whole grains)</li> <li>Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) a la carte or at all times</li> <li>Prohibits competitive foods during meal periods.</li> </ul> <p><b>(Note: if 23b=2 and there are no other nutrition guidelines, code 24-26 as appropriate based on competitive foods)</b></p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Elementary school: The sale of food and beverage items is limited to the sale of items sold in connection with the school lunch and breakfast program.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

NG27+*	Regulates food served at <u>class parties</u> and other school <u>celebrations</u>	0   Not mentioned
		<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Regulations for class parties or umbrella statement regulating “all (competitive) foods” <u>served/distributed/available</u> is vague, suggested, time- or location-specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate class parties or “all (competitive) foods <u>served/distributed/available</u>”</li> <li>Regulations only apply to a very limited group of foods (e.g., prohibiting Foods of Minimal Nutritional Value [FMNV] at all times)</li> <li>Regulations for class parties are required but weakened (e.g., by allowing one traditional party food)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“District encourages healthy snacks at parties.”</li> <li>“Celebrations involving food during the school day shall be at the discretion of the school principal.”</li> <li>“The school food environment (including celebrations) on balance and over time should be consistent with healthy food guidelines.”</li> <li>“...permits only one birthday party per month.”</li> <li>“The district shall provide parents with a list of foods that meet the Board’s snack standards for healthy celebrations/ parties, rewards, and fundraising activities...” (and no other mention of celebrations/parties included in the policy)</li> <li>“The district should regulate all food and beverages sold/served as part of classroom activities.”</li> <li>“Classroom parties will offer minimal amounts of foods (maximum 2-3 items) that contain added sugar as the first ingredient and will provide the following: fresh fruits and vegetables, water, 100% fruit juice, or milk”</li> <li>“...classroom parties, celebrations, etc. shall be limited to one snack and one beverage (100% juice, water, or milk)”</li> <li>“The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</li> <li>“NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors..”</li> <li>“All F&amp;B available will meet the 2005 Dietary Guidelines for Americans.”</li> </ul>
		<p>1</p> <p>Requires regulation of ALL foods <u>served/distributed/available</u> at class parties or umbrella statement regulating “all foods <u>served/distributed/available</u>.” For a “2,” the regulation must apply to food <u>served/distributed/available</u> and meet <b>one of the following criteria:</b></p> <ul style="list-style-type: none"> <li>Regulate nutritional quality of each individual item <u>served/distributed/available</u> (e.g., regulating maximum calorie, sugar, or saturated fat content of ALL items)</li> <li>Provide a specific and <u>restricted</u> list of food items allowed to be <u>served/distributed/available</u> at class parties or at all times (e.g., limiting to fruits and whole grains)</li> <li>Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) from being <u>served/distributed/available</u> at class parties/celebrations or at all times</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Foods and beverages <u>served</u> at school celebrations must meet the District’s <u>Nutritional Standards</u>,” (and standards are defined).</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

NG28*	Regulates food <u>from home for the whole class</u>	<b>Note: If not mentioned, assign the same code as NG27</b>	
		0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Regulations for food served in the classroom or umbrella statement regulating all foods <u>served/distributed/available</u> at school are vague, suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions</li> <li>The 2005 Dietary Guidelines for Americans and no other standards are mentioned to regulate food <u>served/distributed/available</u> in the classroom or "all (competitive) foods"</li> <li>Regulations only apply to a very limited group of foods (e.g., prohibiting Foods of Minimal Nutritional Value [FMNV]) at all times</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Classroom snacks shall <u>feature</u> healthy choices that meet the District's Nutrition Standards."</li> <li>"The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students."</li> <li>"NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's nutrition services department or contracted vendors.."</li> <li>"All F&amp;B available will meet the 2005 Dietary Guidelines for Americans."</li> </ul>
2	<p>Requires regulation of ALL foods <u>served/distributed/available</u> in the classroom or umbrella statement regulating "all foods <u>served/distributed/available</u>." For a "2," the regulation must apply to food <u>served/distributed/available</u> and meet <b>one of the following criteria:</b></p> <ul style="list-style-type: none"> <li>Regulate nutritional quality of each individual item <u>served/distributed/available</u> (e.g., regulating maximum calorie, sugar, or saturated fat content of <u>ALL</u> items)</li> <li>Provide a specific and <u>restricted</u> list of food items allowed to be <u>served</u> in the classroom or at all times (e.g., limiting to fruits and whole grains)</li> <li>Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) from being <u>served</u> in the classroom or at all times</li> </ul>		

*Times food is sold (NG29-NG31)*

Note: Definitions of "before school," "school day," and "after school" vary by state. Check the appropriate state definition (if there is no state definition, check local district definition) and code accordingly.

NG29	Regulates food sold before school	<b>Note: Regulations that apply to "all times," to "all foods on school grounds," "upon first student arrival," or "30 minutes before the SD," also apply "before school," and therefore should be coded according to the strength of that statement.</b>	
		0	No mention of nutrition standards for food sold before school
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Regulation of food sold before school are vague, suggested, location-specific, subject to principal's discretion, or weakened by other exceptions</li> <li>The 2005 Dietary Guidelines for Americans and no other standards are mentioned to regulate food sold before school</li> <li>Regulations of food sold before school only apply to a very limited group of foods (e.g. prohibiting Foods of Minimal Nutritional Value [FMNV])</li> <li>Restrictions apply to a percentage of items or only food or beverages (but not both)</li> </ul> <p><b>Example:</b> "50% of beverages sold to students ½ hour before the start of the SD will be limited to water, juice, and milk."</p>
2	<p>Requires specific nutrition standards that apply to food sold before school, and the standards meet <b>one of the following criteria:</b></p> <ul style="list-style-type: none"> <li>Regulate nutritional quality of each individual item sold before school (e.g., regulating maximum calorie, sugar, or saturated fat content of <u>ALL</u> items sold)</li> <li>Provide a specific and <u>restricted</u> list of food items allowed to be sold before school (e.g., limiting sales to water fruits, vegetables, whole grains, and nuts)</li> <li>Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) from being sold before school</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"The sale of competitive foods are prohibited from the time of the first student arrival until the end of the school day."</li> <li>"The sale of competitive foods are prohibited from 30 minutes before the start of the SD to the end of the school day."</li> </ul>		

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

NG30	Regulates food sold after school (beyond district-run after school programs)	<p><b>Note:</b> Regulations that apply at “<u>all times</u>” or to “<u>all foods on school grounds</u>” also apply to “after school,” and therefore should be coded according to the strength of that statement.</p>
		<p><b>0</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>No mention of nutrition standards for food sold after school</li> <li>Only applies for a very limited amount of time following the SD (e.g., 45 minutes following the SD, immediately following the SD)</li> <li>Policy exempts athletics, band, other school-sponsored after-school activities from the nutrition standards following the SD</li> <li>Nutrition guidelines only apply to after-care/after school daycare programs.</li> </ul>
		<p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Regulations of food sold after school are vague, suggested, location-specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate food sold after school</li> <li>Regulations of food sold after school only apply to a very limited group of foods (e.g. prohibiting Foods of Minimal Nutritional Value [FMNV])</li> </ul> <p><b>Example:</b> “All F&amp;B made available on campus, including concessions and a la carte items will be consistent with the USDA 2005 Dietary Guidelines for Americans.”</p>
		<p><b>2</b></p> <p>Requires specific nutrition standards that apply to food sold after school, and the standards meet <b>one of the following criteria:</b></p> <ul style="list-style-type: none"> <li>Regulate nutritional quality of each individual item sold after school (e.g., regulating maximum calorie, sugar, or saturated fat content of <u>ALL</u> items sold)</li> <li>Provide a specific and <u>restricted</u> list of food items allowed to be sold after school (e.g., limiting sales to water, fruits, vegetables, whole grains, and nuts)</li> <li>Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) from being sold after school</li> </ul> <p><b>Example:</b> “Competitive foods may not be sold at any time on school grounds.”</p>
NG31	Regulates food sold at <u>evening and community events on school grounds</u> (e.g., concessions at athletic events, dances, or performances)	<p><b>Note:</b> Unless otherwise defined, “<u>at all times</u>” refers to all times students are in the custody of the school. Because evening and community events are open to the public, and children attending are no longer in the custody of the school, only the phrase “<u>at all times on school grounds</u>” is specific enough to include evening and community events on school grounds.</p>
		<p><b>0</b></p> <ul style="list-style-type: none"> <li>No mention of nutrition standards for food at evening or community events</li> <li>Policy references nutrition guidelines only applying to athletic events/ concession sales <u>during the school day</u>.</li> <li>Policy only addresses “events” without indicating “evening,” “community,” “all times on school grounds,” “athletic events,” etc.</li> <li>Strives to/should meet the 2005 Dietary Guidelines for Americans</li> </ul>
		<p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Regulations of food sold at evening and community events are vague, suggested, location-specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate food sold at evening and community events</li> <li>Regulations of food at evening and community events only apply to a limited group of foods (e.g. prohibiting FMNVs) or a percentage of items sold</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Will promote availability of nutritional snacks at athletic events.”</li> <li>“Local wellness policy goals will be considered in planning all school-based activities (e.g., school events, field trips, dances, and assemblies)”</li> <li>Encourage that healthy food and beverage options are included at concessions at school-related events outside of the school day.</li> <li>“All F&amp;B made available on campus, including concessions and a la carte items, will be consistent with the USDA 2005 Dietary Guidelines for Americans.”</li> </ul>
		<p><b>2</b></p> <p>Requires specific nutrition standards that apply to food sold at evening and community events on school grounds and the standards meet <b>one of the following criteria:</b></p> <ul style="list-style-type: none"> <li>Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, or saturated fat content of ALL items sold)</li> <li>Provide a specific and <u>restricted</u> list of food items allowed to be sold (e.g., limiting sales to water, fruits, vegetables, whole grains, and nuts)</li> <li>Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) from being sold at evening and community events</li> </ul> <p><b>Example:</b> “Food or beverages sold or served on school grounds or for activities shall meet the District’s nutrition standards,” (and district standards are defined in policy).</p>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

NG32	Regulates food sold for <u>fundraising</u>	<p><b>Note: Must specifically address “fundraising” for a code of a “1” or “2.” Regulating “all foods” during “the school day” or “at all times on school grounds” does not qualify because fundraising can occur off school grounds (e.g., catalogue orders, selling candy or cookies).</b></p>
		<p><b>0</b></p> <p><b>Any of the following</b></p> <ul style="list-style-type: none"> <li>• No mention of nutrition standards for food sold for fundraising</li> <li>• Strives to/should meet the 2005 Dietary Guidelines for Americans</li> <li>• Mentions regulating F&amp;B sold for fundraising/all F&amp;B without specifying guidelines</li> <li>• Mentions plans to establish guidelines for school-sponsored fundraising that involves selling food without mentioning guidelines, healthy food, etc.</li> </ul>
		<p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Regulations of food sold for fundraising are vague, suggested, time- or location-specific (e.g., “during school day” or “on school grounds”), subject to principal’s discretion, or weakened by other exceptions</li> <li>• The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate food sold for fundraising</li> <li>• Regulations of food sold for fundraising only apply to a limited group of foods (e.g. prohibiting FMNVs) or a percentage of items sold</li> <li>• Regulations for food sold for fundraising only applies to fundraisers held at school during the school day (i.e., exempts after-school fund-raising activities”)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “...strongly encouraging the use of only non-food items to raise funds.”</li> <li>• “...requiring administrative approval for all fundraisers.”</li> <li>• “The district shall provide parents with a list of foods that meet the Board’s snack standards for healthy celebrations/ parties, rewards, and fundraising activities...” (and no other language related to fundraising included in the policy)</li> <li>• “...fundraising activities will strive to support healthy eating and wellness.”</li> </ul>
<p><b>2</b></p> <p>Requires specific nutrition standards that apply to food sold for fundraising and the standards meet <b>one of the following criteria:</b></p> <ul style="list-style-type: none"> <li>• Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, or saturated fat content of ALL items sold)</li> <li>• Provide a specific and <u>restricted</u> list of food items allowed to be sold (e.g., limiting sales to water, fruits, vegetables, whole grains, and nuts)</li> <li>• Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) from being sold for fundraising</li> <li>• Prohibits the sale of food for fundraising</li> </ul> <p><b>Example:</b> “Foods purchased to raise funds must also meet the District’s nutrition standards,” (and standards are defined in policy).</p>		

**Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)**

NG40+	Addresses food not being used as a <u>reward</u> and/or withheld as a <u>punishment</u>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Encourages the use of healthy food as a reward (not “ONLY” allowing)</li> <li>• Discourages using unhealthy food as a reward (e.g., donuts, FMNVs, etc.)</li> <li>• Only addresses withholding meals as punishment.</li> <li>• Use of food as a reward in instructional programs shall require superintendent approval</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The district will provide teachers with guidelines on the use of food as a reward without specifying guidelines.”</li> <li>• “Staff are encouraged to limit the use of non-nutritious food as a reward/incentive and to promote nutritious options.”</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Discourages food as a reward or punishment</li> <li>• Only allows healthy food as a reward</li> <li>• Prohibits or discourages food as punishment but does not prohibit food as a reward</li> <li>• Strong language for food as punishment but weaker language for food as a reward</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “No punitive or disciplinary action shall be taken that would deny a student lunch or snack time” (and policy does not address food as a reward).</li> <li>• “...strongly discourage the use of food/beverages as a reward or punishment.”</li> <li>• “...will encourage non-food alternatives as rewards.”</li> <li>• “Only healthy foods will be used as a reward.”</li> <li>• “Food shall not be withheld as punishment and should not be used as a reward.”</li> <li>• “Schools are encouraged to not use food or beverages that do not meet the nutrition standards for F&amp;B sold individually as rewards, and will not withhold food or beverages as punishment.”</li> <li>• “Teachers shall not use food as a reward, especially those that do not meet the nutrition standards.”</li> </ul>
		2	<p>Prohibits food as a reward (even if using food as a punishment is not mentioned). Prohibition of food as a reward with the exception of Individual(ized) Academic Plans (IAP) or Individual(ized) Education Plans (IEP) still qualifies for a “2.”</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior.”</li> <li>• “The use of food or candy as a classroom reward for any school is prohibited.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

### Nutrition standards for competitive and other foods (NG33-38)

NG33+*	Addresses limiting <u>sugar</u> content of foods	*See also Coding Appendix and decision rule table. *If 23b=2 refer to 23b for coding guidance	0	Not mentioned. If policy specifies <u>2005 Dietary Guidelines for Americans</u> and <u>no other standards</u> , code as a "0." Only regulating/limiting candy does not qualify for a "1" or "2."
			1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Limit is not quantified</li> <li>Limit is suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions</li> <li>Restrictions on sugar only apply to a percentage of food items</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Dry snacks sold at the K-8 level shall follow District Nutrition Standards <u>minimizing</u> the content of...sugar."</li> <li>"Prohibits foods listing sugar, corn syrup, or other caloric sweeteners as the first ingredient."</li> <li>"Schools shall discourage consumption of sugary foods."</li> <li>"The district will encourage students to make nutritious food choices and will ensure that...schools regulate the sale of foods high in...added sugars."</li> <li>"The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students."</li> <li>"...50% of food items sold must prohibit sugar as the first ingredient"</li> <li>"NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's nutrition services department or contracted vendors.."</li> </ul>
			2	<p>Quantified and required limit</p> <p><b>Example:</b> "K-12 school food service, school store, and school vending machines sale of individual snack items per package shall include no more than 35% sugar by weight."</p>
NG34+*	Addresses limiting <u>fat</u> content of foods	*See also Coding Appendix and decision rule table. *If 23b=2 refer to 23b for coding guidance	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Indicates that schools shall "<i>strive</i>" to meet or "<i>should</i>" meet the 2005 Dietary Guidelines.</li> </ul> <p><b>Example:</b> "...must include items that meet the 2005 Dietary Guidelines for Americans."</p>
			1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Limit is not quantified</li> <li>Limit is suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions</li> <li>Specifies <u>2005 Dietary Guidelines for Americans</u> and no other standards (applies to all food items)</li> <li>Restrictions on fat content only apply to a percentage of food items</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"All food and beverages available to students at school are recommended to be food items low in fat..."</li> <li>"The district will encourage students to make nutritious food choices and will ensure that...schools regulate the sale or serving of foods high in fat, sodium, or added sugars."</li> <li>"The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students."</li> <li>"...50% of food items must contain no more than 40% of total calories from fat"</li> <li>"NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's nutrition services department or contracted vendors."</li> </ul>
			2	<p>Quantified and required limit</p> <p><b>Example:</b> "K-12 school food service, school store, and school vending machine sales of individual snack items per package shall include no more than 35% of calories from fat and nine grams maximum per serving with the exception of nuts."</p>



## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

NG35*	Addresses limiting <u>sodium</u> content of foods  *See also Coding Appendix and decision rule table. *If 23b=2 refer to 23b for coding guidance	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Indicates that schools shall “<i>strive</i>” to meet or “<i>should</i>” meet the USDA 2005 Dietary Guidelines.</li> </ul> <p><b>Example:</b> “...must include items that meet the 2005 Dietary Guidelines for Americans.”</p>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified</li> <li>• Limit is suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>• Specifies <u>2005 Dietary Guidelines for Americans</u> and no other standards (applies to all food items)</li> <li>• Restrictions on sodium only apply to a percentage of food items</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “<i>Foods to avoid—consume only occasionally: high sodium foods (luncheon meats, cheeses, salty popcorn, pickles).</i>”</li> <li>• “<i>The district will encourage students to make nutritious food choices and will ensure that...schools regulate the sale or serving of foods high in fat, sodium, or added sugars.</i>”</li> <li>• “<i>...50% of food items must contain no more than 600mg of sodium</i>”</li> <li>• “<i>NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.</i>”</li> </ul>
		2	<p>Quantified and required limit</p> <p><b>Example:</b> “<i>A snack food item sold individually shall contain no more than 240 mg of sodium per serving, and an individually sold entree shall contain no more than 600 mg of sodium per serving.</i>”</p>
NG36+*	Addresses limiting <u>calorie content per serving size</u> of foods  *See also Coding Appendix and decision rule table. *If 23b=2 refer to 23b for coding guidance	0	<p>Not mentioned. If policy specifies <u>2005 Dietary Guidelines for Americans</u> and <u>no other standards</u>, code as a “0.” Limiting calories from fat, sugar, or any other group of nutrients does not qualify for a “1” or “2.” Provisions related to limiting “additional caloric sweeteners” also do not qualify for a “1” or “2.”</p>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified</li> <li>• Limit is suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>• Restrictions only apply to a percentage of food items</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “<i>Foods sold outside of the National School Lunch Program shall contain a <u>reasonable</u> number of calories per package.</i>”</li> <li>• “<i>...50% of food items must contain no more than 300 calories/serving</i>”</li> </ul>
		2	<p>Quantified and required limit</p> <p><b>Example:</b> “<i>Individually sold snack items shall not exceed 200 calories per package.</i>”</p>
NG37*	Addresses limiting <u>serving size</u> of foods  *See also Coding Appendix and decision rule table. *If 23b=2 refer to 23b for coding guidance	0	<p>Not mentioned. If policy specifies <u>2005 Dietary Guidelines for Americans</u> and <u>no other standards</u>, code as a 0.</p>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified/specific</li> <li>• Limit is specific but suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>• Restrictions only apply to a percentage of food items</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “<i>All food shall be sold in <u>appropriate</u> portion sizes.</i>”</li> <li>• “<i>Schools will encourage healthy snack choices in appropriate portion sizes.</i>”</li> <li>• “<i>The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.</i>”</li> <li>• “<i>NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.</i>”</li> </ul>
		2	<p>Quantified/specific and required limit</p> <p><b>Example:</b> “<i>Individual items shall not exceed one serving per package.</i>”</p>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

NG38*	<p>Addresses increasing “whole foods:” whole grains, unprocessed foods, or fresh produce</p> <p>*See Coding Appendix and decision rule table for additional guidance. *If 23b=2 refer to 23b for coding guidance</p>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Mentions only dried fruit, fruit juice, fruit roll-ups, etc.</li> <li>• Indicates that schools shall “<i>strive</i>” to meet or “<i>should</i>” meet the USDA 2005 Dietary Guidelines.</li> <li>• Reference to whole grains, fresh fruits, etc., only relative to school meals</li> <li>• Mentions only high-fiber items or items high in fiber.</li> </ul> <p><b>Example:</b>     “...<i>must include items that meet the 2005 Dietary Guidelines for Americans.</i>”</p>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Encourages offering/consumption of whole grains, unprocessed foods, or fresh produce</li> <li>• Farm to School program is suggested</li> <li>• Specifies <u>2005 Dietary Guidelines for Americans</u> and no other standards</li> <li>• List of food items includes fruits/vegetables that may include but are not limited to a list of items including non-fresh fruits/vegetables (e.g., dried/canned fruits/vegetables)</li> </ul> <p><b>Example:</b>     “<i>Schools are encouraged to make available locally grown produce to students for all school meals and food items sold outside of the reimbursable school meal program.</i>”</p>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Definitely offering whole grains, unprocessed foods, or fresh produce</li> <li>• Farm to School program is required or definitively in place</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “<i>At least half of the grains served will be whole grains.</i>”</li> <li>• “<i>Only brown rice shall be served.</i>”</li> <li>• “<i>Produce from area farms shall be sold/served at all locations where F&amp;B are sold/served.</i>”</li> </ul>

*Other nutrition standards for competitive and other foods or beverages (NG39-NG41)*

NG39	<p>Addresses limiting the use of <u>ingredients with questionable health effects</u> in food or beverages (e.g., artificial sweeteners, processed or artificial foods, <i>trans</i> fats, high fructose corn syrup [HFCS], saccharin)</p> <p>*If 23b=2 refer to 23b for coding guidance</p>	0	<p>Not mentioned. If policy specifies <u>2005 Dietary Guidelines for Americans</u> and <u>no other standards</u>, code as a “0.”</p>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Discourages use of these ingredients</li> <li>• Limit is suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “<i>We will make every effort to limit sales of snacks with high fructose corn syrup.</i>”</li> <li>• “<i>The level of trans fats will be as low as possible.</i>”</li> </ul>
		2	<p>Required and quantified limits or prohibition</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “<i>All foods available at school shall be...trans fat free.</i>”</li> <li>• “<i>...shall contain no more than 2 grams per serving of saturated and trans fat combined.</i>”</li> </ul>

NG41+	<p><u>Nutrition information</u> (e.g., calories, saturated fat, sugar) available for foods <u>other than school meals</u></p> <p>*If 23b=2 refer to 23b for coding guidance</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• “Nutrition information and education shall be offered throughout the school campus and based on the USDA 2005 Dietary Guidelines” (Not clear that this is specific to actual F&amp;B items sold/served)</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Vague and/or suggested</li> <li>• Only available upon request</li> </ul>
		2	<p>Required</p> <p><b>Example:</b>     “...<i>shall provide parents and students a list of detailed nutrition information on all foods and beverages sold at school.</i>”</p>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

### Nutrition standards for competitive and other beverages (NG42-NG50)

NG42*	Addresses limiting <u>sugar</u> content of beverages  See Coding Appendix for additional guidance *If 23b=2 refer to 23b for coding guidance	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Indicates that competitive beverages “should include” specific beverage items.</li> <li>• Fruit juice/drinks contain less than 50% juice</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Competitive beverages should include milk, water, and 100% juice.”</li> <li>• “Sale of beverages is limited to 100% fruit/vegetable juice and fruit/vegetable juice with at least 10% fruit/vegetable juice.”</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified/specific</li> <li>• Limit is suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions</li> <li>• Restriction only applies to a percentage of beverages</li> <li>• Indicates that competitive beverages “must/shall include” specific beverage items (which includes 100% juice)</li> <li>• Fruit /juice drinks containing at least 50% juice</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “... prohibits beverages that contain sugar, corn syrup, or any other caloric sweetener as the first ingredient.”</li> <li>• “...discourages sugar-laden beverages.”</li> <li>• “...shall prohibit soda and allow only water and beverages that are at least 50% juice.”</li> <li>• “...allows water and beverages that are less than 100% juice”</li> <li>• “...50% of beverages must contain no caloric sweeteners”</li> <li>• “The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</li> <li>• “Competitive beverages must include 100% juice, milk, water, noncarbonated drinks, and electrolyte replacement drinks.”</li> <li>• Beverages are limited to water, milk, and 50% juice with no added sweeteners.”</li> <li>• “50% of beverages must be 100% juice, milk, water, and electrolyte replacement drinks.”</li> </ul>
		2	<p>Quantified/specific and required limit</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Beverages with added sugars are not allowed.”</li> <li>• “Only water and 100% juice will be allowed at school.”</li> <li>• “Prohibits the sale of beverages with additional caloric sweeteners.”</li> </ul>
NG43*	Addresses limiting <u>fat</u> content of drinks (other than milk [e.g., milkshakes or smoothies])  <u>*See Coding Appendix for additional guidance</u> *If 23b=2 refer to 23b for coding guidance	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified/specific</li> <li>• Limit is suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions</li> <li>• Restriction only applies to a percentage of beverages</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</li> </ul>
		2	<p>Quantified/specific and required limit</p> <p><b>Example:</b> “Only water and 100% juice will be allowed at school.”</p>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (*continued*)

NG44+*	<p>Addresses limiting <u>calorie content</u> per serving size of beverages</p> <p>*See Coding Appendix for additional guidance *If 23b=2 refer to 23b for coding guidance</p>	0	<p>Either of the following:</p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Language referring to limiting “additional caloric sweeteners” and no other mention of calories</li> </ul>
		1	<p>Any of the following:</p> <ul style="list-style-type: none"> <li>• Limit is not quantified</li> <li>• Limit is suggested, time- or location-specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>• Restriction only applies to a percentage of beverages</li> </ul>
		2	<p>Quantified and required maximum number of calories permitted per beverage or serving size</p>
NG45+*	<p>Addresses limiting <u>regular (sugar-sweetened) soda</u></p> <p>*See Coding Appendix for additional guidance *If 23b=2 refer to 23b for coding guidance</p>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Only prohibits FMNVs during meal times or indicates that FMNVs should not be used as a source of revenue for the food service program.</li> <li>• Encourages minimizing FMNVs on school campuses</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“The food service program shall strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of FMNVs.”</i></li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Regular soda is limited but not prohibited</li> <li>• Prohibition of regular soda is suggested, time- or location-specific, or overridden by principal’s discretion</li> <li>• Restriction only applies to a percentage of beverages</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“If available, food and beverages sold individually <u>should</u> be limited to low-fat and non-fat milk, fruits, and non-fried vegetables” (NANA model see APPENDIX)</i></li> <li>• <i>“50% of beverages must be 100% juice, milk, water, and electrolyte replacement drinks.”</i></li> </ul>
		2	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Regular soda is prohibited</li> <li>• Foods of Minimal Nutritional Value (FMNV) are prohibited at all times on school grounds. Prohibiting FMNV qualifies for a “2” because the definition of FMNV includes soda.</li> <li>• Soda is prohibited except for use by the school nurse</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Soda will not be available on school grounds.”</i></li> <li>• <i>“Only water, 100% juice, and milk will be sold at school.”</i></li> <li>• <i>“Approved beverages: milk, milk products, 100% juice, water”</i></li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (*continued*)

NG46+*	<p>Addresses limiting <u>beverages other than soda containing added caloric sweeteners</u> such as sweetened teas, juice drinks, energy drinks and sports drinks</p> <p>*See Coding Appendix for additional guidance *If 23b=2 refer to 23b for coding guidance</p>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Only bans FMNVs.</li> <li>• Allows beverages with added caloric sweeteners at all times.</li> <li>• Percent of beverages must meet the nutrition guidelines and allows electrolyte replacement drinks/isotonic/sports drinks</li> <li>• Indicates that competitive beverages “must/shall include” beverages beyond milk, 100% juice, and water (includes noncarbonated drinks, electrolyte replacement drinks/isotonic/sports drinks)</li> <li>• Fruit juice/drinks contain less than 50% juice</li> <li>• Allows <u>more than</u> 1 other sugar sweetened beverage (beyond soda)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “50% of beverages must be 100% juice, milk, water, and electrolyte replacement drinks.”</li> <li>• Allowed beverages include milk, water, 100% juice, energy drinks, and electrolyte replacement beverages</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Other beverages with caloric sweeteners are limited but not prohibited</li> <li>• Prohibition is suggested, time- or location-specific, or item-specific (e.g., isotonic drinks, teas, etc.) subject to principal’s discretion, or weakened by other exceptions</li> <li>• Restriction applies to a percentage of beverages</li> <li>• Indicates that competitive beverages “must/shall include” specific beverage items that are limited to 100% juice, milk, and water.</li> <li>• Fruit/juice drinks containing at least 50% juice</li> <li>• Allows <u>only</u> 1 other sugar sweetened beverage (beyond soda)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• If available, food and beverages sold individually <u>should</u> be limited to low-fat and non-fat milk, fruits, and non-fried vegetables” (NANA model see APPENDIX)</li> <li>• “...50% of beverages will be water, 100% juice, and milk”</li> <li>• “All beverage machines must/shall include 100% juice, milk, and water.”</li> <li>• Beverages are limited to water, milk, and 50% juice with no added sweeteners.”</li> <li>• “Allowed beverages are limited to milk, water, 100% juice, and sports drinks.”</li> </ul>
		2	<p>Other beverages with added caloric sweeteners are prohibited</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Only milk, water, and 100% juice will be available at school.”</li> <li>• “Approved beverages: milk, milk products, 100% juice and water”</li> </ul>
NG47	<p>Addresses limiting <u>sugar/calorie</u> content of <u>flavored milk</u></p> <p>*If 23b=2 refer to 23b for coding guidance</p>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified</li> <li>• Limit is suggested, time- or location-specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>• A percentage of beverages must meet sugar/calorie provisions for milk</li> </ul>
		2	<p>Quantified limit for sugar or calories</p> <p><b>Example:</b> “Milk shall contain no more than 22 g of sugar per 8 ounces.”</p>
NG48+*	<p>Addresses limiting <u>fat</u> content of <u>milk</u></p> <p>*See Coding Appendix for additional clarification *If 23b=2 refer to 23b for coding guidance</p>	0	Not mentioned. Mentioning nonfat or low-fat dairy <u>products/foods</u> does not qualify for a “1” or “2.” If policy explicitly allows whole milk, code as a “0.”
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limiting milk to only low-fat (1%) or non-fat/skim is specified but suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>• Full-fat milk is prohibited, but reduced-fat (2%) milk is allowed</li> <li>• Policy mentions that non-fat/skim, low-fat (1%), or reduced-fat (2%) milk are “allowed,” “offered,” or “provided” without specifying “<u>only</u>”</li> <li>• Restrictions on fat content of milk only apply to a percentage of beverages</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “In high school, reduced fat, low-fat or skim milk may be sold.”</li> <li>• “Schools shall offer fat-free milk where beverages are sold.”</li> <li>• “At least 50% of beverage selections...shall be 100% fruit juice, <u>low fat or fat free milk</u>, and unflavored or unsweetened water.”</li> </ul>
		2	<p><u>Only</u> low-fat (1%) or non-fat/skim milk is allowed (i.e., reduced-fat [2%] AND full-fat are <u>prohibited</u>).</p>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

NG49	<p>Addresses <u>serving size</u> limits for beverages *If 23b=2 refer to 23b for coding guidance</p>	0	Not mentioned. If policy specifies <u>2005 Dietary Guidelines for Americans</u> and <u>no other standards</u> , code as a 0.
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit for drinks other than water is greater than 12 ounces</li> <li>• Limit is suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "All beverages other than water and milk shall be 12oz or less."</li> <li>• "The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students."</li> </ul>
		2	Limit for drinks other than water is 12 ounces or less
NG50+*	<p>Addresses <u>limiting caffeine</u> content of beverages (with the exception of trace amounts of naturally occurring caffeine substances)</p> <p>*See Coding Appendix for additional guidance *If 23b=2 refer to 23b for coding guidance</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Indicates that percent of beverage items must meet the nutrition guidelines and allows electrolyte replacement drinks/isotonic/sports drinks</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified</li> <li>• Limit is suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions</li> <li>• Restrictions apply to a percentage of beverages</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Flavored water shall be caffeine-free."</li> <li>• "50% of all beverages offered shall be milk, water, and 100% juice."</li> <li>• "100% of all beverages should be limited to milk, water, and 100% juice."</li> </ul>
		2	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Beverages with added caffeine are prohibited</li> <li>• Quantified limits are required</li> <li>• All allowable beverages are caffeine-free</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "All beverages shall be caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances."</li> <li>• "Allows only low-calorie beverages including flavored, non-caffeinated water."</li> <li>• "Allows only non-caffeinated water, juice, and milk"</li> <li>• "100% of all beverages offered shall be milk, water, and 100% juice."</li> </ul>
NG51+	<p>Addresses access to <u>(free) drinking water</u></p>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned.</li> <li>• Policy only addresses the sale of bottled water.</li> <li>• Providing access to drinking water/fountains only during meal periods/in the cafeteria.</li> <li>• Allowing students to bring in bottled water from home.</li> <li>• Only addresses water available in the context of PE/PA</li> </ul> <p><b>Example:</b> "Schools should ensure that students have access to appropriate hydration and are encouraged to make use of it during PA."</p>
		1	<p>Availability of free water is suggested or encouraged</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Water shall be accessible during hours of school operation through choices such as drinking fountains or vending machines."</li> </ul>
		2	<p>Free water is always available</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Students and staff will have access to free, safe, and fresh drinking water throughout the school day."</li> <li>• "Drinking water fountains will be made available to students and staff throughout the school building."</li> <li>• "Students will be provided access to drinking water throughout the day."</li> </ul>

## Section 4. Physical Education (Note: See appendix for additional PE-related guidance)

Many states list National Association for Sport & Physical Education (NASPE) standards or the American Alliance for Health, Physical Education, Recreation and Dance standards (of which NASPE standards are a part). Only code a "2" for items with NASPE defaults if district actually **requires** schools to follow NASPE standards, and it is clear from the context of the statement that NASPE standards apply to those items. If NASPE standards are suggested, code as a "1."

PE52a+*	<p>PE mentioned</p> <p>*See Appendix for clarification on this item</p>	<p>0 No mention of PE anywhere in the policy</p> <p>1 Any mention of PE</p>
PE52	<p>Addresses physical education curriculum/program for <u>each grade level</u></p>	<p><b>0</b></p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• PE is included in the HE curriculum</li> </ul> <p><b>Example:</b> • "Division HE curriculum standards and guidelines address both nutrition and PE."</p> <p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Unclear if each grade has a physical education curriculum/program</li> <li>• A curriculum is identified but limited to only some grade levels</li> <li>• Addresses minimum amount of time for physical education but does not mention <u>curriculum/program</u></li> </ul> <p><b>Example:</b> • "Physical education will be provided in K-8" (in a district that extends beyond 8<sup>th</sup> grade)</p> <p><b>2</b></p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Clear that district has a PE curriculum/program for each grade (e.g., policy describes a general PE curriculum/program for "K-12," "all levels," or "all students")</li> <li>• Clear that PE/PE program is provided for "K-12," "all levels" or "all grades" and mentions time requirements (without using the word "curriculum").</li> </ul> <p><b>Example:</b> • "The PE Committee will submit for approval a K-12 comprehensive curriculum/program. All students in grades 1-5 will be scheduled for PE instruction in accordance with state law. All students in grades 6-8 and 9-11 shall participate in the instructional program of PE. PE in 12<sup>th</sup> grade is an elective."</p>
PE53+	<p>Addresses <u>time</u> per week of physical education for <u>elementary school</u> students</p>	<p><b>0</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow "national PE standards or nationally recognized guidelines for PE and PA" without mentioning National Association for Sport and Physical Education (NASPE) standards.</li> </ul> <p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggests but does not require 150 minutes/week</li> <li>• Specifies total amount of physical education, but it is less than 150 minutes/week</li> <li>• <u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Specifies number of times per week without duration</li> <li>• Time is specified for overall physical activity that specifically includes physical education</li> <li>• Requires schools to follow "national PE standards or nationally recognized guidelines for PE and PA" without mentioning NASPE standards.</li> </ul> <p><b>2</b></p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Requires 150 minutes/week or more of physical education</li> <li>• <u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul>

## Section 4. Physical Education (*continued*)

PE54+	Addresses <u>time</u> per week of physical education for <u>middle school</u> students	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards.</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggests but does not require 225 minutes/week</li> <li>• Specifies total amount of physical education, but it is less than 225 minutes/week</li> <li>• <u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Specifies number of times per week without duration</li> <li>• Time is specified for overall physical activity that specifically includes physical education</li> <li>• Requires schools to follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards.</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Requires 225 minutes/week or more of physical education</li> <li>• <u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul>
PE55+	Addresses <u>time</u> per week of physical education for <u>high school</u> students	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards.</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggests but does not require 225 minutes/week</li> <li>• Specifies total amount of physical education, but it is less than 225 minutes/week</li> <li>• <u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Specifies number of times per week without duration</li> <li>• Time is specified for overall physical activity that specifically includes physical education</li> <li>• Requires schools to follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards.</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Requires 225 minutes/week or more of physical education</li> <li>• <u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul>



## Section 4. Physical Education (*continued*)

PE56+	Physical education promotes a <u>physically active lifestyle</u>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards.</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggests that physical education classes promote a physically active lifestyle</li> <li>• Suggests that physical education programs focus on self-assessment</li> <li>• Suggests that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Requires schools to follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Physical education programs should promote an active lifestyle.”</i></li> <li>• <i>“...schools will take a wellness approach to PE”</i></li> <li>• <i>“Health education will complement PE by reinforcing knowledge, skills, etc...needed to maintain a physically active lifestyle.”</i></li> </ul>
		2	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Requires physical education to teach lifetime activities</li> <li>• <u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Focuses on self-assessment through a “Fitnessgram” or “Activitygram.”</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Physical education shall focus on personal fitness.”</i></li> <li>• <i>“...shall provide all students physical education that teaches them the skills needed for lifelong physical fitness.”</i></li> <li>• <i>“Schools will provide PE and NE for all students to foster lifelong habits of healthy eating and physical activity.”</i></li> </ul>
PE57	Specifies <u>competency assessment</u> (i.e., knowledge, skills, or practice)	<p><b>Note: This item refers to an assessment that is part of the regular physical education curriculum that determines whether students are learning the skills and other content appropriate for their grade (e.g., sports rules). President’s Challenge Fitness Test does not qualify for a “1” or “2.”</b></p>	
		0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards.</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• A competency assessment or assessment of knowledge, skills, or practice is suggested and/or vague</li> <li>• Mentions NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Requires schools to follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“...will promote rubrics that objectively evaluate and encourage active participation in physical education in all classes K-12.”</i></li> <li>• <i>“Students should be able to demonstrate [physical education] competency through application of knowledge, skill development, and practice.”</i></li> </ul>
2	<p>Requires a competency assessment or assessment of knowledge, skill, or practice as part of the physical education curriculum. NASPE standards do not qualify for a “2.”</p> <p><b>Example:</b> <i>“Students shall be able to demonstrate [physical education] competency through application of knowledge, skill development, and practice.”</i></p>		

## Section 4. Physical Education (*continued*)

PE58	Addresses <u>physical education quality</u>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Suggests that schools follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards.</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Vague and/or suggested</li> <li>Suggests NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>Only addresses “comprehensive” PE (without mentioning sequential, systematic, standards-based, etc.)</li> <li>Requires schools to follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“A quality physical education program will be provided to all students.”</li> <li>“The curriculum frameworks of the state Department of Education will serve as primary guidance concerning the PE topics.”</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Physical education curriculum is aligned with academic standards or benchmarks, comprehensive in scope and sequence. Possible wording: [“ongoing,” “sequential,” “systematic,” and/or “standards-based.”]</li> <li>Requires schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The district’s PE program shall be based on research, consistent with the expectations established in the state’s curriculum frameworks and content standards.”</li> </ul>
PE59	Physical education program promotes <u>inclusive play</u>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned.</li> <li>“Age appropriate” play or accommodations for disabled/special health care needs does not qualify for a “1” or “2.”</li> <li>Suggests that schools follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards.</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Vague and/or suggested</li> <li>Suggests NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>Requires schools to follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards.</li> </ul> <p><b>Example:</b></p> <p>“This program (PE) shall be flexible enough to accept each student with his/her pattern of growth and development and include activities that assure both individual and group development throughout the student’s school years.”</p>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Requires efforts to discourage bullying, restrict picking teams, promote confidence building, encourage good sportsmanship, cooperation, includes students who are not athletically gifted, subject to the differing capabilities of students, and/or provide physical education choices that match ability</li> <li>Requires schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The physical education program shall meet the needs of all students, including those who are not athletically gifted, and teach cooperation, fair play, and responsible participation.”</li> <li>“PE provides opportunities for non-competitive or individual activities.”</li> </ul>
PE60	Addresses <u>physical education classes, courses, or credits</u> as an important part of the curriculum (i.e., on same par as other academic subjects)	0	Not mentioned
		1	Suggested that physical education classes, courses, or credits count toward graduation and/or GPA
		2	Required that physical education classes or credits count toward graduation and/or GPA

## Section 4. Physical Education (continued)

PE61	Addresses <u>frequency of required physical education</u> (daily)	0	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Frequency required/suggested but LESS than daily.</li> </ul>
		1	Suggested that students will receive daily physical education <b>Example:</b> <i>“Physical education should be provided every day.”</i>
		2	Required that all students receive daily physical education <b>Example:</b> <i>“Physical education will be provided on a daily basis.”</i>
PE62	Addresses <u>teacher-student ratio</u> for physical education	0	Not mentioned
		1	Vague and/or suggested <b>Examples:</b> <ul style="list-style-type: none"> <li><i>“For PE classes, the district shall staff those classes to provide for student safety and maximize student participation.”</i></li> <li><i>“PE classes will have student/teacher ratios similar to those used in other classes.”</i></li> <li><i>“PE class size is consistent with the requirement of good instruction and standing.”</i></li> </ul>
		2	Specific and required
PE63	Addresses <u>safe and adequate equipment and facilities</u> for physical education	0	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Generic statements about safe environment/facilities that do not mention PE or indicative of equipment used for PE</li> <li>Suggests that schools follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards.</li> </ul> <b>Example:</b> <i>“Creating a positive environment for PA – All schools in the district will provide a physical and social environment that encourages safe and enjoyable activity for all students...”</i>
		1	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>Suggested or encouraged</li> <li><u>Mentions</u> NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>Requires schools to follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards.</li> <li>Indicates that play areas, facilities and equipment used for PA shall meet accepted standards</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li><i>“Physical activity facilities (and/or equipment) on school grounds shall be safe.”</i></li> <li><i>“Pursuant to district XYZ, PE is required to be offered to all pupils, therefore, schools are required to provide adequate facilities and instructional resources for the institution.”</i></li> </ul>
		2	Ensures that equipment and facilities specifically used for PE are safe and adequate. NASPE standards do not qualify for a “2.” <b>Example:</b> <i>“The physical education program shall be provided adequate space and equipment and conform to all applicable safety standards.”</i>

## Section 4. Physical Education (continued)

PE64+	Addresses amount of time devoted to <u>moderate to vigorous activity</u> in physical education	0	Not mentioned. Recess and other physical activities do not qualify; must be PE specific.
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggested</li> <li>• Duration is not specified</li> <li>• Duration is less than 50% of class time</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>"The physical education program shall devote <u>as much class time as possible</u> to moderate and vigorous activity."</i></li> <li>• <i>"All students shall have opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, and extracurricular programs."</i></li> </ul>
		2	<p>At least 50% of class time is designated for moderate to vigorous activity</p> <p><b>Example:</b> <i>"All physical education classes to include at least 50% of moderate to vigorous activity in all or most lessons."</i></p>
PE65+	<p>Addresses <u>qualifications</u> for physical education <u>instructors</u></p> <p><b>Note:</b> This item assesses whether PE must be taught by someone with a state or national PE endorsement (e.g., licensure or certification). This is <b>not</b> measuring whether the state has specific criterion for someone seeking to receive an endorsement in PE (e.g., minimum # hours) or to become a PE educator.</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned or not suggestive of credentials/qualifications</li> <li>• Suggests that schools follow "national PE standards or nationally recognized guidelines for PE and PA" without mentioning NASPE standards.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>"PE instructors and PE teacher assistants, under the direction of the PE instructor, will teach PE classes"</i></li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Credentials are vaguely referred to or suggested</li> <li>• Suggests NASPE Standards or the standards of the American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE).</li> <li>• Requires schools to follow "national PE standards or nationally recognized guidelines for PE and PA" without mentioning NASPE standards.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>"Physical education shall be taught by <u>appropriate staff</u>."</i></li> <li>• <i>"When possible, physical education will be taught by a licensed instructor."</i></li> <li>• <i>"Certified teachers will teach all PE and health classes."</i></li> <li>• <i>"...PE shall be taught by <u>highly qualified staff</u>..."</i></li> <li>• <i>"...PE will be taught by <u>competent staff</u>..."</i></li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Requires that physical education be taught by a licensed instructor</li> <li>• <u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>"Physical education will be taught by a licensed instructor."</i></li> <li>• <i>Health and PE classes will be taught by certified health and PE instructors at the secondary levels, 7-12" (code this for MS/HS)</i></li> </ul>
PE66	District provides <u>physical education training</u> for physical education <u>teachers</u>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Staff only receive training/professional development related to PA without mention of PE</li> </ul>
		1	<p>Suggested that all staff or PE staff receive PE-related training/professional development</p> <p><b>Example:</b> <i>"All staff involved in PE <u>should</u> be provided with opportunities for professional development."</i></p>
		2	<p>Provision of PE training is required for PE teachers. If <u>PE-specific training</u> is provided for a broader set of staff or teachers, it is assumed that PE teachers are included and will receive PE training too.</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>"Ensures PE staff will receive professional development on a yearly basis."</i></li> <li>• <i>"...shall provide staff with adequate training in PE."</i></li> </ul>

## Section 4. Physical Education (*continued*)

PE67	Addresses <u>physical education waiver requirements</u> (e.g., substituting physical education requirement with other activities)	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Waivers for physical education are explicitly allowed in all instances</li> </ul> <p><b>Example:</b> <i>"Unless otherwise exempted, all students will be required to engage in the physical education program." (An exemption could include physical education waivers.)</i></p>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Waivers for physical education are discouraged</li> <li>Waivers for physical education are prohibited with the exception of substituting physical activities (e.g., team sports) for physical education</li> </ul> <p><b>Example:</b> <i>"Academic activities shall not take the place of physical education. However, students on the school's sports teams may substitute participation for physical education credits."</i></p>
		2	Prohibits substituting physical education with other activities, including physical activities. If waivers are prohibited with the exception of Individual(ized) Academic Plans (IAP) or Individual(ized) Education Plans (IEP), code as a "2." If the policy coding is grade level-specific, code as a "2" for the elementary level if the policy prohibits recess from taking the place of physical education.
PE68*	<p>Requires students to participate in an <u>annual health assessment</u> (e.g., fitness, fitnessgram,, or Body Mass Index [BMI], body composition, height/weight measurement)</p> <p>*See Appendix for additional clarification on Fitnessgram/BMI/body composition/ height and weight</p>	<p><b>Note: This item refers to a district-wide, systematic assessment after which parents are typically notified about their child's results</b></p>	
		0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Vague, suggested, and/or unclear how often</li> <li>Assessment is specific and required, but a positive approach to communicating results is not mentioned</li> <li>Fitnessgram-type of language without including reporting language (see Appendix for sample language)</li> <li>Annual health assessment is required, but only for certain grade levels</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>"...shall introduce developmentally appropriate components of Connecticut Physical Fitness Assessment."</i></li> <li><i>"Schools will sponsor jointly with the local health department the screening of students for vision, hearing, and height/weight/body mass index for age."</i></li> <li><i>"During the months of Feb., March, or May, students in grades 5, 7, and 9 shall undergo the physical performance testing by the state BOE. Students shall be provided with their individual results after completing the physical performance testing."</i></li> </ul>
2	<p>Type of assessment is specified and required, assessment is annual, and a positive approach to communicating results is mentioned</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>"Confidential health reports will be sent directly to parents and will include additional resources."</i></li> <li><i>"Physical education teachers will assist students in interpreting their personal attainments and compare them to national physical activity recommendations."</i></li> </ul>		
PE68a+* (ch. 7 of mono)	<p>Body Mass Index (BMI)/body composition/ height/weight measurement</p> <p>*See Appendix for additional clarification on Fitnessgram/BMI/body composition/ height and weight</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Health assessment/screening not specific to BMI</li> </ul> <p><b>Example:</b> <i>"Statute requires the County Health Dept. w/ the School District Board to develop a plan that includes provisions for Growth and Development Screening."</i></p>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>BMI/body composition/fitnessgram/height and weight measurement suggested/encouraged (not required) with or without parental reporting</li> <li>BMI/body composition/fitnessgram/height and weight measurement required for some but not all grades within the grade range (e.g., ES, MS, or HS) with or without parental reporting</li> </ul> <p><b>Example:</b> <i>"Schools will sponsor jointly w/the local health department the screening of students for vision, hearing, and height/weight/body mass index for age."</i></p>
		2	BMI/body composition/fitnessgram/height and weight measurement required <u>no</u> parental reporting required
		3	BMI/body composition/fitnessgram/height and weight measurement required <u>with</u> parental reporting required

## Section 5. Physical Activity

PA69+	<p><u>Federal Wellness</u>: Includes goals for physical activity that are designed to promote student wellness in a manner that the local education agency determines is appropriate</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Physical activity is not mentioned</li> <li>Policy clearly detracts from requirement</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Physical activity goal is implied</li> <li>Policy <u>only</u> repeats the language of the federal wellness requirement regarding physical activity</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"The district is committed to physical activity."</li> <li>"Includes goals for physical activity designed to promote student wellness in a manner that the local educational agency determines is appropriate," (and no physical activity goals are stated).</li> </ul>
		2	<p>Any physical activity goal is mentioned</p> <p><b>Example:</b> "Schools should provide regular physical activity."</p>
PA70+	<p>Physical activity provided for <u>every grade level</u></p>	0	Not mentioned
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Suggested</li> <li>Mentions provision of physical activity to "students," but it is unclear that each grade will receive physical activity outside of physical education</li> </ul> <p><b>Example:</b> "...provide adequate time for students to be engaged in physical activity, which includes physical education, recess, and co-curricular activities."</p>
		2	<p>Clear that each grade will receive physical activity outside of physical education</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Physical activity will be integrated across the curricula for all grades (K-12) and throughout the school day."</li> <li>"All students will have opportunities, encouragement and support to engage in physical activity on a regular basis"</li> <li>"All students shall have opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, and extracurricular programs."</li> </ul>

## Section 5. Physical Activity (continued)

PA72+*	<p>Regular physical activity opportunities are <u>provided throughout the day</u> (NOT including recess)</p> <p>*See Appendix for additional clarification.</p>	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Only addresses physical activity <u>before</u> or <u>after</u> school</li> <li>• Only refers to testing periods</li> </ul> <p>0 <b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Students will be given opportunities for PA on a regular/daily basis. Opportunities for PA shall be provided through before and after school programs and, extracurricular/interscholastic activities and programs.”</li> <li>• “When mandatory school-wide testing makes it necessary for students to be inactive for extended periods of time, schools will give students periodic breaks to stand and be moderately active”.</li> </ul>
		<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Vague and/or suggested</li> <li>• Addresses PA for all students in the classroom setting without addressing frequency</li> <li>• Only addresses physical activity breaks relative to testing periods.</li> </ul> <p>1 <b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “All students will have opportunities, encouragement and support to engage in physical activity on a regular basis”</li> <li>• “Classrooms shall incorporate, where possible, appropriate, short breaks that include physical movement.”</li> <li>• “The district will encourage teachers to integrate PA into the curriculum where appropriate.”</li> <li>• “PA will be integrated into the classroom setting (into the classroom setting is vague and does not specify throughout the SD).”</li> <li>• “Students do not have periods of two or more hours of inactivity.”</li> </ul>
		<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Regular physical activity throughout the day is required</li> <li>• Policy requires training for teachers on activities that incorporate physical activity throughout the day</li> </ul> <p>2 <b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Physical activity opportunities shall be offered daily during the school day.”</li> <li>• “Shall provide Take 10! training to all teachers.”</li> <li>• “All students will have opportunities, encouragement and support to engage in physical activity throughout the school day/on a daily basis”</li> <li>• “For students to receive the nationally recommended 60 minutes of daily PA and for students to fully embrace PA as a personal behavior, students need opportunities for PA beyond PE classes. Toward that end: opportunities for PA will be incorporated into other subject areas.”</li> <li>• “Students shall be provided physical activity breaks throughout the school day.”</li> </ul>
PA73	<p>Addresses physical activity through <u>intramurals or interscholastic</u> activities</p>	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Mentions co-curricular” or “extra-curricular” but doesn’t specify PA/sports/etc. (i.e., vague so it could include band, theater, etc.)</li> </ul> <p>0</p>
		<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Provision is suggested</li> <li>• A list of physical activities that <u>should</u> be offered includes intramurals</li> <li>• “Co-curricular” or “extra-curricular” or “non-competitive” sports teams suggested</li> </ul> <p>1 <b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>Intramural offerings <u>should</u> be maintained at present levels and steadily increased to accommodate elementary, middle and high school grades.</i></li> <li>• <i>“The district...will create wider opportunities for students to participate in before- and after-school PA programs like intramurals or clubs”</i></li> </ul>
		<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Provision of intramurals or interscholastic activities is required</li> <li>• Co-curricular or extra-curricular or non-competitive sports teams required to be offered</li> <li>• A list of physical activities that <u>shall</u> be offered includes intramurals</li> </ul> <p>2 <b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>Intramural offerings shall be maintained at present levels and steadily increased to accommodate elementary, middle and high school grades.</i></li> <li>• <i>“All students shall have opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, and extracurricular programs.”</i></li> </ul>

## Section 5. Physical Activity (continued)

PA74	Addresses <u>community use of school facilities</u> for physical activity outside of the school day	0	Not mentioned
		1	Availability of school facilities for physical activity is suggested <b>Example:</b> <i>"The district should allow community-based organizations to use facilities outside school hours."</i>
		2	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>States effort to <u>promote</u> the use of facilities</li> <li>Ensures that facilities will be available</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li><i>"The district shall promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations."</i></li> <li><i>"Schools shall provide an environment that includes school facilities that support PA/PE...schools shall also provide an environment that enforces...shared/joint use agreements."</i></li> </ul>
PA75	Addresses <u>safe active routes</u> to school	0	Not mentioned
		1	Vague and/or suggested <b>Example:</b> <i>"The school district may consider programs such as promoting safe and walkable routes to school."</i>
		2	Ensures effort to promote safe active routes to school (e.g., by seeking funding, working with local transit, organizing walking school bus, or ensuring safe walking paths) <b>Example:</b> <i>"Each school is responsible for working with community groups to facilitate and promote walking and biking to school by students and staff using safe routes and safe practices."</i>
PA76+	Addresses not using physical activity (extra or restricted) as <u>punishment</u>	0	Not mentioned
		1	Discouraged <b>Example:</b> <i>"Students <u>should</u> not be pulled out of physical education for any other content area instruction or punishment."</i>
		2	Prohibited. Prohibition with exceptions for Individual(ized) Academic Plans (IAP) or Individual(ized) Education Plans (IEP) qualifies for a "2." <b>Example:</b> <i>"Staff members shall not deny participation in recess or other physical activity opportunities as a form of discipline or punishment unless the safety of students is in question."</i>
PA77+	Addresses <u>recess frequency or amount</u> in <u>elementary</u> school	0	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Less than daily recess specified</li> </ul>
		1	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Daily recess frequency suggested</li> <li>Recess is included in a list of possible activities where a frequency is specified (i.e., "daily")</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li><i>"students will be given opportunities...to be physically active through developmentally appropriate <u>daily</u> activities such as recess, PE, etc...."</i></li> <li><i>"Supervised recess time should be provided to all students <u>within each school day</u> at all elementary schools."</i></li> </ul>
		2	Specific and required <b>Examples:</b> <ul style="list-style-type: none"> <li><i>"All elementary school students shall have <u>daily</u> recess..."</i></li> <li><i>"Elementary students in grades 1 through 6 will be provided a time for supervised, outdoor recess daily, weather permitting"</i></li> <li><i>"Students will be given opportunities to be physically active during the SD through <u>daily</u> recess, PE classes, and integration of PA into the classroom."</i></li> </ul>



## Section 5. Physical Activity (continued)

PA78	Addresses recess <u>quality to promote physical activity</u>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Only stating that recess will be “supervised,” “unstructured,” or “safe” does not qualify for a “1” or “2” because these do not exceed what is conventionally expected of recess.</li> <li>• Generic statements about safe environment/ facilities that are not recess-specific.</li> </ul>
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Daily recess shall be provided, preferably outdoors”</li> <li>• “Students at the elementary level will have the opportunity to participate in daily recess and physical activity, including time for unstructured (but supervised) active play.”</li> <li>• “Students should or will be given opportunities to be physically active during the SD through daily recess, PE classes, and integration of PA into the classroom.”</li> <li>• “Recess shall be held outdoors, when possible.”</li> <li>• “All students shall have opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, and extracurricular programs.”</li> </ul>
		2	<p>Requires specific strategies encouraging physical activity and/or outdoor play, even if it refers to elementary students only</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “All elementary school students shall have daily recess, during which schools shall provide space, equipment and an environment conducive to safe and enjoyable activity.”</li> <li>• “Elementary school students shall be provided outdoor recess daily”</li> </ul>

## Section 6: Staff PA/Wellness/Modeling

PA71	Includes physical activity opportunities for school staff	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Training for teachers in PA to promote enjoyable lifelong PA for themselves and students</li> </ul> <p><b>Example:</b> • "...will incorporate PA into 1 of 3 professional days for school staff."</p>
		1	<p>Provision is suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "...should promote periodic and ongoing programs to increase the activity choices for faculty and staff."</li> <li>• "School district will encourage school staff to participate in PA..."</li> <li>• "The district desires to provide a comprehensive program promoting healthy eating and PA for district students and staff."</li> </ul>
		2	Provision is required
CP80	Includes <u>staff wellness</u> programs specifically addressing the health of staff	<p><b>Note: The focus of this variable is on staff wellness generally so the policy does not have to address both nutrition education and PA to get credit; either one will suffice for credit.</b></p>	
		0	<p>Not mentioned. If policy encourages staff health but does not offer any programs or education, code as a "0."</p> <p><b>Example:</b> "School staff will be encouraged to improve their own health and wellness in relation to nutrition and physical activity."</p>
		1	<p>Program suggested or suggestion of staff wellness council/committee</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "...will <u>promote</u> periodic and ongoing programs to increase nutritional knowledge and activity for faculty and staff."</li> <li>• "...the school district highly values the health and well being of staff members with plans and policies that support personal efforts by staff to maintain a healthy lifestyle."</li> <li>• "Employee wellness education and involvement will be promoted at suitable school activities."</li> <li>• "The district desires to provide a comprehensive program promoting healthy eating and PA for district students and staff."</li> </ul>
2	<p>Program required</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Presentations on nutrition will be provided to staff."</li> <li>• "Activity programs will be available for staff, and gym memberships will be subsidized."</li> <li>• "Health and wellness classes will be offered to staff."</li> </ul>		
CP82	Encourages staff to <u>role model healthy behaviors</u>	0	Not mentioned
		1	<p>Suggested that staff be encouraged to model healthy behavior</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Each school in the district <u>should</u> encourage staff to model..."</li> <li>• "It will be necessary for not only the staff, but also the parents and the public to be involved in a community-wide effort to promote, support, and <u>model</u> such healthy eating behaviors."</li> </ul>
		2	<p>Required that staff shall be encouraged to model healthy behavior</p> <p><b>Example:</b> "Staff <u>will be</u> encouraged to model healthy eating and physical activity as a valuable part of daily life."</p>

## Section 7. Stakeholder Involvement/Feedback

CP79*	<p><u>Federal Wellness</u>: Involve parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy</p>	<p><b>Note: This should have happened in the past because it deals exclusively with policy DEVELOPMENT; however since language may not have been updated, code future orientation (i.e., “shall form a committee”) the same as present orientation.</b></p>
		<p>0 Neither policy nor supporting documentation specifies who was on policy development team or only specifies who shall be involved in revising the policy, monitoring implementation, or developing additional policies. Participating in the wellness planning process mentioned in the policy does not count for this item.</p>
		<p>1 Policy (or supporting documentation) specifies who was on policy development team, but not all required groups were represented. Even if only one of the stakeholder categories is missing, code as a “1.”</p>
		<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Policy (or supporting documentation) specifies who was on policy development team, and <u>all</u> required groups were represented</li> <li>• Names of individuals are listed on the cover of the WP and it clearly states that these individuals were involved with development of the WP and <u>all</u> required groups are represented.</li> <li>• The WP states that the Board adopted the policy and indicates that all required participants are involved in developing the district wellness plan (implementation regulations).</li> </ul> <p>2 <b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“The school district will engage students, parents, school administrators, food service professionals, school board, and other interested community members in developing, implementing, monitoring, reviewing, and revising district nutrition and PA policies.”</i></li> <li>• <i>“A district-wide wellness advisory committee has been established for the purpose of assessing the nutrition and PA environment throughout the district and is in compliance with current laws and regulations.” (and all required groups are listed).</i></li> </ul> <table style="width: 100%; border: none;"> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> <li>• Parents</li> <li>• Students</li> <li>• School food authority</li> </ul> </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> <li>• School Board</li> <li>• School administrators</li> <li>• Public</li> </ul> </td> </tr> </table>
<ul style="list-style-type: none"> <li>• Parents</li> <li>• Students</li> <li>• School food authority</li> </ul>	<ul style="list-style-type: none"> <li>• School Board</li> <li>• School administrators</li> <li>• Public</li> </ul>	

**Section 7. Stakeholder Involvement/Feedback (continued)**

CP85*	Addresses <u>methods</u> to solicit or encourage <u>input</u> from stakeholder groups (e.g. two-way sharing)  *See also decision rule table.	0	Not mentioned
		1	Specific methods suggested  <b>Example:</b> <i>"The Superintendent or designee shall recommend for Board approval specific quality indicators...to measure implementation. These measures shall include feedback from food service personnel, school administrators, the school health council, parents/guardians, students and other appropriate persons."</i>
		2	Required to solicit input from stakeholders, and specific methods are named  <b>Examples:</b> <ul style="list-style-type: none"> <li>• <i>"Students <u>will</u> be given the opportunity to provide input on local, cultural, and favorite ethnic foods."</i></li> <li>• <i>"The school will consider student needs in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys and attention will be given to their comments."</i></li> <li>• <i>"Shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu."</i></li> <li>• <i>"The food service director will be available to speak with parents during open house."</i></li> <li>• <i>"The school food service program shall involve students, parents,.. in the selection of competitive food items to be sold in the schools."</i></li> <li>• <i>"Food services <u>will</u> provide families opportunities for input and monitoring of their children's food purchases at the K-8 level."</i></li> <li>• <i>Student satisfaction surveys will be completed to assess satisfaction with meal service in the cafeteria."</i></li> </ul>
CP86	Specifies <u>how</u> district will engage parents or community to meet district wellness goals  (e.g., through website, email, parent conferences, or events)	0	Not mentioned
		1	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>• Methods are vague</li> <li>• Specific methods are mentioned but not required</li> <li>• Specific methods are mentioned but it is unclear if school will engage parents or community</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>• <i>"Nutrition information should be provided to parents and staff through newsletters, publications, health fairs, and other activities..."</i></li> <li>• <i>"Nutrition education may be provided in the form of handouts, the school website, articles and information provided in district or school newsletters, presentations that focus on nutrition and healthy lifestyles, a communication sent home, and through any other appropriate means available to reach parents." (See NOTE in "2" coding below.)</i></li> </ul>
		2	Clear that the district or schools will engage parents or community, and specific methods are listed. Even if it is unclear that each method listed will be used, as long as engaging parents or community is required, code as a "2."  <b>Example:</b> <i>"Nutrition education <u>will</u> be provided to parents. Nutrition education may be provided in the form of handouts, the school website, articles and information provided in district or school newsletters, presentations that focus on nutrition and healthy lifestyles, a communication sent home, and through any other appropriate means available to reach parents." (NOTE: It is the combination of the two sentences that warrant the "2" coding. The second sentence by itself would only warrant a "1" coding.)</i>

## Section 7. Stakeholder Involvement/Feedback (continued)

CP87	<p>Specifies <u>what</u> content/information district communicates to parents</p>	0	Not mentioned
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• It is suggested that the district or schools communicate specific content/information to parents</li> <li>• The content/information communicated to parents is vague</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Nutrition information <u>should</u> be provided to parents on but not limited to: healthy snack ideas, healthy breakfast...”</li> <li>• “District shall communicate information on healthy eating and physical activity to parents.”</li> <li>• “Nutrition education/information shall be provided to parents” (without specific details on what the education/information shall include)</li> <li>• “Information will be sent home from each school to encourage healthy lunches”</li> <li>• “...will disseminate information to families about health choices and wellness”</li> <li>• “Information regarding healthy food choices and availability will be communicated to parents”</li> <li>• “The district will provide information to parents to encourage them to reinforce at home the standards and benchmarks being taught in the classroom”</li> <li>• “Will provide information to families to encourage them to teach their children about health, nutrition, daily PA,... and to provide nutritious meals to their family”.</li> <li>• “Educational nutrition information will be shared with families and the general public to positively influence health of students and community members.”</li> </ul>
		2	<p>The district or schools are required to communicate content/information to parents, and content/information is specific (wellness policy, lists of foods for healthy lunches or celebrations, opportunities for physical activity before and after school, etc.)</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The District will provide parents with healthy snack ideas.”</li> <li>• “The District will provide parents with nutrition information on school meals and all a la carte foods sold.”</li> <li>• “The district will provide information about PE and other school-based PA...”</li> </ul>
CP90+ (ch. 7 of mono)	<p>Establishes a <u>health advisory committee</u> or school health council that is <u>ongoing</u> beyond policy development</p> <p>*See Coding Appendix for additional clarification.</p>	0	Not mentioned
		1	<p>Suggested and/or not clear that the committee will be ongoing</p> <p><b>Example:</b> “A wellness policy committee will be formed in district XYZ.”</p>
		2	<p>Committee is required and clearly ongoing</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The Nutrition and Physical Activity Advisory Council shall include stakeholders and shall meet a minimum of two times annually to monitor and evaluate the implementation of the policy.”</li> <li>• “Review of this policy shall occur every 5 years, by a committee appointed by the Board, consisting of representative(s) of the Board, the administration, the food service provider, the parents, the students, and the public. The committee shall provide the Board with any recommended changes to the policy.”</li> <li>• “The health advisory committee is responsible for implementation, evaluation and revisions of the wellness policy”</li> <li>• The health advisory committee will meet periodically to review, assess and revise the wellness policy.”</li> </ul>

## Section 8. Messaging, Marketing, & Promotion

CP81*	Addresses consistency of <u>nutrition communication</u>  *See also decision rule table.	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Weak statement about nutrition messages only applying during a particular month/ time period (e.g., March Wellness Nutrition Month)</li> </ul>
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>"The entire school environment shall be <u>aligned</u> with healthy school goals, (and goals include nutrition)." (Although "shall" is required, "aligned" is vague.)</i></li> <li>• <i>"...will <u>encourage</u> menu choices linked with the nutrition education curriculum."</i></li> <li>• <i>"The food service staff will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings"</i></li> </ul>
		2	<p>Specific and required</p> <p><b>Example:</b> <i>"The school environment, including cafeteria and classroom, <u>shall provide clear and consistent messages</u> that reinforce healthy eating."</i></p>
CP83	Specifies <u>who</u> in the district is responsible for wellness/health communication beyond required policy implementation reporting	0	Not mentioned
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Specifies who is responsible, and communication is suggested</li> <li>• Communication is required, but the person or group responsible is vague (e.g., "the school," "school officials," or "the district")</li> </ul> <p><b>Example:</b> <i>"Teachers and staff <u>can</u> post websites on nutrition topics."</i></p>
		2	<p>Specifies who is responsible, and communication is required. Acceptable: "Superintendent or designee."</p> <p><b>Example:</b> <i>"Food services <u>will</u> provide families opportunities for input and monitoring of their children's food purchases at the K-8 level."</i></p>
CP84	<p>Specifies district using Centers for Disease Control and Prevention's <u>(CDC) Coordinated School Health Program (CSHP) model</u> or other coordinated/comprehensive method</p> <p>The CSHP model consists of 8 interactive components: (1) health education, (2) family/community involvement, (3) health promotion for staff, (4) healthy school environment, (5) counseling, psychological and social services, (6) physical education, (7) health services, and (8) nutrition services</p>	0	Not mentioned OR components of CSHP are included in the policy but there is no mention of the CSHP by name in any way. Must say "coordinated school health" to at least get a 1.
		1	<p>Mentions that district is considering use or working toward use of a coordinated school health model</p> <p><b>Example:</b> <i>"We will strive toward integrating nutrition into a coordinated school health approach."</i></p>
		2	<p>Includes language to institutionalize a coordinated school health model</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>"Schools <u>will</u> link nutrition education activities with the coordinated school health program."</i></li> <li>• <i>"The coordinated school health council will develop, monitor, and implement administrative guidelines and improvement plans in the following eight areas [lists 8 CSHP areas]..."</i></li> </ul>

## Section 8. Messaging, Marketing, & Promotion (continued)

CP88+ (ch. 5 of mono)	Specifies <u>marketing (including social marketing/public service announcements)</u> to promote healthy choices/strategies to encourage healthy choices	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Indication that food and beverages sold by the food service program must be sold at “reasonable prices”</li> <li>• Only addresses restricting marketing of unhealthy choices (CP89)</li> <li>• The food service staff will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings</li> </ul>
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “It is recommended that organizations operating concessions at school functions market healthy food choices at a lower profit margin to encourage student selection.”</li> <li>• “Promotional materials must support and encourage physical activity and good nutrition.”</li> <li>• “Healthy food options <u>should be</u> comparably priced.”</li> <li>• “Nutrition education will be conducted in the cafeteria through posters, campaigns, etc.”</li> </ul>
		2	<p>Specific (posters, pricing structures, etc.) and required</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Snacks and beverages that meet the nutritional parameters for Balanced Choices are prominently identified with the signature Balanced Choices icon on menu signs and serving lines, in snack bars, and in vending machines. Balanced Choices snack and beverage signage is placed at eye-level as a strategy to encourage students to choose these items.”</li> <li>• “The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeterias to encourage students to make healthy choices.”</li> <li>• “Healthy food options <u>will be</u> comparably priced.”</li> <li>• “Schools shall label/mark healthy food items available so students know which are healthy items.”</li> </ul>
CP89+ (ch 5 of mono)	Specifies <u>restricting marketing/advertising of unhealthful choices</u>	0	<p>Not mentioned or policy only addresses marketing of healthy choices</p> <p><b>Example:</b> “Advertising associated with product and vending shall be limited to signage on equipment, paper cups, and a banner at booster sale locations.”</p>
		1	<p>Restrictions are suggested, time- or location-specific, subject to principal’s discretion, or weakened by other exceptions</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Display and advertising of FMNVs is strongly discouraged on school grounds”</li> <li>• “School-based marketing will follow district nutrition standards” (but the standards are not detailed)</li> <li>• “...requires food service providers to be sensitive to the nutrition environment when displaying logos/trademarks on school grounds by encouraging healthy eating.”</li> </ul>
		2	<p>Required</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Education materials shall be free of brands and illustrations of unhealthful foods.”</li> <li>• “Soft drink logos are not allowed on school materials or school property”</li> <li>• “No vending machine front may display any product that does not contain fruit juice or water.”</li> <li>• “School-based marketing will be limited to the promotion of healthy items”</li> <li>• “School-based marketing shall be consistent with the district’s nutrition standards” (and the standards are clearly specified”</li> </ul>

## Section 9. Evaluation

E91	<p><u>Federal Wellness</u>: Establish a plan for measuring implementation of the local wellness policy, including designation of one or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy</p>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>A plan is implied</li> <li>Describes a plan but does not designate one or more persons charged with ensuring compliance</li> <li>Describes a plan, but the person or group responsible for compliance is vague (e.g., “the school,” “school officials,” or “the district”)</li> <li><u>Only</u> repeats the language of the federal wellness requirement regarding a plan for measuring implementation</li> </ul>
		2	<p>Describes a plan and designates ≥1 person(s) charged with ensuring compliance</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“A district-wide Wellness Committee shall be established for the purpose of monitoring the implementation of the district’s Wellness Policy and its nutrition and physical activity components through the Superintendent or his/her designee.”</li> <li>“The Superintendent or designee shall ensure compliance with established district wide nutrition and physical activity policies. In each school, the building administrator or designee shall ensure compliance with those policies in his or her school.”</li> <li>“The superintendent shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.”</li> <li>“The school district will form a wellness committee comprised of... to oversee development, implementation, monitoring, and reviewing of district-wide nutrition and PA policies.”</li> <li>“The superintendent or designee shall provide periodic implementation data and/or reports to the board concerning this policy’s implementation sufficient to allow the Board to monitor and adjust the policy.”</li> </ul>
E92+	<p>Addresses a <u>plan for policy implementation</u>, including a person or group responsible (initial or ongoing)</p>	0	Not mentioned
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Identifies having or developing a plan without strong language or without identifying a person or group responsible</li> <li>Identifies a plan, but the person or group responsible is vague (e.g., “the school,” “school officials,” or “the district”)</li> </ul> <p><b>Example:</b> “The district will strive to implement the policy by...”</p>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Uses strong language, identifies having or developing a plan for implementation and identifies a person or group responsible.</li> <li>Policy mentions a plan for implementation of specific activities, such as, “the principal shall ensure that vending machines are in compliance with district standards.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The Superintendent or designee shall ensure compliance with established district wide nutrition and physical activity policies. In each school, the building administrator or designee shall ensure compliance...”</li> <li>“The superintendent shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.”</li> <li>“The school district will form a wellness committee...to oversee development, implementation, monitoring, and reviewing of district-wide nutrition/PA policies.”</li> <li>“The superintendent or designee shall provide periodic implementation data and/or reports to the board concerning this policy’s implementation sufficient to allow the Board to monitor and adjust the policy.”</li> </ul>



## Section 9. Evaluation (continued)

E93+	Addresses a plan for policy <u>evaluation</u> , including a person/group responsible for tracking outcomes	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Implementation language mentions “monitor” or “review” without suggesting some type of assessment or evaluation.</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Some kind of pre-post assessment is <u>implied</u></li> <li>• An evaluation plan is required, but the person or group responsible is vague (e.g., “the school,” “school officials,” or “the district”)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The district shall conduct an assessment of the health and fitness policy.”</li> <li>• “The superintendent shall measure how well this policy is being implemented, managed, and enforced.”</li> <li>• In the section on adopting/implementing health and PE curriculum, the following statement was included: “Evaluation procedures will utilize classroom-based assessment strategies...”</li> </ul>
		2	<p><b>ALL of the following:</b></p> <ul style="list-style-type: none"> <li>• An evaluation plan is required</li> <li>• A person/group responsible for tracking evaluation is identified</li> <li>• Specific outcomes to be measured are stated (i.e., health impact, fiscal impact, student learning, School Health Index)</li> </ul> <p><b>Example:</b> “The <u>Advisory Council</u> shall meet at least annually to review nutrition and physical activity policies, <u>evidence on student health impact</u>, and effective programs and program elements.”</p>
E94+	Addresses the <u>audience</u> and <u>frequency</u> of a <u>report</u> on compliance and/or evaluation	0	Not mentioned
		1	Some kind of report on compliance or evaluation is implied
		2	<p><b>ALL of the following:</b></p> <ul style="list-style-type: none"> <li>• Reporting on compliance or evaluation is <u>required</u></li> <li>• <u>Specific items</u> are stated (e.g., compliance with nutrition guidelines, listing of activities and programs conducted to promote nutrition and physical activity, recommendations for policy and/or program revisions, feedback received from stakeholders)</li> <li>• It is clear that a report will be made to a <u>specific audience</u> (e.g., board of education, administration, Parent Teacher Association [PTA] / Parent Teacher Organization [PTO], and the public)</li> <li>• <u>Frequency</u> of reporting is stated</li> </ul> <p><b>Example:</b> “The advisory council shall prepare a report annually for the Superintendent evaluating the implementation of the policy and regulations and include any recommended changes or revisions.”</p>
E95+	Identifies <u>funding support</u> for wellness activities or policy evaluation	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Adequate funding will be provided.”</li> <li>• “Funding for wellness activities should be made available through the local budget process.”</li> </ul>
		2	<p>Ensures that funding will be provided, and identifies a specific source</p> <p><b>Example:</b> “Funding for the school wellness evaluation will be allocated from the general operations budget.”</p>

## Section 9. Evaluation (continued)

E96+	Identifies a plan for <u>revising the policy</u>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Implementation language mentions “monitor” or “review” without suggesting some type of revision or review for the purpose of revising the policy.</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Future orientation in making a decision to revise</li> <li>Revision is mentioned, but it is unclear if it refers to the <u>policy</u></li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“...<u>may</u> meet to discuss revisions to policy.”</li> <li>“...<u>may</u> suggest changes.”</li> <li>“...<u>shall</u> implement <u>program</u> changes.”</li> <li>“...it is the goal of the district to review the policy to make necessary changes, as appropriate...”</li> </ul>
		2	<p>Discusses revision to policy in any way by any person or group</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“...<u>will</u> meet to discuss revisions to policy.”</li> <li>“<u>The policy shall be revised as necessary.</u>”</li> <li>“...the school district will engage...in developing, implementing, monitoring, reviewing, and revising district nutrition and physical activity policies.”</li> </ul>
E97	Reporting Frequency	NA	Not Applicable – use this when E94=0
		NS	Not Specified – use this when E94=1 or 2 but frequency is not specified
			<p>Fill in the Blank: How often/frequent is reporting on policy implementation/compliance supposed to occur?</p> <p>Notes on this item: -If frequency is mentioned for multiple reports, default to the generalized report -Give credit for weak language if frequency is mentioned</p> <p><b>Examples:</b></p> <p>Annual</p> <ul style="list-style-type: none"> <li>“Wellness Program coordinators will report to the board <u>annually.</u>”</li> <li>“The superintendent will be responsible for reporting to the Board on an <u>annual</u> basis the progress of the School District in implementing this policy.”</li> </ul> <p>Triennial</p> <ul style="list-style-type: none"> <li>“The superintendent or designee will develop a summary report every <u>three years</u> on district-wide compliance with the district’s established nutrition and physical activity wellness policies. That report will be provided to the school board.”</li> </ul>
E98	Update Frequency	NA	Not Applicable – use this when E96=0
		NS	Not Specified – use this when E96=1 or 2 but frequency is not specified
			<p>Fill in the Blank: How often is the policy scheduled to be reviewed for changes/updates?</p> <p>Notes on this item: -Give credit for recommended revisions that have specific frequency. -No credit if meet annually to review implementation -No credit for assess compliance</p> <p><b>Examples:</b></p> <p>Annual</p> <ul style="list-style-type: none"> <li>“The HR Director is responsible for implementation of the wellness policy and will recommend policy changes as necessary. The wellness program coordinators will meet <u>annually</u>, or as necessary, to review state Eat Smart Guidelines.”</li> <li>“An ongoing school health advisory council will review the wellness policies on a <u>yearly</u> basis. They will make suggestions to the board for approval changes to policies.”</li> </ul> <p>Biannual</p> <ul style="list-style-type: none"> <li>“The committee will meet <u>2 times a year</u> to review the policy. This will include assessing the school using the Healthy School Index.”</li> </ul> <p>Triennial</p> <ul style="list-style-type: none"> <li>“The district will conduct an assessment of the school’s existing nutrition and physical activity policies. Assessments will be repeated <u>every three years</u> to help review policy compliance, assess progress, and determine areas in need of improvement.”</li> </ul>

## Section 9. Evaluation (continued)

E99	Evaluation/Implementation Review Frequency	NA	Not Applicable – use this when E93=0
		NS	Not Specified – use this when E93=1 or 2 but frequency is not specified
			<p>Fill in the Blank: How often is a review/assessment/evaluation of implementation/compliance scheduled to occur?</p> <p><b>Examples:</b></p> <p>Biannual      • “The committee will meet <u>2 times a year</u> to review the policy. This will include assessing the school using the Healthy School Index.”</p> <p>Triennial      • “Assessments can be repeated <u>at least every 3 years</u> to help review policy compliance, assess progress, and determine areas of improvement. The district will, as necessary, review the Local Wellness Policy and develop work plans to facilitate its implementation.”</p> <p>                    • “The district will conduct an assessment of the school’s existing nutrition and physical activity policies. Assessments will be repeated every <u>three years</u> to help review policy compliance, assess progress, and determine areas in need of improvement.”</p>
E100	Requires district to report to the state	0	Does not address district reporting to the state
		1	Encourages district to report to the state OR requires reporting to the state but does not specify what they are to report on
		2	Requires district to report to the state with a copy of the policy, implementation progress, compliance, evaluation results, etc.

## UIC WELLNESS POLICY CODING TOOL APPENDIX

This appendix provides specific examples of wellness policy language included in model policies and actual district policies along with the corresponding coding clarifications. Following the coding examples are a series of decision rules to accompany the codebook.

Item/Question	Answer
How do you code header language?	If a <b>provision of interest is in the header</b> (e.g., Daily Recess; Nutritional Guidelines for All F&B Sold or Served During the School Day) we are going to give them the benefit of the doubt and count it because of their intent. However, if the text of the policy that is below the provisions varies from the header or weakens the header, code based on the text.
How do you code goal language?	<p>If the entire policy is a set of goals such as the following, code everything as a “goal” and not a requirement, assign a 1 where appropriate:</p> <ul style="list-style-type: none"> <li>• The wellness policy goals for XYZ district are: <ul style="list-style-type: none"> <li>○ To provide nutrition education...</li> <li>○ To offer low-fat foods at school meals</li> <li>○ To participate in the School Breakfast program</li> <li>○ To minimize the amount of sugar, fat, sodium in competitive food sales, etc.</li> </ul> </li> </ul> <p>If the entire policy is specified as a goal and then specifies what will be done/required, assign a 2 as appropriate (see the following example language):</p> <ul style="list-style-type: none"> <li>• The overall goal for NE for XYZ school district is to promote the integration of NE into all curriculum areas. We will: <ul style="list-style-type: none"> <li>○ Integrate NE throughout the curriculum</li> <li>○ Provide NE for all grade levels, etc.</li> </ul> </li> </ul> <p>If the policy has the word “Goals” at the top but then follows typical wellness language that is not considered goal language, code as appropriate (either 1 or 2). For example:</p> <p><b>GOALS:</b> Nutrition education. The XYZ schools aim to teach....Staff members shall teach healthy living skills as part of the regular instructional program...</p> <p>The district shall adopt and implement a comprehensive standards-based health and fitness curriculum...All students in PK-12 will receive regular PE....</p> <p>If the policy provides “Guidelines” and then provides additional “Goals”, code the guidelines as the requirements (i.e., level 2, as appropriate) and the goals as non-requirements (i.e., level 1 as appropriate).</p>
How and when do we code for cross-referenced documents included in the wellness policy?	<p>We only need to code the cross-referenced non-state law documents (e.g., curricula frameworks, Action For Healthy Kids, etc.) if the document is specifically mentioned within the policy as a document that the district is following/should follow for X,Y, Z. For example:</p> <ul style="list-style-type: none"> <li>• “School district A encourages the sale of healthy food choices. To this end, all schools in the district must follow the state Action for Healthy Kids guidelines for the sale of competitive foods.” (In this case, you would incorporate the state Action for Healthy Kids competitive food guidelines into your coding for the district. See below for specific guidance on coding a cross-referenced document that contains recommendation/”should” language.)</li> </ul> <p>You do NOT have to code for cross-referenced documents that are simply listed as cross-references at the end of the policy. For example:</p> <ul style="list-style-type: none"> <li>• CROSS-REF: <ul style="list-style-type: none"> <li>○ state Model Wellness Policy</li> <li>○ state School Board Association Competitive Food Guidelines</li> </ul> </li> </ul> <p><i>Unless these cross-referenced items are specifically mentioned in the policy as something that the district is following/should follow, then they do not need to be coded for the given district.</i></p>
How do you code cross-referenced documents that contain recommendations/provisions that “should” be followed?	If the wellness policy states that the district will follow a model policy (e.g. from a state, national, or other association/organization) but the model is written as “may” or “should”, code items of relevance as a 1 because the district is requiring that “weak” model policy be followed (i.e., that contains “should” or “encourage” type language).
How do you code language that “strives to meet” weak state policy?	If the policy indicates that the district will “strive to/aim to/goal is to” meet state law that is weak (i.e., a 1 or 0), then assign a 0 for the district on that item.

Item/Question	Answer
<p>How do you code NG items for a policy that simply sets “goals” for developing nutrition guidelines for competitive foods (including or such as) vending machines, school stores, a la carte, etc.?</p>	<p>If the policy simply states that is the “goal” of the district is to develop guidelines for competitive foods...including/such as, vending machines, a la carte, etc...and no other language is included, <b>ONLY</b> code NG23=1; do not code any other NG item for this language.</p>
<p>How to code NGs when only a la carte is allowed (and specific guidelines for a la carte are defined) and all other competitive foods are banned (i.e., vending, school stores). *typically this language is seen at the ES level</p>	<p>Example:</p> <p>“An ES may not serve competitive foods to students on school premises throughout the SD until the end of the last scheduled class. This does not pertain to food items made available by the food service department ” (in this case, includes a la carte, and they have specific guidelines for a la carte)</p> <p>NG23=2  NG23b=1  NG24=2 (vending ban)  NG25=2 (school store ban)  NG26=2 (code as appropriate, according to the strength of the a la carte guidelines)  All other NGs will be coded 1 or 2 as appropriate, depending on the strength of the a la carte guidelines</p>
<p>How to code school year variance, when mentions nutrition guidelines will be implemented by a specific date.</p>	<p>For example:</p> <p>“By Sept 1, 2007 <b>ONLY</b> milk, water and 100% juice may be sold on school grounds.”</p> <p>This wellness policy was adopted Sept 18, 2006, so it is suggestive that these guidelines <u>should</u> be implemented within the 2006-2007 school year and <u>will</u> be implemented by the 2007-2008 school year. Thus, code NG42, 43, 45, 46, 50=1 for 2006-2007 (and code NG42, 43, 45, 46, and 50=2 for 2007-2008)</p>

Item/Question	Answer
<p><b>How do you code NG23b and other NG items for CSPI model/like and NANA model/like language?</b></p>	<ul style="list-style-type: none"> <li>• <b>CSPI-like Model:</b> Elementary Schools. The school food service program will approve and provide all food and beverage sales to students in the elementary grades. Given young children's limited nutrition skills, food in elementary grades <u>will</u> be sold as balanced meals. If available, foods and beverages sold individually <u>will be limited to</u> low-fat, and non-fat milk, fruits, and non-fried vegetables. <ul style="list-style-type: none"> <li>○ <b>If this were the <u>only</u> language for ES for this district for the NG items, you would also code as follows:</b> <ul style="list-style-type: none"> <li>▪ NG23=2</li> <li>▪ NG23b=2</li> <li>▪ NG24-26=2</li> <li>▪ NG33=2</li> <li>▪ NG34=2</li> <li>▪ NG35=2</li> <li>▪ NG38=2</li> <li>▪ NG42=2</li> <li>▪ NG43=2</li> <li>▪ NG45=2</li> <li>▪ NG46=2</li> <li>▪ NG48=2</li> <li>▪ NG50=2</li> </ul> </li> </ul> </li> <li>• <b>CSPI/NANA Model:</b> Elementary Schools. The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools <u>should</u> be sold as balanced meals. If available, foods and beverages sold individually <u>should be limited to</u> low-fat and non-fat milk, fruits, and non-fried vegetables. <ul style="list-style-type: none"> <li>○ <b>If this were the <u>only</u> language for ES for this district for the NG items, you would also code as follows:</b> <ul style="list-style-type: none"> <li>▪ NG23=1</li> <li>▪ NG23b=1</li> <li>▪ NG24-26=1</li> <li>▪ NG33=1</li> <li>▪ NG34=1</li> <li>▪ NG35=1</li> <li>▪ NG38=1</li> <li>▪ NG42=1</li> <li>▪ NG43=1</li> <li>▪ NG45=1</li> <li>▪ NG46=1</li> <li>▪ NG48=1</li> <li>▪ NG50=1</li> </ul> </li> <li>○ <b>The difference here is the “should” language rather than the “will” language above.</b></li> </ul> </li> </ul> <p><i><b>NOTE TO CODERS:</b> Be <u>very careful</u> when coding following the CSPI/NANA models. We have seen several “slightly” revised versions of the language that could have coding implications. Also, the distinction between the two examples is entirely the “will” vs. “should.” We felt that even for NG23, that the distinction was enough to warrant a differential coding for the two scenarios.</i></p>
<p><b>Please clarify the distinction between PE52a and PE52.</b></p>	<p>PE52a was created by UIC to capture situations where the district mentions that they have some type of PE but the language included in the policy is not enough to warrant any coding on any of the PE variables. PE52a, therefore, was created as a dummy variable to capture the presence/absence of any PE component. PE52 captures information specifically on PE curriculum requirements.</p>

Item/Question	Answer
<p><b>Why do we downgrade for “when possible” or “where appropriate” for PA72 but <u>not</u> for NE6?</b></p>	<p><b>CONCEPTUALLY:</b></p> <ul style="list-style-type: none"> <li>• NE 6 is an item that is DIRECTLY measuring the incorporation of nutrition education into other subjects, PA 72 is an item examining the opportunities for PA outside of PE during the school day <ul style="list-style-type: none"> <li>○ PA72 language such as “classrooms shall incorporate short breaks that include physical movement, when possible,” is just 1 component of a broader concept being evaluated and should be coded as a 1.</li> <li>○ NE6 language such as, “nutrition education will be integrated into the broader curriculum, where appropriate,” is directly addressing what the item is referencing and should be coded as a 2.</li> </ul> </li> <li>• <b>Bottom line:</b> The students may or may not be experiencing PA breaks in the classroom during the school day based on the above language BUT NE is definitely being offered in other classes besides health/nutrition, it’s just not clear which courses the NE is being integrated into or which classes within the course that NE is being addressed (which is not necessary for a 2 coding).</li> </ul> <p><b>LITERALLY:</b></p> <ul style="list-style-type: none"> <li>• NE can only easily/appropriately be integrated into the curriculum where it fits (i.e., Basic Math or Science) and does not easily fit into other topics (i.e., English, French, Geometry)...also NE will not be the topic addressed in each class of a course b/c otherwise it would be a nutrition course and NOT a Science course...so the language above fits with what NE 6 is addressing...stating that NE will be incorporated into other courses BUT only the ones that it fits into appropriately OR NE will be addressed in other classes (ex science) BUT not every (science) class only the (science) classes that NE fits into.</li> <li>• PA can be incorporated into every classroom...so it is possible to provide it in all classes therefore stating that it will only be incorporated “when possible” weakens the overall statement...and does not DEFINITELY indicate the PA is being offered in classes OR during the school day outside of PE...</li> </ul>
<p><b>Clarification on CP90 coding where CP90=2</b></p> <p><b>(See below for CP90=1 language)</b></p>	<p><b>The following language, in its entirety (i.e., the sum of the parts), would warrant a level 2 code for CP90 because of the “package” of language and the fact that it mentions “periodic.” You do <u>not</u> have to have specific time periods mentioned to get a 2 for CP90.</b></p> <p><b>GUIDELINES WELLNESS COMMITTEE</b></p> <p>The Board shall appoint a Wellness Committee comprised of at least one of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, member of the public, teacher, school nurse, school counselor, physical education teacher or coach, health professional, representative of community organization, and any other individuals chosen by the Board.</p> <p>The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with law to recommend to the Board for adoption.</p> <p>The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.</p> <p>The Wellness Committee may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.</p> <p>The Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.</p> <p><b>An additional example of CP90=2 language that is suggestive of an ongoing council (From NANA):</b></p> <p>“The school district and/or individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)”</p>

Item/Question	Answer
<p><b>Clarification on CP90 coding where CP90=1</b></p> <p><b>(See prior example for CP90=2 language)</b></p>	<p><b>The following would be coded as a 1 for CP90 because the whole section is “may” be established (even though the Council is to provide periodic reports):</b></p> <p>Advisory Health Council</p> <ul style="list-style-type: none"> <li>• An Advisory Health Council may be established by the Superintendent to study student health issues and to assist in organizing follow-up programs.</li> <li>• The Advisory Health Committee may examine related research, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues.</li> <li>• The Advisory Health Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.</li> <li>• The Advisory Health Council may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.</li> <li>• The Advisory Health Council shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.</li> <li>• Individuals who conduct student medical and dental examinations shall submit to the Advisory Health Council annual reports and later reports on the remedial work accomplished during the year.</li> </ul>
<p><b>How do you code Fitnessgram and Fitnessgram-like language (i.e., body composition, height/weight, etc.) for PE68 and PE68a?</b></p>	<p>"The fitnessgram <b>shall</b> be used to assess student health and fitness" → Code: 68=1, 68a=2</p> <p>"The fitnessgram <b>shall</b> be used to assess student health. Results will be reported to parents." → Code: 68=2, 68a=3</p> <p>"The fitnessgram shall be used in grades 4-10 to assess student health. Students will be notified of their results" →Code:   68ES=1   68MS=2   68HS=1           68aES=1   68aMS=2   68aHS=1</p> <p><i>For examples using body composition or height/weight, just trade out the Fitnessgram language and replace it with body composition or height/weight in the above examples.</i></p> <p><b>Fitnessgram's relation with body composition is below, taken directly from the Fitnessgram website. The assessment items are as follows:</b></p> <p><b>Aerobic Capacity</b></p> <ul style="list-style-type: none"> <li>• PACER test</li> <li>• One-mile run/walk</li> <li>• Walk test (ages 13 or greater)</li> </ul> <p><b>Body Composition</b> (may select one option)</p> <ul style="list-style-type: none"> <li>• Percent body fat (calculated from triceps and calf skinfolds)</li> <li>• Body mass index (calculated from height and weight)</li> </ul> <p><b>Muscular Strength, Endurance, and Flexibility</b></p> <ul style="list-style-type: none"> <li>• Abdominal strength and endurance (curl-up)</li> <li>• Trunk extensor strength and endurance (trunk lift)</li> <li>• Upper body strength and endurance (choose from push-up, modified pull-up, and flexed arm hang)</li> <li>• Flexibility (choose from back-saver sit-and-reach and shoulder stretch)</li> </ul>



## UIC Decision Rule Table

Coding Item Affected	Coding Issue/Question	Decision
US15 and US16	Please clarify why "bus scheduling" counts for US15 and not for US16.	US15 relates to methods/mechanisms/other strategies employed to facilitate students' ability to participate in the school meal program. Arranging bus schedules so students can arrive at school in time to participate in the breakfast program is one such strategy.  US16 relates to the specific scheduling of meals (particularly lunch) so as to optimize student nutrition; this would include only allowing tutoring and other events during meal times if students may eat during the activity.
NG generally	Very weak language for a specific item that references details in State Standards  Ex: The state Nutritional Standards have detailed explanations...Portion sizes are also outlined. Please read the standards before planning an event."	Check the state standards and code accordingly.
NG generally	The policy references "Snack Programs"	Code as 0 b/c there is a Federal Snack Program that is similar to the School Lunch, Breakfast and Summer programs so we are not giving credit for "Snack Programs" for NG variables
NG24 and NG generally -9 coding	If vending machines are banned (=2) in ES but restricted in MS/HS and other NG items noted in the policy (e.g., fat, sugar, calories) only apply to vending machines (for MS/HS), how should you code the other NG items for ES?	Code the other NG items as -9 for ES since they would not apply in ES.
NG33-38	How do we handle a situation where they mention USDA and district guidelines?	If USDA > district guideline, code USDA If USDA < district guideline, code district guideline
CP81	Please clarify the coding for this item.	This item was developed to measure the types of messages being expressed to students about overall health, based on what is conveyed to students with real nutritional concerns (Anorexia, Eating Disorders) with the goal of this variable to measure how children are being encouraged to be healthy overall (including NE, PA, etc). Therefore the language that is evaluated for this item needs to be embedded in the other sections we are coding. An overarching statement about a healthy school environment qualifies for a code of 1. In order to code this item as a 2, the policy needs to provide examples of how the district is going to incorporate these healthy messages into their practices/how they will present these healthy messages to students.
CP85	When should taste-testing be counted for this variable?	Only count taste-testing for this item if it is clear that it is being used for consideration relating to menus/foods offered

Local Wellness Coding  
 State: \_\_\_\_\_  
 Master Version (Y/N)

Grade Range:  
 District Name:  
 District ID:

Coder Initials:  
 Coder Date:

Variable	Label	ES				MS				HS				School Year Variance?	State Contingent?	Notes
		0	1	2	-9	0	1	2	-9	0	1	2	-9			
NE1	FW: goals for NE	0	1	2	-9	0	1	2	-9	0	1	2	-9			
NE2	Nutrition curriculum each grade	0	1	2	-9	0	1	2	-9	0	1	2	-9			
NE3	NE with larger school community	0	1	2	-9	0	1	2	-9	0	1	2	-9			
NE4	NE beyond school environment	0	1	2	-9	0	1	2	-9	0	1	2	-9			
NE5	NE training for teachers	0	1	2	-9	0	1	2	-9	0	1	2	-9			
NE6	NE integrated into other subjects	0	1	2	-9	0	1	2	-9	0	1	2	-9			
NE7	NE teaches behavior focused skills	0	1	2	-9	0	1	2	-9	0	1	2	-9			
NE8	Number of NE courses or hours	0	1	2	-9	0	1	2	-9	0	1	2	-9			
NE9	NE quality	0	1	2	-9	0	1	2	-9	0	1	2	-9			
US10	FW: guidelines not less restrictive	0	1	2	-9	0	1	2	-9	0	1	2	-9			
US11	School Breakfast Program (USDA)	0	1	2	-9	0	1	2	-9	0	1	2	-9			
US12	Summer Food Service Program	0	1	2	-9	0	1	2	-9	0	1	2	-9			
US13	Guidelines beyond USDA Diet Gdln minimum	0	1	2	-9	0	1	2	-9	0	1	2	-9			
US14	Low-fat versions/methods	0	1	2	-9	0	1	2	-9	0	1	2	-9			
US15	Strategies to increase participation	0	1	2	-9	0	1	2	-9	0	1	2	-9			
US15a	Closed campus	0	1	2	-9	0	1	2	-9	0	1	2	-9			
US16	Optimizes scheduling	0	1	2	-9	0	1	2	-9	0	1	2	-9			
US17	Adequate time to eat	0	1	2	-9	0	1	2	-9	0	1	2	-9			
US18	Hand-washing	0	1	2	-9	0	1	2	-9	0	1	2	-9			
US19	Nutrition qualifications of meal staff	0	1	2	-9	0	1	2	-9	0	1	2	-9			
US20	Training for food service staff	0	1	2	-9	0	1	2	-9	0	1	2	-9			
US21	School meal environment	0	1	2	-9	0	1	2	-9	0	1	2	-9			
US22	Nutrition information	0	1	2	-9	0	1	2	-9	0	1	2	-9			
NG38a	Farm-to-school	0	1	2	-9	0	1	2	-9	0	1	2	-9			
NG23	FW: NG for ALL foods at school	0	1	2	-9	0	1	2	-9	0	1	2	-9			
						SD				SD				SD		
NG23b	Competitive food ban/cannot be sold	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG23c	Contracts must/should comply with NG	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG24	Vending machines	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG25	School stores	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG26	Food service a la carte	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG27	Class parties and celebrations	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG28	Food from home for the whole class	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG29	Food before school	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG30	Food after school	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG31	Food at evening/community events	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG32	Food sold for fundraising	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG40	Food as a reward or punishment	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG33	Sugar content of foods	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG34	Fat content of foods	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG35	Sodium content of foods	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG36	Calorie content per serving size	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG37	Serving size of foods	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG38	Whole, unprocessed, & fresh food	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG39	Ingredients w/questionable effects	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG41	Nutrition info for other foods	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG42	Sugar content of beverages	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG43	Fat content of drinks	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG44	Calorie content of beverages	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG45	Regular soda	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG46	Beverages other than soda	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG47	Sugar/calorie content of milk	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG48	Fat content of milk	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG49	Serving size limits for beverages	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG50	Caffeine content of beverages	0	1	2	-9		0	1	2	-9		0	1	2	-9	
NG51	Free drinking water	0	1	2	-9		0	1	2	-9		0	1	2	-9	

Variable	Label	ES				MS				HS				School Year Variance?	State Contingent?	Notes	
		0	1	2	-9	0	1	2	-9	0	1	2	-9				
PE52a	Goals for PE	0	1		-9	0	1		-9	0	1		-9				
PE52	PE curriculum for each grade	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PE53	Time/week of PE for elementary	0	1	2	-9								-9				
PE54	Time/week of PE for middle					0	1	2	-9				-9				
PE55	Time/week of PE for high school									0	1	2	-9				
PE56	Physically active lifestyle	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PE57	Competency assessment	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PE58	Addresses PE quality	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PE59	Inclusive play	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PE60	Addresses PE classes or credits									0	1	2	-9				
PE61	Frequency of required PE	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PE62	Teacher-student ratio for PE	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PE63	Safe/adequate equipment/facilities	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PE64	Moderate to vigorous activity	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PE65	Qualifications for PE instructors	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PE66	PE training for teachers	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PE67	PE waiver requirements	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PE68	Annual health assessment	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PE68a	BMI	0	1	2	3	-9	0	1	2	3	-9	0	1	2	3	-9	
PA69	FW: goals for PA	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PA70	PA for every grade level	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PA72	PA throughout the day	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PA73	Intramurals or interscholastic	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PA74	Community use facilities for PA	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PA75	Safe active routes to school	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PA76	Not using PA as punishment	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PA77	Recess freq or amt for elementary	0	1	2	-9												
PA78	Recess quality to promote PA	0	1	2	-9												
PA71	PA for school staff	0	1	2	-9	0	1	2	-9	0	1	2	-9				
CP80	Staff wellness programs	0	1	2	-9	0	1	2	-9	0	1	2	-9				
CP82	Staff to role model	0	1	2	-9	0	1	2	-9	0	1	2	-9				
CP79	FW: Stakeholders involved in development of wellness policy	0	1	2	-9	0	1	2	-9	0	1	2	-9				
CP85	Methods to solicit input	0	1	2	-9	0	1	2	-9	0	1	2	-9				
CP86	How to engage parents/community	0	1	2	-9	0	1	2	-9	0	1	2	-9				
CP87	Content communicated to parents	0	1	2	-9	0	1	2	-9	0	1	2	-9				
CP90	Ongoing health advisory committee	0	1	2	-9	0	1	2	-9	0	1	2	-9				
CP81	Consistency of nutrition messages	0	1	2	-9	0	1	2	-9	0	1	2	-9				
CP83	Responsible for communication	0	1	2	-9	0	1	2	-9	0	1	2	-9				
CP84	Coordinated School Health Model	0	1	2	-9	0	1	2	-9	0	1	2	-9				
CP88	Marketing healthy choices	0	1	2	-9	0	1	2	-9	0	1	2	-9				
CP89	Restricted marketing	0	1	2	-9	0	1	2	-9	0	1	2	-9				
E91	FW: Measuring implementation	0	1	2	-9	0	1	2	-9	0	1	2	-9				
E92	Plan for implementation	0	1	2	-9	0	1	2	-9	0	1	2	-9				
E93	Plan for evaluation	0	1	2	-9	0	1	2	-9	0	1	2	-9				
E94	Audience and frequency of a report	0	1	2	-9	0	1	2	-9	0	1	2	-9				
E95	Funding support	0	1	2	-9	0	1	2	-9	0	1	2	-9				
E96	Plan for revising the policy	0	1	2	-9	0	1	2	-9	0	1	2	-9				
E97	Reporting frequency (fill in blank) -- NOT grade spec.									DE Initials: _____				QA Initials: _____			
E98	Update frequency (fill in blank)--NOT grade specific									DE Date: _____				QA Date: _____			
E99	Implementation review (fill in the blank) NOT grade sp																
E100	Requires district to report to the state	0	1	2	-9	0	1	2	-9	0	1	2	-9				

**State Wellness Policy Coding**

Master Version (Y/N):

Note: N/A = -9

State Abbreviation:

Year: 2006-7 & 2007-8

Coder Initials:

Coder Date:

Variable	Label	ES				MS				HS				SY Var	Notes
NE1	FW: goals for NE	0	1	2	-9	0	1	2	-9	0	1	2	-9		
NE2	Nutrition curriculum each grade	0	1	2	-9	0	1	2	-9	0	1	2	-9		
NE3	NE with larger school community	0	1	2	-9	0	1	2	-9	0	1	2	-9		
NE4	NE beyond school environment	0	1	2	-9	0	1	2	-9	0	1	2	-9		
NE5	NE training for teachers	0	1	2	-9	0	1	2	-9	0	1	2	-9		
NE6	NE integrated into other subjects	0	1	2	-9	0	1	2	-9	0	1	2	-9		
NE7	NE teaches behavior focused skills	0	1	2	-9	0	1	2	-9	0	1	2	-9		
NE8	Number of NE courses or hours	0	1	2	-9	0	1	2	-9	0	1	2	-9		
NE9	NE quality	0	1	2	-9	0	1	2	-9	0	1	2	-9		
US10	FW: guidelines not less restrictive	0	1	2	-9	0	1	2	-9	0	1	2	-9		
US11	School Breakfast Program (USDA)	0	1	2	-9	0	1	2	-9	0	1	2	-9		
US12	Summer Food Service Program	0	1	2	-9	0	1	2	-9	0	1	2	-9		
US13	Guidelines beyond USDA Diet Gdln minimum	0	1	2	-9	0	1	2	-9	0	1	2	-9		
US13a	F&V Pilot Program	0	1		-9	0	1		-9	0	1		-9		
US13b	F&V Pilot Program -- Incentives	0	1		-9	0	1		-9	0	1		-9		
US14	Low-fat versions/methods	0	1	2	-9	0	1	2	-9	0	1	2	-9		
US15	Strategies to increase participation	0	1	2	-9	0	1	2	-9	0	1	2	-9		
US15a	Closed campus	0	1	2	-9	0	1	2	-9	0	1	2	-9		
US16	Optimizes scheduling	0	1	2	-9	0	1	2	-9	0	1	2	-9		
US17	Adequate time to eat	0	1	2	-9	0	1	2	-9	0	1	2	-9		
US18	Hand-washing	0	1	2	-9	0	1	2	-9	0	1	2	-9		
US19	Nutrition qualifications of meal staff	0	1	2	-9	0	1	2	-9	0	1	2	-9		
US20	Training for food service staff	0	1	2	-9	0	1	2	-9	0	1	2	-9		
US21	School meal environment	0	1	2	-9	0	1	2	-9	0	1	2	-9		
US22	Nutrition information	0	1	2	-9	0	1	2	-9	0	1	2	-9		
NG23	FW: NG for ALL foods at school	0	1	2	-9	0	1	2	-9	0	1	2	-9		
					SD				SD				SD		
NG23b	Competitive food ban/cannot be sold	0	1	2	-9	0	1	2	-9	0	1	2	-9		
NG23c	Contracts must/should comply with NG	0	1	2	-9	0	1	2	-9	0	1	2	-9		
NG23d	Fast food (McD/BK/KFC, etc.) restricted	0	1	2	-9	0	1	2	-9	0	1	2	-9		
NG24	Vending machines	0	1	2	-9	0	1	2	-9	0	1	2	-9		
NG25	School stores	0	1	2	-9	0	1	2	-9	0	1	2	-9		
NG26	Food service a la carte	0	1	2	-9		0	1	2	-9		0	1	2	-9
NG27	Class parties and celebrations	0	1	2	-9		0	1	2	-9		0	1	2	-9
NG28	Food from home for the whole class	0	1	2	-9		0	1	2	-9		0	1	2	-9
NG29	Food before school	0	1	2	-9		0	1	2	-9		0	1	2	-9
NG30	Food after school	0	1	2	-9		0	1	2	-9		0	1	2	-9
NG31	Food at evening/community events	0	1	2	-9		0	1	2	-9		0	1	2	-9
NG32	Food sold for fundraising	0	1	2	-9		0	1	2	-9		0	1	2	-9
NG33	Sugar content of foods	0	1	2	-9		0	1	2	-9		0	1	2	-9
NG34	Fat content of foods	0	1	2	-9		0	1	2	-9		0	1	2	-9
NG35	Sodium content of foods	0	1	2	-9		0	1	2	-9		0	1	2	-9
NG36	Calorie content per serving size	0	1	2	-9		0	1	2	-9		0	1	2	-9
NG37	Serving size of foods	0	1	2	-9		0	1	2	-9		0	1	2	-9
NG38	Whole, unprocessed, & fresh food	0	1	2	-9		0	1	2	-9		0	1	2	-9
NG38a	Farm-to-school	0	1	2	-9		0	1	2	-9		0	1	2	-9
NG39	Ingredients w/questionable effects	0	1	2	-9		0	1	2	-9		0	1	2	-9
NG40	Food as a reward or punishment	0	1	2	-9		0	1	2	-9		0	1	2	-9
NG41	Nutrition info for other foods	0	1	2	-9		0	1	2	-9		0	1	2	-9
NG42	Sugar content of beverages	0	1	2	-9		0	1	2	-9		0	1	2	-9
NG43	Fat content of drinks	0	1	2	-9		0	1	2	-9		0	1	2	-9
NG44	Calorie content of beverages	0	1	2	-9		0	1	2	-9		0	1	2	-9
NG45	Regular soda	0	1	2	-9		0	1	2	-9		0	1	2	-9
NG46	Beverages other than soda	0	1	2	-9		0	1	2	-9		0	1	2	-9
NG47	Sugar/calorie content of milk	0	1	2	-9		0	1	2	-9		0	1	2	-9
NG48	Fat content of milk	0	1	2	-9		0	1	2	-9		0	1	2	-9
NG49	Serving size limits for beverages	0	1	2	-9		0	1	2	-9		0	1	2	-9
NG50	Caffeine content of beverages	0	1	2	-9		0	1	2	-9		0	1	2	-9
NG51	Free drinking water	0	1	2	-9		0	1	2	-9		0	1	2	-9

**State Wellness Policy Coding**

**Master Version (Y/N):**

**Note: N/A = -9**

**State Abbreviation:**

**Year: 2006-7 & 2007-8**

**Coder Initials:**

**Coder Date:**

Variable	Label	ES				MS				HS				SY Var	Notes		
PE52a	Goals for PE	0	1		-9	0	1		-9	0	1		-9				
PE52b	PE required	0	1		-9	0	1		-9	0	1		-9				
PE52	PE curriculum for each grade	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PE53	Time/week of PE for elementary	0	1	2	-9												
PE54	Time/week of PE for middle					0	1	2	-9								
PE55	Time/week of PE for high school									0	1	2	-9				
PE56	Physically active lifestyle	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PE57	Competency assessment	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PE58	Addresses PE quality	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PE59	Inclusive play	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PE60	Addresses PE classes or credits									0	1	2	-9				
PE61	Frequency of required PE	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PE62	Teacher-student ratio for PE	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PE63	Safe/adequate equipment/facilities	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PE64	Moderate to vigorous activity	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PE65	Qualifications for PE instructors	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PE66	PE training for teachers	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PE67	PE waiver requirements	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PE68	Annual health assessment	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PE68a	BMI	0	1	2	3	-9	0	1	2	3	-9	0	1	2	3	-9	
PA69	FW: goals for PA	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PA70	PA for every grade level	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PA71	PA for school staff	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PA72	PA throughout the day	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PA73	Intramurals or interscholastic	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PA74	Community use facilities for PA	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PA75	Safe active routes to school	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PA76	Not using PA as punishment	0	1	2	-9	0	1	2	-9	0	1	2	-9				
PA77	Recess freq or amt for elementary	0	1	2	-9												
PA78	Recess quality to promote PA	0	1	2	-9												
CP79	FW: Stakeholders involved in development of wellness policy	0	1	2	-9	0	1	2	-9	0	1	2	-9				
CP80	Staff wellness programs	0	1	2	-9	0	1	2	-9	0	1	2	-9				
CP81	Consistency of nutrition messages	0	1	2	-9	0	1	2	-9	0	1	2	-9				
CP82	Staff to role model	0	1	2	-9	0	1	2	-9	0	1	2	-9				
CP83	Responsible for communication	0	1	2	-9	0	1	2	-9	0	1	2	-9				
CP84	Coordinated School Health Model	0	1	2	-9	0	1	2	-9	0	1	2	-9				
CP85	Methods to solicit input	0	1	2	-9	0	1	2	-9	0	1	2	-9				
CP86	How to engage parents/community	0	1	2	-9	0	1	2	-9	0	1	2	-9				
CP87	Content communicated to parents	0	1	2	-9	0	1	2	-9	0	1	2	-9				
CP88	Marketing healthy choices	0	1	2	-9	0	1	2	-9	0	1	2	-9				
CP89	Restricted marketing	0	1	2	-9	0	1	2	-9	0	1	2	-9				
CP90	Ongoing health advisory committee	0	1	2	-9	0	1	2	-9	0	1	2	-9				
E91	FW: Measuring implementation	0	1	2	-9	0	1	2	-9	0	1	2	-9				
E92	Plan for implementation	0	1	2	-9	0	1	2	-9	0	1	2	-9				
E93	Plan for evaluation	0	1	2	-9	0	1	2	-9	0	1	2	-9				
E94	Audience and frequency of a report	0	1	2	-9	0	1	2	-9	0	1	2	-9				
E95	Funding support	0	1	2	-9	0	1	2	-9	0	1	2	-9				
E96	Plan for revising the policy	0	1	2	-9	0	1	2	-9	0	1	2	-9				
E97	Reporting frequency (fill in blank) -- NOT grade spec.					DE Initials: _____				QA Initials: _____							
E98	Update frequency (fill in blank)--NOT grade specific																
E99	Implementation review (fill in the blank) NOT grade sp					DE Date: _____				QA Date: _____							
E100	Requires district to report to the state	0	1	2	-9	0	1	2	-9	0	1	2	-9				
E101	TA to district/LEA for wellness policy implementation	0	1	2	-9	0	1	2	-9	0	1	2	-9				
E102	Monitor schools/LEA for compliance with state reqs.	0	1	2	-9	0	1	2	-9	0	1	2	-9				
E103	Penalties for district failure to comply	0	1	2	-9	0	1	2	-9	0	1	2	-9				
E104	Corrective action plan for schools/LEA for non-compliance	0	1	2	-9	0	1	2	-9	0	1	2	-9				
E105	State evaluation and reporting requirement	0	1	2	-9	0	1	2	-9	0	1	2	-9				



**Bridging the Gap (BTG) Program**  
**SCHOOL DISTRICT WELLNESS POLICY CODING TOOL, v. 2**  
**(For Use with Coding SY 08-09 policies)**

**UIC Revision Authors**

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In 2006, all school districts participating in the National School Lunch Program and other Child Nutrition Programs, including the School Breakfast Program and the Milk Program, were required to develop a written wellness policy. The original version of this coding system was designed by a group of researchers funded by the Robert Wood Johnson Foundation Healthy Eating Research Program to evaluate these policies. This instrument was designed to be a common and reliable method for evaluating the comprehensiveness and strength of wellness policies within and across states.

**UIC Notes:**

An original version of this tool was developed by the Robert Wood Johnson Foundation Healthy Eating Research Program, Working Group 1. The working group was chaired by Marlene Schwartz (Yale Rudd Center) and included Anne Lund and Mollie Greves (Washington), Elaine McDonnell and Claudia Probart (Pennsylvania), and Anne Samuelson and Leslie Lytle (Minnesota).

For a description of the development and reliability analyses of the original tool developed by the HER working group, please see:

Schwartz M, Lund A, Grow H, et al. "A Comprehensive Coding System to Measure the Quality of School Wellness Policies." *Journal of the American Dietetic Association*, 109(7): 1256-1262, July 2009.

This tool has been adapted to incorporate decision rules being employed by UIC under the BTG program. New variables have been added, additional decision rules and a Coding Appendix are incorporated, and, in some instances, alternative coding is identified. Note that all items labeled NG in the UIC scheme corresponds to identically numbered items in the HER scheme that start with NS [with the exception of items ending with a lower-case letter (e.g., US15a, NG23b) which are unique to UIC].

For additional information on the UIC coding adaptations or for a copy of a grade-specific coding sheet, please contact Jamie Chriqui at [jchriqui@uic.edu](mailto:jchriqui@uic.edu) or 312-996-6410

## UIC Notes/Guidance

1. Also refer to specific coding examples/scenarios included in the Appendix in conjunction with this coding tool.
2. BTG is conducting grade level-specific coding; as such, separate codes are created for each variable for each grade level (ES, MS, HS). Use the UIC-created grade-level score sheet to accompany this tool.
  - a. If the **grade-level distinctions are not clear in the policy**, check the district's web site to confirm the ES/MS/HS grades, as appropriate.
3. In cases where **similar policies are coded for districts within or across states**, review the policies and final coding across districts to ensure coding consistency before completing the consensus coding process and prior to submitting the coding for data entry.
4. If multiple districts within the same state all rely on the same **model policy**, code the model first and then apply the coding as appropriate across districts.
  - a. For policies with **CSPI and NANA model**-like provisions, review the CSPI and NANA master coding and code appropriately.
    - i. **Note on CSPI coding:** You will often find nuances and variations in the district policy language so you will need to review the language in the policy and the CSPI model to capture coding nuances accordingly.
    - ii. See also the CSPI and NANA model guidance in the attached Appendix.
5. If there are multiple policies from the same district with differing provisions, give credit for the stronger weaker language.

### Version Notes:

- v. 2 (5/5/09): Updated to allow for IOM standards and competitive food ban coding in NG items. Added # minutes/credits for a number of other variables. Added trans-fat ban to NG items.
- v.2 (6/25/09): Numbering was changed for all variables; numbers in parentheses reflect original coding scheme v.1 (SY 06-07 & 07-08).



## Coding

Scoring of wellness policies is based on the coding of seven sections, containing a total of 92 primary policy items and 16 sub-items. The sections include:

- Section 1: Nutrition Education (page 5)
- Section 2: Standards for USDA Child Nutrition Programs and School Meals (page 8)
- Section 3: Nutrition Standards for Competitive and Other Foods and Beverages (page 12)
- Section 4: Physical Education (page 31)
- Section 5: Physical Activity (page 38)
- Section 6: Staff PA/Wellness/Modeling (page 41)
- Section 7: Stakeholder involvement/feedback (page 42)
- Section 8: Messaging, Marketing, & Promotion (page 44)
- Section 9: Evaluation & Implementation (page 45)

Unless otherwise noted, each policy item is coded as “0,” “1,” or “2,” using the definitions below. This coding manual lists each item followed by an explanation of the item and examples of “1” and “2” statements.

Code		Explanation
<b>0</b>	<b>= Not Mentioned</b>	The item is not included in the text of the policy.
<b>1</b>	<b>= Weak Statement</b>	<p>Code an item as a “1” when the item is mentioned, <i>but</i></p> <ul style="list-style-type: none"> <li>• the policy will be hard to enforce because the statement is <i>vague, unclear, or confusing</i></li> <li>• statements are listed as <i>goals, aspirations, suggestions, or recommendations</i></li> <li>• there are <i>loopholes</i> in the policy that weaken enforcement of the item</li> <li>• the policy mentions a <i>future plan to act</i> without specifying when the plan will be established.</li> </ul> <p>Words often used include: <b>may, can, could, should, might, encourage, suggest, urge, some, partial, make an effort, and try.</b></p> <p>An exception to this would be if the district is unable to enforce action on the item, such as teachers role modeling healthy behaviors (in this case the item would be coded as a “2”).</p>
<b>2</b>	<b>= Meets / Exceeds Expectations</b>	<p>Code an item as a “2” when the item is mentioned, and it is clear that the policy makers are committed to making the item happen because</p> <ul style="list-style-type: none"> <li>• the item is described using specific language (e.g., a concept followed by concrete plans or strategies for implementation) and</li> <li>• strong language is used to indicate that action or regulation is required, including: <b>shall, will, must, have to, insist, require, all, total, comply, and enforce.</b></li> </ul>

### Coding hint

One method for deciding between a “1” and a “2” is to consider the scenario of a parent approaching a school district’s board of education to discuss something happening in a school. If the policy is written such that it is not clear exactly how the school should behave regarding the issue at hand, code the item as a “1.” If the policy is written such that the parent and board of education will have no trouble deciding if the school is or is not compliant with the policy, code the item as a “2.”

**State law** may regulate items in this coding tool. State law supersedes the authority of local wellness policies. Depending on how your study is structured, you may want to code according to the strength of state law when it exceeds standards in a policy or when it mentions items not included in a policy. For example, if state law prohibits soda in schools, but the policy does not, you might consider coding as if the policy explicitly prohibits soda.

**The federal wellness policy requirements** are incorporated into the beginning of each section, as appropriate, and are labeled “Federal Wellness.” The language for these items is taken from these federal requirements (Public Law 108-265, The Child Nutrition and WIC Reauthorization Act of 2004).

## Scoring

Policies are scored to determine Comprehensiveness and Strength. Comprehensiveness reflects the proportion of item topics that are simply mentioned. Strength reflects the proportion of items that are addressed with *specific* and *directive* language.

Score*	Explanation
<b>Comprehensiveness Score by section</b>	Comprehensiveness is calculated by counting the number of primary items in each section coded as “1,” “2,” “3,” or “4,” dividing this number by the number of primary policy items in the section, and multiplying this number by 100.
<b>Strength Score by section</b>	Strength is calculated by counting the number of primary items in each section coded as “2,” “3,” or “4,” dividing this number by the number of primary policy items in the section, and multiplying this number by 100.
<b>Total Comprehensiveness</b>	Total comprehensiveness is calculated by counting the number of primary items coded as “1,” “2,” “3,” or “4,” dividing this number by the total number of policy items (92) in all nine sections, and multiplying this number by 100.
<b>Total Strength</b>	Total strength is calculated by counting the number of primary items coded as “2,” “3,” or “4,” dividing this number by the total number of policy items (92) in all nine sections, and multiplying this number by 100.

\*You may want to count NG5 and PE1 (PE52a) for both the strength and comprehensiveness scores (they are 0/1 variables).

The example below shows the calculation of sample scores for Section 1.

Section 1. Nutrition Education		Code
NE1	Includes goals for nutrition education that are designed to promote student wellness in a manner that the local education agency determines is appropriate ( <i>Federal Requirement</i> )	2
NE2	Nutrition curriculum provided for each grade level	2
NE3	School has a <u>garden</u> (fruit and/or vegetable) that students participate in	0
NE4	District provides <u>nutrition education training for teachers</u>	1
NE5	Nutrition education is <u>integrated</u> into <u>other subjects</u> beyond health education	0
NE6	Nutrition education teaches <u>skills</u> that are behavior focused, interactive, and/or participatory	1
NE7	Specifies <u>number</u> of nutrition education <u>courses</u> or <u>contact hours</u>	0
<b>Subtotal for Section 1 Nutrition Education</b>		<b>57</b>
<b>Comprehensiveness Score</b> Count the number of primary items coded as “1” or “2” and divide this number by 7. Multiply by 100. Do not count an item if the rating is “0.”		57
<b>Strength Score</b> Count the number of primary items coded as “2” and divide this number by 7. Multiply by 100.		29

**Comprehensiveness Score** = There are two items coded as “1” and two items coded as “2,” for a total of 4 items. Four divided by 7 equals 0.57, then multiplied by 100 for a score of 57.

**Strength Score** = There are two items coded as “2.” Two divided by 7 equals 0.29, then multiplied by 100 for a score of 29.

## Section 1. Nutrition Education (Note: See Appendix for additional NE-related guidance)

#	Item	Coding Guidance
NE1	<p><u>Federal Wellness</u>: Includes goals for nutrition education that are designed to promote student wellness in a manner that the local education agency determines is appropriate</p>	<p>0</p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>No goals for nutrition education are mentioned</li> <li>Policy clearly detracts from requirement</li> </ul>
		<p>1</p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Nutrition education goal is implied</li> <li>Policy <u>only</u> repeats the language of the federal wellness requirement regarding nutrition education</li> <li>Policy only mentions “total learning environment” language and no other NE-related language included</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The district is committed to nutrition education.”</li> <li>“Includes goals for nutrition education...designed to promote student wellness in a manner that the local educational agency determines is appropriate.” (and no other NE goals are stated)</li> <li>“Nutrition policies and guidelines for reimbursable meals will not be <u>more</u> restrictive than federal and state regulations.”</li> </ul>
		<p>2</p> <p><u>Any</u> nutrition education goal statement is mentioned</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Schools should provide nutrition education and engage in nutrition promotion.”</li> </ul>
NE2	<p>Nutrition <u>curriculum</u> provided for each <u>grade level</u></p>	<p><b>UIC NOTE: Health education curriculum should only be coded for this item if there is some reference to nutrition or healthy eating being a component of the curriculum/lessons/topics, etc. A wellness curriculum that does not mention nutrition/healthy eating does not count.</b></p> <p>0</p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Integrating nutrition education into other subjects beyond health education does not qualify for a “1” or “2” for NE2</li> <li>Solely incorporating NE consistent with the state Dept of Ed. standards</li> <li>Mentions “standards-based NE” without mentioning curriculum/program</li> <li>Addresses a “wellness curriculum” or health education curriculum without including nutrition/healthy eating as part of the curriculum components</li> </ul>
		<p>1</p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Describes general <u>health</u> curriculum for “K-12” or “all levels,” and/or it is unclear if each grade will receive <u>nutrition</u> education</li> <li>Addresses NE quality or number of courses/hours but not clear that each grade will receive NE</li> <li>Standards-based NE curriculum</li> <li>Addresses “sequential NE” without mentioning curriculum or grade levels</li> <li>Addresses “sequential-based NE curriculum” without mentioning grade levels</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Enable students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.” (Not clear that NE is actually taught at each grade level.)</li> <li>“Nutrition and physical activities lessons will be designed for integration into the curriculum and the health education program.”</li> </ul>
		<p>2</p> <p>Clear that district has a <u>nutrition</u> education curriculum in each grade</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Nutrition topics shall be integrated within the comprehensive health education curriculum taught at every grade level (K-12).”</li> </ul>
NE3	<p>School has a <u>garden</u> (fruit and/or vegetable) that students participate in (includes garden club, kitchen classroom, integration into the curriculum)</p>	<p>0</p> <p>Not mentioned</p>
		<p>1</p> <p>Vague, suggested</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“The NE program shall include enjoyable interactive activities such as contests, taste testing, field trips, and school gardens.”</li> </ul>
		<p>2</p> <p>School garden required/definitively in place</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Each school will establish a school garden to give students the opportunity to plant, harvest, prepare, cook, and eat food they have grown.”</li> </ul>

## Section 1. Nutrition Education (continued)

NE4 (NE5)	District provides <u>nutrition education training for teachers</u>	0	Not mentioned; training on school wellness policy does not qualify for a “1” or “2”
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Type of training is vague (even if required)</li> <li>Provision of training is suggested</li> <li>Specifies only health/nutrition education teachers will receive training</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“In-service training for health education teachers is encouraged.”</li> <li>“Training opportunities for staff in the area of food nutrition is encouraged.” (Count this as long as not in the food service section of the policy. This variable is for teachers/NE teachers; not food service staff.)</li> </ul>
		2	<p><b>All of the following:</b></p> <ul style="list-style-type: none"> <li>Provision of training is specific to nutrition education and required</li> <li>Policy implies that a broad set of teachers will receive training (not only health education teachers)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Professional development training will be offered in the area of nutrition education for all interested MPS faculty and staff.” (NOTE: This is different than the coding for US8=1 (US20) because the goal in US8 (US20) is that all food service staff will have professional development whereas NE4 (NE5) seeks to ensure that all staff will be provided the opportunity for professional development.)</li> </ul>
NE5* (NE6*)	<p>Nutrition education is <u>integrated</u> into <u>other subjects</u> beyond health education</p> <p>*See Coding Appendix for additional clarification</p>	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“...will encourage teachers to integrate nutrition education into the broader curriculum.”</li> <li>“Staff shall teach, encourage, and support healthy eating by students by providing NE and engaging in nutrition promotion for all grade levels throughout the school day in a number of different instructional settings. Instruction shall be integrated and include information about nutrition, exercise, and/or healthy choices that...”</li> <li>“Instructional staff are encouraged to integrate nutritional themes into daily lessons when appropriate.”</li> </ul>
		2	<p>Requires that nutrition education be integrated into other subjects</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Nutrition education will be integrated into mathematics classes.”</li> <li>“Nutrition education will be integrated into the broader curriculum, where appropriate.”</li> <li>“The wellness committee is responsible for overseeing policy implementation in the following areas...integration of nutrition into overall curriculum.”</li> </ul>
NE6 (NE7)	Nutrition education teaches <u>skills</u> that are behavior-focused, interactive, and/or participatory	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Skill-based nutrition education is suggested</li> <li>Specific skills are mentioned, but none are required</li> <li>Skill-based nutrition education is suggested outside of the NE section of the policy</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices.” (This language was included in a policy with a weak NE section; this language fell under “other school based activities.”)</li> <li>“Schools will provide NE to foster lifelong habits of healthy eating.” (Key here is “habits”—we equated lifelong habits similar to skills)</li> <li>“Students will receive NE that fosters the adoption and maintenance of healthy eating behaviors.”</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Skill-based nutrition education is required</li> <li>Specific skills or activities are identified and required (e.g., media awareness or understanding calorie balance, energy expenditure, and nutrition facts labels)</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Nutrition education will provide the knowledge and skills necessary to promote student health.”</li> </ul>

## Section 1. Nutrition Education (*continued*)

NE7 (NE8)	Specifies <u>number</u> of nutrition education <u>courses</u> or <u>contact hours</u>	0	Not mentioned
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Amount of nutrition education is vague and/or suggested</li> <li>NE is included in HE, but it is unclear how many credits/hours are for NE</li> </ul> <p><b>Example:</b> • "An appropriate number of class hours should be designated for nutrition education."</p>
		2	<p>Number of hours or courses are specified and required</p> <p><b>Example:</b> • "...<u>will</u> ensure that four hours of class time will be designated for nutrition education every month."</p>
NE7a	<p>Amount of nutrition education courses, contact hours, or credits required (Specify)</p> <p>Note: must be specific to NE (not HE)</p>	<p>Specify the amount of nutrition education courses, contact hours, or credits required for graduation. Be sure to include the quantity and the unit (e.g., 2 courses, 1 credit, 40 hours, 2 Carnegie units)</p> <p>_____ # hours/credits or _____ units (Fill in # or units)</p> <p><b>Note: ONLY COMPLETE if NE7=2 (NE8); otherwise leave it blank.</b></p>	

## Section 2. Standards for USDA Child Nutrition Programs and School Meals

**Note:** This section relates to U.S. Department of Agriculture (USDA) school meals and NOT regulations for competitive foods. If the policy specifies regulations for “all foods” at school, and it is not clear whether the statement applies to either meals or competitive foods, apply those regulations to both this section (Standards for USDA Child Nutrition Programs and School Meals) and section 3 (Nutrition Standards for Competitive and Other Foods and Beverages).

US1 (US10)	Federal Wellness: Assures that guidelines for reimbursable school meals shall not be less restrictive than USDA school meal regulations	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>No mention of district meeting federal/USDA school meal regulations/standards</li> <li>Guidelines clearly detract from federal/USDA school meal regulations/standards</li> <li>Just requires meal programs to meet the 2005 Dietary Guidelines</li> </ul>
		1	<p>Policy states that district “should” or “strives” to meet federal/USDA school meal regulations/standards</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Nutritional standards for the school breakfast and lunch program are established that typically exceed state and federal standards.”</li> <li>“Nutritional standards for reimbursable school meals will not be <u>more</u> restrictive than federal and state requirements.”</li> </ul>
		2	<p>Policy requires or assures that the district meet federal/USDA school meal regulations/standards</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The district shall provide school breakfasts and lunches that meet the nutritional standards required by the USDA School Breakfast and National School Lunch Programs.”</li> <li>“The district provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than USDA meal regulations and guidance.”</li> <li>“The Food Service Program shall provide healthy food choices for students...Meals shall meet or exceed federal nutrition standards.”</li> <li>“...the district will ensure that reimbursable school meals meet the federal program requirements.”</li> <li>“All food sold or served will comply with USDA guidelines.”</li> <li>Policy states that the district regulation/procedure “SHOULD” provide an assurance that guidelines for reimbursable meals shall not be less restrictive than the USDA regulations and guidance; <u>however</u>, the regulation goes on to state that “All food made available in the federal program to students during the school day by the Office of Food Services will comply with or exceed the current federal and state requirements.” [The combination of the two statements—policy and then regulation—should be treated as a requirement]</li> </ul>
US2 (US11)	Addresses access to and/or promotion of the <u>School Breakfast Program (USDA)</u>	0	Not mentioned.
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Promotes a breakfast program without specifying the “School Breakfast Program” (USDA) or CFR Part 220</li> <li>Encourages or suggests participation in the School Breakfast Program</li> <li>Notifies parents of the availability of the School Breakfast Program</li> <li>Encourages students to start each day with a healthy breakfast</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The district shall make every effort to offer school breakfast.”</li> <li>“The Food Service Program shall provide healthy food choices for students. Breakfast and lunch meals shall meet or exceed federal nutrition standards.”</li> </ul>
		2	<p>Includes language to institutionalize the School Breakfast Program (i.e., specific reference to School Breakfast Program or CFR Part 220)</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“All schools will provide breakfast through the USDA School Breakfast Program.”</li> <li>“Food services include breakfast and lunches in all schools through participation in the National Child Nutrition Programs.”</li> <li>“All school breakfasts comply with USDA regulations.”</li> <li>“To the maximum extent possible, all schools in the district will participate in available federal school meal programs (including NSLP, SBP).”</li> </ul>

## Section 2. Standards for USDA Child Nutrition Programs and School Meals

US3 (US13)	Addresses <u>nutrition standards</u> for school meals <u>beyond USDA</u> (National School Lunch Program / School Breakfast Program) minimum standards	<p><b>Note: U.S. Department of Health and Human Services (HHS) and U.S. Department of Agriculture (USDA) 2005 Dietary Guidelines for Americans exceed the minimum standards for the USDA school meals programs.</b></p>	
		0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Unless defined, ambiguous references to federal or USDA standards/guidelines/requirements (e.g., “federal nutrition standards,” “USDA standards,” or “USDA guidelines”) do not qualify for “1” or “2” because it is not clear that these standards refer to anything other than the minimum legal requirements for USDA school meals programs</li> <li>• “Striving to meet” or “should meet” the 2005 Dietary Guidelines does not qualify for a 1 or 2</li> <li>• Exploring increased use of whole grains or exploring including salads, yogurts and other healthy foods to the meal menu</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Vague and/or suggested</li> <li>• Specifies <u>the 2005 Dietary Guidelines for Americans</u> and no other standards. To receive a “1” for specifying the Dietary Guidelines for Americans, a policy must at least state that it will meet the “Dietary Guidelines”</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “...encourage the consumption and choice of nutrient dense food, such as whole grains, fruits, and vegetables.”</li> <li>• “...all meals will follow the food guide system developed by USDA.”</li> <li>• “...all foods sold/served on campus will meet USDA Dietary Guidelines.” (and no other mention about school meal programs in the policy that would alter the coding for this item)</li> <li>• “School meals promote fresh fruits, vegetables, whole grains, and low-fat items.”</li> </ul>
2	School meals are required to meet specific standards (e.g., 4 fruits and/or non-fried vegetables per day; only 1% and fat-free milk served; at least half of grains are whole grain; eliminates trans fats)		
US4 (US14)	Specifies use of <u>low-fat versions</u> of foods and/or <u>low-fat methods</u> for preparing foods	0	Not mentioned. Low-fat food mandated by law does not qualify for “1” or “2”
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Cooking methods to reduce fat in school meals shall be used whenever possible.”</li> <li>• “Healthy food preparation for meals...”</li> <li>• “School meals promote fresh fruits, vegetables, and low fat items.”</li> <li>• “Final preparation method cannot be deep-fat fried.”</li> </ul>
		2	<p>Specific and required</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “All cooked foods offered as part of a meal will be baked or steamed.”</li> <li>• “Purchasing programs and preparation methods will be used to decrease fat, calorie and sodium levels in food.”</li> <li>• “No deep fried foods shall be offered as part of school meals.”</li> </ul>

## Section 2. Standards for USDA Child Nutrition Programs and School Meals

US5 (US15)	<p>Specifies <u>strategies to increase participation</u> in school meal programs</p> <p>“School meal programs” can be assumed to refer to breakfast and/or lunch</p> <p><b>UIC Note:</b> For now, continue coding closed campus here and in US5a (US15a).</p>	0	<p>Not mentioned or weak statement. Notifying parents of eligibility requirements for free/reduced price meals is a federal requirement and does not qualify for “1” or “2”</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Schools will provide meals that are culturally/ethnically diverse.”</li> <li>• “Child Nutrition Services will collaborate with ES buildings to encourage the consumption of F&amp;B including opportunities for taste-testing among students.” (under NE in policy, taste testing is used as a teaching tool and not for menu development)</li> </ul>
		1	<p>Mentions vague and/or suggested strategies</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “School meals shall be <u>made attractive</u> to students by appealing to their taste preferences.”</li> <li>• “Meals shall be appealing...”</li> <li>• “...bus schedules should be arranged to facilitate participation in the school breakfast program.”</li> <li>• “The district has a closed campus policy unless the Principal provides permission for students to leave during the lunch period.”</li> <li>• “To the extent possible, school and transportation schedules shall be designed to encourage participation in school meal programs.”</li> </ul>
		2	<p>Requires specific strategies such as promotional mailings or events, alternative breakfast systems, altered bus schedules, closed campus, student input on the menu, or “Grab and Go” or “Fun on the Run” promotions</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Students will have the opportunity to provide input on local, cultural and ethnic favorites.”</li> <li>• “...shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.”</li> <li>• “Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.”</li> </ul>
US5a (US15a)	<u>Closed campus</u>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Mentions vague and/or suggested strategies</li> <li>• Suggests that students are not allowed to leave campus for lunch/encourages schools to have a closed campus OR closed campus is a goal</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “The district has a closed campus policy, unless the Principal provides permission for students to leave during the lunch period.”</li> </ul>
		2	<p>Required</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Students are prohibited from leaving campus for lunch.”</li> </ul>
US6	<p>Timing of recess in relation to lunch</p> <p><b>Note:</b> code for elementary school only</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Recess is scheduled <u>after</u> lunch</li> <li>• PA is scheduled before lunch (PA is not defined and/or definition of PA does not include recess)</li> </ul>
		1	Suggests recess is scheduled <u>before</u> lunch
		2	Definitively requires recess to be scheduled <u>before</u> lunch
US7 (US17)	Ensures <u>adequate time to eat</u>	<b>If no standards are mentioned, code according to state law</b>	
		0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Schools are encouraged to permit all full-day students a daily lunch period of not less than 20 minutes.”</li> <li>• “Personnel will schedule enough time so students do not have to spend too much time waiting in line.”</li> <li>• “The school district will provide students with a minimum of 20 minutes to eat their meals.” (this gets a coding of “1”, because it is not clear whether “meals” includes lunch only or breakfast and lunch)</li> </ul>
2	<p>Requires meal periods to include ≥20 minutes for lunch and, if time for breakfast is mentioned, ≥10 minutes for breakfast</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “After obtaining food, students will have at least 20 minutes to eat lunch.”</li> <li>• “Students will be provided adequate time (minimum of 20 minutes) to eat lunch.”</li> </ul>		



## Section 2. Standards for USDA Child Nutrition Programs and School Meals

US7a	Specifies minimum minutes for breakfast	<p style="text-align: right;">_____ minutes for breakfast (circle day or week w/ red pencil)</p> <p><b>Note: ONLY COMPLETE</b> If minutes for breakfast is specified in US7=1 or US7=2 (US17); otherwise leave it blank.</p>						
US7b	Specifies minimum minutes for lunch	<p style="text-align: right;">_____ minutes for lunch (circle day or week w/ red pencil)</p> <p><b>Note: ONLY COMPLETE</b> If minutes for lunch is specified in US7=1 or US7=2 (US17); otherwise leave it blank.</p>						
US8 (US20)	Ensures <u>training or professional development</u> for <u>food service staff</u>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; vertical-align: middle;">0</td> <td>Not mentioned</td> </tr> <tr> <td style="text-align: center; vertical-align: middle;">1</td> <td> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Vague and/or suggested</li> <li>Only <u>food safety training</u> is addressed (food handling permit, HACCP, etc.)</li> <li>Only mentions <u>pre-service</u> training</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"All food service personnel will have adequate training in food service operations."</li> <li>"Professional development training will be offered in the area of nutrition education for all interested MPS faculty and staff." (<b>NOTE:</b> This is different than the coding for NE4=2 (NE5) because the goal here is that all food service staff will have professional development whereas (NE4) NE5 seeks to ensure that all staff will be provided the opportunity for professional development in NE).</li> <li>"...we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers according to their level of responsibility."</li> </ul> </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;">2</td> <td> <p><u>Nutrition</u> training is required for food service staff. Providing only food safety training does not qualify for a "2"</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...shall ensure that professional development in the area of food and nutrition is provided for food service staff."</li> </ul> </td> </tr> </table>	0	Not mentioned	1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Vague and/or suggested</li> <li>Only <u>food safety training</u> is addressed (food handling permit, HACCP, etc.)</li> <li>Only mentions <u>pre-service</u> training</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"All food service personnel will have adequate training in food service operations."</li> <li>"Professional development training will be offered in the area of nutrition education for all interested MPS faculty and staff." (<b>NOTE:</b> This is different than the coding for NE4=2 (NE5) because the goal here is that all food service staff will have professional development whereas (NE4) NE5 seeks to ensure that all staff will be provided the opportunity for professional development in NE).</li> <li>"...we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers according to their level of responsibility."</li> </ul>	2	<p><u>Nutrition</u> training is required for food service staff. Providing only food safety training does not qualify for a "2"</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...shall ensure that professional development in the area of food and nutrition is provided for food service staff."</li> </ul>
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US9 (US22)	<u>Nutrition information</u> for school meals (e.g., calories, saturated fat, sugar) is available	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; vertical-align: middle;">0</td> <td>Not mentioned</td> </tr> <tr> <td style="text-align: center; vertical-align: middle;">1</td> <td> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Vague and/or suggested</li> <li>Only available upon request</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...will provide nutrition information to parents <u>upon request</u>."</li> </ul> </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;">2</td> <td> <p>Specific and required</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...will share and publicize information about the nutritional content of meals with students and parents."</li> </ul> </td> </tr> </table>	0	Not mentioned	1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Vague and/or suggested</li> <li>Only available upon request</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...will provide nutrition information to parents <u>upon request</u>."</li> </ul>	2	<p>Specific and required</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...will share and publicize information about the nutritional content of meals with students and parents."</li> </ul>
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US10 (NG38a)	<p>Farm-to-school or farm-to-cafeteria program</p> <p>*State coding: establishing a FTSP gets a "1"</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; vertical-align: middle;">0</td> <td>Not mentioned</td> </tr> <tr> <td style="text-align: center; vertical-align: middle;">1</td> <td> <p>Suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Schools are encouraged to make available locally grown produce to students for all school meals and food items sold outside of the reimbursable school meal program."</li> <li>"Schools are encouraged to source fresh fruits and vegetables from local famers where practicable."</li> </ul> </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;">2</td> <td> <p>Required/definitively in place</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Produce from area farms shall be sold/served at all locations where F&amp;B are sold/served."</li> </ul> </td> </tr> </table>	0	Not mentioned	1	<p>Suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Schools are encouraged to make available locally grown produce to students for all school meals and food items sold outside of the reimbursable school meal program."</li> <li>"Schools are encouraged to source fresh fruits and vegetables from local famers where practicable."</li> </ul>	2	<p>Required/definitively in place</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Produce from area farms shall be sold/served at all locations where F&amp;B are sold/served."</li> </ul>
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## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

**Note:** This section relates to sale or service of foods outside USDA school meals. Do not count provisions in the USDA school meals section of the policy for items in this section. If the policy specifies regulations for “all foods” at school, and it is not clear whether the statement applies to either competitive foods or USDA school meals, apply those regulations to this section (Nutrition Standards for Competitive and Other Foods and Beverages) and to section 2 (Standards for USDA Child Nutrition Programs and School Meals).

- Some policies regulate foods “served” at school, while others only regulate foods “sold” at school. The distinction between “served” and “sold” is that “served” includes both foods that are “sold” and foods that are distributed without cost, such as foods served at birthday parties. Most items in this section refer to foods sold, but some refer to the broader category of foods served.
- For a policy to receive a minimum default code for mentioning U.S. Department of Health and Human Services (HHS) and U.S. Department of Agriculture (USDA) [2005 Dietary Guidelines for Americans](#), the policy must state “Dietary Guidelines.”
- A “time-specific” regulation is one that only applies during certain hours (e.g., when class is in session or during lunch).
- A “location-specific” regulation is one that only applies to certain places or grade levels (e.g., in cafeteria or certain grades within MS).

**UIC Note:** “NG” items correspond with the “NS” items in the HER-version of the coding scheme.

**\*See Coding Appendix for several NG-related items**

<p>NG1* (NG23*)</p>	<p><b>Federal Wellness:</b> Includes nutrition guidelines selected by the local education agency for ALL foods available on each school campus during the school day with the objective of promoting student health and reducing childhood obesity</p> <p>*See Coding Appendix for additional clarification</p>	<p><b>Either of the following:</b></p> <p>0</p> <ul style="list-style-type: none"> <li>• No guidelines for competitive foods mentioned or language weaker than 1 code</li> <li>• Strives to/should meet the 2005 Dietary Guidelines for America</li> </ul> <p><b>Any of the following:</b></p> <p>1</p> <ul style="list-style-type: none"> <li>• Mentions districts guidelines but does not define them</li> <li>• Mentions plans to create guidelines</li> <li>• Only mentions federal law regarding the National School Lunch Program or Foods of Minimal Nutritional Value</li> <li>• Only repeats the language of the federal wellness requirement regarding nutrition guidelines for all foods during the school day</li> <li>• Indicates guidelines are limited only to <u>particular places</u> (e.g., cafeteria), <u>times during the school day</u> (e.g., 30 minutes before to 30 minutes after the school lunch is served), or <u>categories of items</u> (i.e., food but not beverage; beverage not food)</li> <li>• Guidelines are subject to principal's discretion, or weakened by other exceptions</li> <li>• Guidelines that require provision of healthy food choices to students <i>outside of the school meal program</i> and no other NG language included</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Nutritious meals served by the food services operation and other nutritious food choices served in district schools and district-sponsored events will comply with district guidelines and state and federal law.” (and “district guidelines” are not defined in the policy)</li> <li>• “NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.”</li> </ul> <p>2</p> <p>Requires specific district guidelines (that are not time- or location- specific), even if only in reference to the <a href="#">2005 Dietary Guidelines for Americans</a> and even if you feel the guidelines are weak (including guidelines that only apply to a %age of items)</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “All foods served during the school day shall meet district guidelines, which include...ensuring the provision of whole grains and fruits and vegetables.”</li> </ul>
<p>SD</p>	<p>Nutrition standards apply during the school day (SD)</p>	<p><b>Note:</b> The SD coding should be applied for each NG item, as appropriate, for each relevant grade level.</p> <p><b>Note 2:</b> Code SD based on however the district defines SD. If SD is defined as only applying through the lunch period, that would count for SD coding. If SD is defined as also including before school, that would include SD.</p> <p>0</p> <p>No mention of school day or NG apply at all times</p> <p>1</p> <p>NG item(s) limited to/applies only during the school day (SD)</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Beverages other than soda should/shall be limited to 100% juice drinks, water, and milk during the school day.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

NG2* (NG23b*)	<p>Competitive food ban/cannot be sold</p> <p>*See Coding Appendix for additional clarification</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>No suggestion of competitive food ban/not mentioned</li> <li>Only prohibits sale of FMNVs in places where meals are served during mealtimes</li> </ul> <p><b>Example:</b>     • “Competitive foods and beverages are prohibited from the start of breakfast until the end of the last lunch period <u>in places where school meals are served.</u>”</p>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Competitive food ban suggested/encouraged (CSPI/NANA ES model language; see Appendix for coding examples)</li> <li>Competitive food ban is limited to certain hours</li> </ul> <p><b>Example:</b>     • “Competitive foods and beverages may not be sold from the time of arrival of the first student at school until thirty minutes after the lunch period.”</p>
		2	<p>Bans the sale of competitive foods</p> <p><b>Example:</b>     • “Competitive foods and beverages may not be sold on school campuses during the school day.”</p>
NG3 (NG23c)	<p>Vending/competitive food contract compliance with NG</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>No mention of vending/competitive food contracts</li> <li>Vending/competitive food contracts do not have to follow NG</li> </ul>
		1	<p>Vague, suggested, location-specific, time-specific</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Upon expiration of the existing competitive food/vending contracts, all such contracts are encouraged to follow the district’s nutrition guidelines/standards.”</li> <li>“Schools should pursue contracts that both encourage healthy eating by students and reduce school dependence on profits on sale of FMNVs.”</li> <li>“Beverage contracts comply with the Dietary Guidelines for Americans.”</li> </ul>
		2	<p>Vending/competitive food contracts required to follow NG</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The superintendent shall continually evaluate vending contracts. Vending contracts that do not meet the intent of this policy shall be modified accordingly or not renewed.”</li> <li>“Upon expiration of the existing vending/competitive food contracts, such contracts must be in accordance with the district’s nutrition standards or not be renewed.”</li> </ul>
NG4	<p>Restricts fast food sales at school (includes cafeteria, school stores, and other venues)</p> <p>Note: this is not prohibiting students from bringing fast food from outside</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Allows fast food &gt; 2 days per week</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Restricts access to fast food sold in the cafeteria/on school grounds to 1-2 days per week</li> <li>Vague, suggested, location-specific, time-specific</li> </ul> <p><b>Example:</b>     • “...each school shall limit access to no more than one day each week to retail fast food in the cafeteria, whether sold by contract, commercial vendor, or otherwise.”</p>
		2	<p>Prohibits fast food sales on school grounds at all times</p>
NG5	<p>IOM Variable: Allows <u>only</u> fruit and/or vegetables and/or whole grains and/or related combination* products</p> <p>*Combination products defined from IOM: must contain a total of one or more servings as packaged of fruit, vegetables or whole grain products per portion</p> <p><b>Note:</b> In order to truly meet the IOM standards, the policy must get a 2 here <u>AND</u> must get a 3 or 4 on all items numbered NG16-29</p>	0	<p>Not mentioned OR allows items other than F&amp;V, whole grains, and/or related combination products</p>
		1	<p>Suggestive of meeting IOM Standard: <u>Should</u> allow ONLY F&amp;V, whole grains, and/or related combination products</p> <p><b>Example:</b>     • “If available, food and beverages sold <u>should</u> be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.”</p>
		2	<p>Meets IOM Standard: Allows ONLY F&amp;V, whole grains, and/or related combination products</p> <ul style="list-style-type: none"> <li>The only F&amp;B that may be sold or served on campus during the school day are fruits and vegetables whole grains, and/or related combination products</li> </ul> <p><b>Example:</b>     • “If available, food and beverages sold <u>will</u> be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.”</p>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (*continued*)

<p>NG6* (NG38*)</p> <p>Addresses increasing “whole foods:” whole grains, unprocessed foods, or fresh produce</p> <p>*See Coding Appendix for additional guidance</p>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Mentions only dried fruit, fruit juice, fruit roll-ups, etc.</li> <li>• Indicates that schools shall “<i>strive</i>” to meet or “<i>should</i>” meet the 2005 USDA Dietary Guidelines</li> <li>• Reference to whole grains, fresh fruits, etc., only relative to school meals</li> <li>• Mentions only high-fiber items or items high in fiber.</li> </ul> <p><b>Example:</b>     • “...<i>must include items that meet the 2005 Dietary Guidelines for Americans.</i>”</p>
	1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Encourages offering/consumption of whole grains, unprocessed foods, or fresh produce</li> <li>• Farm-to-school program is suggested</li> <li>• Specifies <u>the 2005 Dietary Guidelines for Americans</u> and no other standards</li> <li>• List of food items includes fruits/vegetables that may include, but are not limited to, a list of items including non-fresh fruits/vegetables (e.g., dried/canned fruits/veg)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “<i>Schools are encouraged to make available locally grown produce to students for all school meals and food items sold outside of the reimbursable school meal program.</i>”</li> <li>• “<i>Schools are encouraged to source fresh fruits and vegetables from local farmers where practicable.</i>”</li> </ul>
	2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Definitively offering whole grains, unprocessed foods, or fresh produce</li> <li>• Farm to School program is required or definitively in place</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “<i>At least half of the grains served will be whole grains.</i>”</li> <li>• “<i>Only brown rice shall be served.</i>”</li> <li>• “<i>Produce from area farms shall be sold/served at all locations where F&amp;B are sold/served.</i>”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

NG7 (NG40)	Addresses food not being used as a <u>reward</u> and/or withheld as a <u>punishment</u>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Encourages the use of healthy food as a reward (not “ONLY” allowing)</li> <li>• Discourages using unhealthy food as a reward (e.g., donuts, FMNVs, etc.)</li> <li>• Only addresses withholding meals as punishment</li> <li>• Use of food as a reward in instructional programs shall require superintendent approval</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“The district will provide teachers with guidelines on the use of food as a reward without specifying guidelines.”</i></li> <li>• <i>“Staff are encouraged to limit the use of non-nutritious food as a reward/incentive and to promote nutritious options.”</i></li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Discourages food as a reward or punishment</li> <li>• Only allows healthy food as a reward</li> <li>• Prohibits or discourages food as a punishment but does not prohibit food as a reward</li> <li>• Strong language for food as a punishment but weaker language for food as a reward</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“No punitive or disciplinary action shall be taken that would deny a student lunch or snack time.” (and policy does not address food as a reward)</i></li> <li>• <i>“...strongly discourage the use of food/beverages as a reward or punishment.”</i></li> <li>• <i>“...will encourage non-food alternatives as rewards.”</i></li> <li>• <i>“Only healthy foods will be used as a reward.”</i></li> <li>• <i>“Food shall not be withheld as punishment and should not be used as a reward.”</i></li> <li>• <i>“Schools are encouraged to not use food or beverages that do not meet the nutrition standards for F&amp;B sold individually as rewards, and will not withhold food or beverages as punishment.”</i></li> <li>• <i>“Teachers shall not use food as a reward, especially those that do not meet the nutrition standards.”</i></li> </ul>
		2	<p>Prohibits food as a reward (even if using food as a punishment is not mentioned). Prohibition of food as a reward with the exception of Individual(ized) Academic Plans (IAP) or Individual(ized) Education Plans (IEP) still qualifies for a “2.”</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior.”</i></li> <li>• <i>“The use of food or candy as a classroom reward for any school is prohibited.”</i></li> </ul>
NG8 (NG41)	Nutrition information (e.g., calories, saturated fat, sugar) available for foods <u>other than school meals</u>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• “Nutrition information and education shall be offered throughout the school campus and based on the USDA Dietary Guidelines” (Not clear that this is specific to actual F&amp;B items sold/served)</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Vague and/or suggested</li> <li>• Only available upon request</li> </ul>
		2	<p>Required</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“...shall provide parents and students a list of detailed nutrition information on all foods and beverages sold at school.”</i></li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

NG9 (NG51)	<u>Addresses access to <i>(free) drinking water</i></u>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Policy only addresses the sale of bottled water</li> <li>• Providing access to drinking water/fountains only during meal periods/in the cafeteria</li> <li>• Allowing students to bring in bottled water from home</li> <li>• Only addresses water available in the context of PE/PA</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Schools should ensure that students have access to appropriate hydration and are encouraged to make use of it during PA.”</li> </ul>
		1	<p>Availability of free drinking water is suggested or encouraged</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Water shall be accessible during hours of school operation through choices such as drinking fountains or vending machines.”</li> <li>• “Schools are encouraged to provide drinking fountains throughout the school campus...”</li> </ul>
		2	<p>Free water is always available</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Students and staff will have access to free, safe, and fresh drinking water throughout the school day.”</li> <li>• “Drinking water fountains will be made available to students and staff throughout the school building.”</li> <li>• “Students will be provided access to drinking water throughout the day.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (*continued*)

### Notes for Year 3 Coding:

1. Use Nutrition Guideline Coding Supplement for detailed coding of NG10-NG15 (NG24-27, NG31-NG32) and NG16-NG29 (NG33-50)
2. Each of the food/beverage restrictions NG16-NG29 are coded separately for each location of sale/provision NG10-NG15; the coding instructions are identical for each location and are not reported below

Places food is available NG10-NG15 (NG24-27, NG31-NG32)

		Note: If policy regulates "all foods" or "competitive foods," code according to the strength of that statement.
NG10* (NG24*)	Regulates <u>vending machines</u>  *See also Coding Appendix	<p><b>0</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• No mention of vending machine regulations or umbrella statement regulating "all foods" or "competitive foods"</li> <li>• Language such as: "The district shall <i>monitor</i> all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs." (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)</li> <li>• Language such as: "...should strive to sell only healthy foods in vending machines."</li> <li>• Efforts to minimize sale of FMNVs</li> <li>• Strives to/should meet the 2005 Dietary Guidelines for Americans</li> <li>• Mentions regulating F&amp;B in vending machines/all F&amp;B without specifying guidelines or mentions plans to create guidelines</li> </ul>
		<p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Vending machine regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions</li> <li>• The 2005 Dietary Guidelines for Americans and no other standards are mentioned to regulate vending machines or "all (competitive) foods"</li> <li>• Regulations only apply to a very limited group of foods (e.g., prohibiting FMNVs in vending machines)</li> <li>• Restrictions only apply to a %age of food and/or beverage items or a limited set of items (e.g., fat content and soda)</li> <li>• (Note: if NG2=1 (NG23b) and there are no other nutrition guidelines, code NG10-12=1 (NG24-26))</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Vending machines shall include items which are healthful."</li> <li>• "Vending machines shall be unplugged during lunch hour."</li> <li>• "FMNVs shall not be sold on school grounds at any time."</li> <li>• "F&amp;B sales in vending machines will support healthy eating"</li> <li>• "...all food and beverages sold will strive to support the district's healthy eating guidelines."</li> <li>• "The sale of food items during the school day shall be restricted to those items in categories of food that meet minimal nutritional value."</li> <li>• "The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students."</li> <li>• "...75% of F&amp;B sold in VM must meet district nutrition standards."</li> <li>• "A minimum of 20% of snacks in vending, stores, concession, and a la carte will be considered health snack offerings."</li> <li>• "NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's nutrition services department or contracted vendors."</li> </ul>
		<p><b>2</b></p> <p>Requires regulation of ALL vending machine items or umbrella statement regulating "all (competitive) foods." For a "2," the regulation must meet <b>one of the following:</b></p> <ul style="list-style-type: none"> <li>• Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, and saturated fat content of <u>ALL</u> items sold)</li> <li>• Provide a specific and <u>restricted</u> list of food items allowed to be sold in vending machines or at all times (e.g., limiting vending to only water, fruits, vegetables, whole grains, and nuts) OR</li> <li>• Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) in vending machines or at all times</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Foods sold through vending machines shall be limited to water, 100% juice, fresh fruits and/or vegetables."</li> <li>• "All items sold through vending machines shall contain no more 35% of total calories from fat and sugars and no trans fats."</li> </ul>
		<p><b>4</b></p> <p>Bans vending machines and/or bans all competitive food sales during the school day</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "The sale of F&amp;B is limited to F&amp;B sold through the school meal program."</li> <li>• "Vending machines are prohibited on school grounds."</li> <li>• "No competitive foods or beverages may be sold during the school day."</li> <li>• "Only water is allowed to be sold in vending machines."</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

<p>NG11* (NG25*)</p> <p>Regulates <u>school stores</u></p> <p>*See also Coding Appendix</p> <p><b>Note:</b> If policy only mentions concessions or snack bars, do not code for school stores, unless policy defines concessions and/or snack bars as including school stores.</p>		<p><b>Note:</b> If policy regulates “all foods” or “competitive foods,” code according to the strength of that statement.</p>
		<p><b>0</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>No mention of school store regulations or umbrella statement regulating “all (competitive) foods”</li> <li>Language such as: “The district shall <i>monitor</i> all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs.” (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)</li> <li>Any language such as: “...should strive to sell healthy F&amp;B in school stores.”</li> <li>Efforts to minimize sale of FMNVs</li> <li>Strives to/should meet the 2005 Dietary Guidelines for Americans</li> <li>Mentions regulating F&amp;B/all F&amp;B in school stores without specifying guidelines or mentions plans to create guidelines</li> </ul>
		<p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>School store regulations or umbrella statement regulating “all (competitive) foods” is vague, suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate school stores or “all (competitive) foods”</li> <li>Regulations only apply to a very limited group of foods (e.g., prohibiting Foods of Minimal Nutritional Value [FMNV] in school stores)</li> <li>Restrictions only apply to a %age of food and/or beverage items or a limited set of items (e.g., fat content and soda)</li> <li>(Note: if NG2=1 (NG23b) and there are no other nutrition guidelines, code NG10-12=1 (NG24-26))</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“...ensure some healthy options are sold at school stores.”</li> <li>“Sales of F&amp;B in school stores must comply with state Public School Nutrition Policy.”</li> <li>“...school stores shall strive to include healthy choices for sale...”</li> <li>“All food and beverages sold will strive to support the district’s healthy eating guidelines.”</li> <li>“The sale of food items during the school day shall be restricted to those items in categories of food that meet minimal nutritional value.”</li> <li>“The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</li> <li>“...50% of F&amp;B sold in stores must meet the district nutrition standards.”</li> <li>“NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.”</li> </ul>
		<p><b>2</b></p> <p>Requires regulation of ALL school store items or umbrella statement regulating “all (competitive) foods.” For a “2,” the regulation must meet <b>one of the following:</b></p> <ul style="list-style-type: none"> <li>Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, and saturated fat content of <u>ALL</u> items sold)</li> <li>Provide a specific and <u>restricted</u> list of food items allowed to be sold school stores or at all times (e.g., limiting food sales to only water, fruits, vegetables, whole grains, and nuts)</li> <li>Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) in school stores or at all times</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Foods sold through school stores shall be limited to water, 100% juice, and fresh fruits and/or vegetables.”</li> <li>“All items sold through school stores shall contain no more 35% of total calories from fat and sugars and no trans fats.”</li> </ul>
<p><b>4</b></p> <p>Bans food/beverage sales in school stores and/or bans all competitive food sales during the school day</p> <p><b>Examples</b></p> <ul style="list-style-type: none"> <li>“The sale of F&amp;B is limited to F&amp;B sold through the school meal program.”</li> <li>“District XYZ does not allow food/beverages to be sold at school stores.”</li> <li>“No competitive foods or beverages may be sold during the school day.”</li> </ul>		



## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

		<p><b>Note:</b> If policy regulates “all foods” or “competitive foods,” code according to the strength of that statement; if policy addresses food and/or beverage sold by food service program /child nutrition programs etc. but the policy omits mentioning a la carte, give credit for a la carte.</p>
0		<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• No mention of a la carte regulations or umbrella statement regulating “all (competitive) foods”</li> <li>• Language such as: “The district shall <i>monitor</i> all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs (i.e., a la carte, vending, student stores, etc.).”</li> <li>• Language such as: “...should strive to sell healthy a la carte F&amp;B.”</li> <li>• Efforts to minimize sale of FMNVs</li> <li>• Strives to/should meet the 2005 Dietary Guidelines for Americans</li> <li>• Mentions regulating a la carte/all F&amp;B without specifying guidelines or mentions plans to create guidelines</li> </ul>
1	<p>Regulates <u>food service a la carte OR food sold as an alternative to the reimbursable school meal program (if not defined as to what this means)</u></p> <p>*See also Coding Appendix</p>	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• A la carte regulations or umbrella statement regulating “all (competitive) foods” is vague, suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>• The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate food service a la carte or “all (competitive) foods”</li> <li>• Regulations only apply to a limited group of foods (e.g., prohibiting FMNVs)</li> <li>• Restrictions only apply to a %age of food and/or beverage items or a limited set of items (e.g., fat content and soda)</li> <li>• Prohibits FMNVs during meals (also code NG17a1=1 and NG24a1=2)</li> <li>• (Note: if NG2=1 (NG23b) and there are no other nutrition guidelines, code NG10-12=1 (NG24-26))</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “...all food and beverages sold will strive to support the district’s healthy eating guidelines.”</li> <li>• “food service shall strive to include some healthy choices (choices listed) for all a la carte food sales.”</li> <li>• “The sale of food items during the school day shall be restricted to those items in categories of food that meet minimal nutritional value.”</li> <li>• “The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</li> <li>• “...50% of a la carte F&amp;B items must meet district nutrition standards.”</li> <li>• “NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.”</li> </ul>
2		<p>Requires regulation of ALL a la carte items or umbrella statement regulating “all (competitive) foods.” For a “2,” the regulation must meet <b>one of the following:</b></p> <ul style="list-style-type: none"> <li>• Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, or saturated fat content of <u>ALL</u> items sold)</li> <li>• Provide a specific and <u>restricted</u> list of food items allowed to be sold a la carte or at all times (e.g., limiting food sales to only fruits, vegetables, and whole grains)</li> <li>• Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) a la carte or at all times</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “A la carte F&amp;B sales shall be limited to water, 100% juice and fresh fruits and/or vegetables.”</li> <li>• “All items sold through school stores shall contain no more 35% of total calories from fat and sugars and no trans fats.”</li> </ul>
4		<p>Bans a la carte food sales or bans all competitive food sales</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The sale of F&amp;B is limited to F&amp;B sold through the school meal program.”</li> <li>• “District XYZ does not allow a la carte food/beverage sales.”</li> <li>• “No competitive foods or beverages may be sold during the school day.”</li> </ul>

**Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)**

<p>NG13* (NG27*)</p>	<p>Regulates food served at <u>class parties</u> and other school <u>celebrations</u></p>	<p>0 Not mentioned</p>
		<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Regulations for class parties or umbrella statement regulating “all (competitive) foods” <u>served/distributed/available</u> is vague, suggested, time- or location-specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>• The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate class parties or “all (competitive) foods <u>served/distributed/available</u>”</li> <li>• Regulations only apply to a very limited group of foods (e.g., prohibiting Foods of Minimal Nutritional Value [FMNV] at all times)</li> <li>• Regulations for class parties are required but weakened (e.g., by allowing one traditional party food)             <ul style="list-style-type: none"> <li>• “District encourages healthy snacks at parties.”</li> <li>• “Celebrations involving food during the school day shall be at the discretion of the school principal.”</li> <li>• “The school food environment (including celebrations) on balance and over time should be consistent with healthy food guidelines.”</li> <li>• “...permits only one birthday party per month.”</li> <li>• “The district shall provide parents with a list of foods that meet the Board’s snack standards for healthy celebrations/ parties, rewards, and fundraising activities...” (and no other mention of celebrations/parties included in the policy)</li> </ul> </li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The district should regulate all food and beverages sold/served as part of classroom activities.”</li> <li>• “Classroom parties will offer minimal amounts of foods (maximum 2-3 items) that contain added sugar as the first ingredient and will provide the following: fresh fruits and vegetables, water, 100% fruit juice, or milk.”</li> <li>• “...classroom parties, celebrations, etc. shall be limited to one snack and one beverage (100% juice, water or milk)”</li> <li>• “The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</li> <li>• “NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.”</li> <li>• “All F&amp;B available will meet the 2005 Dietary Guidelines for Americans.”</li> </ul>
		<p>1</p> <p>Requires regulation of ALL foods <u>served/distributed/available</u> at class parties or umbrella statement regulating “all foods <u>served/distributed/available</u>.” For a “2,” the regulation must apply to food <u>served/distributed/available</u> and meet <b>one of the following criteria:</b></p> <ul style="list-style-type: none"> <li>• Regulate nutritional quality of each individual item <u>served/distributed/available</u> (e.g., regulating maximum calorie, sugar, or saturated fat content of <u>ALL</u> items)</li> <li>• Provide a specific and <u>restricted</u> list of food items allowed to be <u>served/distributed/available</u> at class parties or at all times (e.g., limiting to fruits and whole grains)</li> <li>• Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) from being <u>served/distributed/available</u> at class parties/celebrations or at all times</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Foods and beverages <u>served</u> at school celebrations must meet the District’s Nutritional Standards.” (and standards are defined)</li> </ul>
		<p>2</p> <p>Competitive food ban</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Competitive foods and beverages may not be sold or served on school campuses during the school day.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

<p>NG14 (NG31)</p>	<p>Regulates food sold at <u>evening and community events on school grounds</u> (e.g., concessions at athletic events, dances, or performances)</p> <p><b>Note:</b> If policy only mentions concessions, without mentioning evening or community events, do not code</p>	<p><b>Note:</b> Unless otherwise defined, “<u>at all times</u>” refers to all times students are in the custody of the school. Because evening and community events are open to the public, and children attending are no longer in the custody of the school, only the phrase, “<u>at all times on school grounds</u>” is specific enough to include evening and community events on school grounds.</p>	
		0	<ul style="list-style-type: none"> <li>• No mention of nutrition standards for food at evening or community events</li> <li>• Policy references nutrition guidelines only applying to athletic events/concession sales <u>during the school day</u></li> <li>• Policy only addresses “events” without indicating “evening,” “community,” “all times on school grounds,” “athletic events,” etc.</li> <li>• Strives to/should meet the 2005 Dietary Guidelines for Americans</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Regulations of food sold at evening and community events are vague, suggested, location-specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>• The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate food sold at evening and community events</li> <li>• Regulations of food at evening and community events only apply to a limited group of foods (e.g., prohibiting FMNVs) or a %age of items sold</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Will promote availability of nutritional snacks at athletic events.”</li> <li>• “Local wellness policy goals will be considered in planning all school-based activities.” (e.g., school events, field trips, dances, and assemblies)</li> <li>• “Encourage that healthy food and beverage options are included at concessions at school-related events outside of the school day.”</li> <li>• “All F&amp;B made available on campus, including concessions and a la carte items, will be consistent with the USDA 2005 Dietary Guidelines for Americans.”</li> </ul>
		2	<p>Requires specific nutrition standards that apply to food sold at evening and community events on school grounds and the standards meet <b>one of the following criteria:</b></p> <ul style="list-style-type: none"> <li>• Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, or saturated fat content of <u>ALL</u> items sold)</li> <li>• Provide a specific and <u>restricted</u> list of food items allowed to be sold (e.g., limiting sales to water fruits, vegetables, whole grains, and nuts)</li> <li>• Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) from being sold at evening and community events</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Food or beverages sold or served on school grounds or for activities shall meet the District’s nutrition standards.” (and district standards are defined in policy)</li> </ul>
		4	<p>Competitive food ban</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Competitive foods and beverages may not be sold or served on school Campuses.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

NG15 (NG32)			<p><b>Note:</b> Must specifically address “<u>fundraising</u>” for a code of a “1” or “2.” Regulating “all foods” during “the school day” or “at all times on school grounds” does not qualify because fundraising can occur off school grounds (e.g., catalogue orders selling candy or cookies).</p>
	Regulates food sold for <u>fundraising</u>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>No mention of nutrition standards for food sold for fundraising</li> <li>Strives to/should meet the 2005 Dietary Guidelines for Americans</li> <li>Mentions regulating F&amp;B sold for fundraising/all F&amp;B without specifying guidelines</li> <li>Mentions plans to establish guidelines for school-sponsored fundraising that involves selling food w/o mentioning guidelines, healthy food, etc.</li> </ul>
	<p><b>Note Year 3 coding change:</b>  <u>Prohibitions on fundraising during the school day (SD) will now be coded as a “2” and the restrictions on SD fundraisers will be coded as a 1 (like other NG variables). If the provisions only apply during the SD, code the SD variable=1, accordingly.</u></p>	1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Regulations of food sold for fundraising are vague, suggested, time- or location-specific subject to principal’s discretion, or weakened by other exceptions</li> <li>The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate food sold for fundraising</li> <li>Regulations of food sold for fundraising only apply to a limited group of foods (e.g., prohibiting FMNVs) or a %age of items sold</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“...strongly encouraging the use of only non-food items to raise funds.”</li> <li>“...requiring administrative approval for all fundraisers.”</li> <li>“The district shall provide parents with a list of foods that meet the Board’s snack standards for healthy celebrations/ parties, rewards, and fundraising activities...” (and no other language related to fundraising included in the policy)</li> <li>“...fundraising activities will strive to support healthy eating and wellness.”</li> </ul>
		2	<p>Requires specific nutrition standards that apply to food sold for fundraising and the standards meet <b>one of the following criteria:</b></p> <ul style="list-style-type: none"> <li>Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, or saturated fat content of <u>ALL</u> items sold)</li> <li>Provide a specific and <u>restricted</u> list of food items allowed to be sold (e.g., limiting sales to water fruits, vegetables, whole grains, and nuts)</li> <li>Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) from being sold for fundraising</li> <li>Prohibits the sale of food for fundraising</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Foods purchased to raise funds must also meet the District’s nutrition standards.” (and standards are defined in policy)</li> </ul>
		4	<p>Competitive food ban</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Competitive foods and beverages may not be sold or served on school campuses during the school day.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

### Notes for Year 3 Coding:

1. Use Nutrition Guideline Coding Supplement for detailed coding of NG10-NG15 (NG24-27, NG31-NG32) and NG16-NG29 (NG33-50)
2. Each of the food restrictions NG16-NG21 are coded separately for each location of sale/provision NG10-NG15; the coding instructions are identical for each location and are not reported below

### Nutrition standards for competitive and other foods NG16-21 (NG33-36)

NG16* (NG33*)	Addresses limiting <u>sugar</u> content of foods  *See also Coding Appendix	0	Not mentioned. If policy specifies <u>the 2005 Dietary Guidelines for Americans and no other standards</u> , code as a "0." Only regulating/limiting candy does not qualify for a "1" or "2."
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified</li> <li>• Limit is suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions</li> <li>• Restrictions on sugar only apply to a %age of food items                             <ul style="list-style-type: none"> <li>• "Dry snacks sold at the K-8 level shall follow District Nutrition Standards <u>minimizing</u> the content of...sugar."</li> <li>• "Prohibits foods listing sugar, corn syrup, or other caloric sweeteners as the first ingredient."</li> <li>• "Schools shall discourage consumption of sugary foods."</li> </ul> </li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "The district will encourage students to make nutritious food choices and will ensure that...schools regulate the sale of foods high in...added sugars."</li> <li>• "The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students."</li> <li>• "...50% of food items sold must prohibit sugar as the first ingredient."</li> <li>• "NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's nutrition services department or contracted vendors."</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Quantified and required limit of &gt;35% of total calories/total weight from sugar</li> <li>• Quantified and required limits but allows exceptions for certain items                             <ul style="list-style-type: none"> <li>• "F&amp;B sold outside the school meal program must contain no more than 40% of total calories/weight from sugar."</li> <li>• "Calories from sugar shall not exceed 35% by weight; this limit shall not apply to fresh, frozen, <u>canned</u> or <u>dried</u> fruits and vegetables."</li> </ul> </li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "K-12 school food service, school store, and school vending machines sale of individual snack items per package shall include no more than 35% total calories/weight from sugar."</li> </ul>
		3	<p>Meets IOM standard: ≤ 35% of total calories/weight from sugar</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "K-12 school food service, school store, and school vending machines sale of individual snack items per package shall include no more than 35% total calories/weight from sugar."</li> </ul>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Competitive foods and beverages may not be sold on school campuses during the school day."</li> </ul>
NG17	Addresses limiting candy	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Encourages minimizing candy on school campuses</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Candy is limited but not prohibited</li> <li>• Prohibition of candy is suggested, time- or location-specific or overridden by principal's discretion</li> <li>• Prohibits FMNVs on campus and/or during the school day (<b>note:</b> FMNVs does not include all types of candy)</li> <li>• Prohibits FMNVs during meals (code a la carte only (NG17a))</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Candy is prohibited</li> <li>• Candy is prohibited except for use by the school nurse</li> </ul>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Competitive foods and beverages may not be sold on school campuses during the school day."</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

	Addresses limiting <u>fat</u> content of foods  *See also Coding Appendix	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Indicates that schools shall “<i>strive to</i>” or “<i>should</i>” meet the Dietary Guidelines</li> </ul> <p><b>Example:</b>     • “...<i>must include items that meet the 2005 Dietary Guidelines for Americans.</i>”</p>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Limit is not quantified</li> <li>Limit is suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>Specifies the <u>2005 Dietary Guidelines for Americans</u> and no other standards (applies to all food items)</li> <li>Restrictions on fat content only apply to a %age of food items</li> <li>Quantified limit for saturated fat but no mention of total fat</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“<i>All food and beverages available to students at school are recommended to be food items low in fat...</i>”</li> <li>“<i>The district will encourage students to make nutritious food choices and will ensure that...schools regulate the sale or serving of foods high in fat, sodium, or added sugars.</i>”</li> <li>“<i>The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.</i>”</li> <li>“<i>...50% of food items must contain no more than 40% of total calories from fat.</i>”</li> <li>“<i>NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.</i>”</li> <li>“<i>No individual food can exceed 10% of calories from saturated fat (no limit on total fat).</i>”</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Quantified and required limit but is &gt; 35% total calories from fat</li> <li>Quantified and required limits but allows exceptions for certain items</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“<i>F&amp;B sold outside the school meal program must contain no more than 40% of total calories/weight from fat.</i>”</li> <li>“<i>No individual food item can exceed 8 grams of fat per serving.</i>”</li> <li>“<i>Calories from fat shall not exceed 30%, excluding reduced fat (2%) <u>cheese</u>, nuts, seeds, and nut butters.</i>”</li> </ul>
		3	<p>Meets IOM standard: ≤ 35% of total calories from fat</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“<i>K-12 school food service, school store and school vending machine sale of individual snack items per package shall include no more than 35% of calories from fat and nine grams maximum per serving, with the exception of nuts.</i>”</li> </ul>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“<i>Competitive food and beverages may not be sold on school campuses during the school day.</i>”</li> </ul>
		NG19	Limits the amount of trans fats
1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Discourages use of trans fats/encourage use of products that are trans-fat free</li> <li>Limit is suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“<i>The level of trans fats will be as low as possible.</i>”</li> <li>“<i>Products containing trans-fats are discouraged.</i>”</li> <li>“<i>...encouraged to use only products that are trans-fat free.</i>”</li> </ul>		
2	<p>Limits the amount of trans fats but not a complete ban on trans fats</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“<i>...shall contain no more than 2 g/serving of saturated and trans fat combined.</i>”</li> </ul>		
3	<p>Meets IOM standard: Trans fat free or no more than 0.5g of trans fat</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“<i>All foods sold/available at school must be trans-fat free.</i>”</li> </ul>		
4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“<i>Competitive foods and beverages may not be sold on school campuses during the school day.</i>”</li> </ul>		

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

NG20* (NG35*)	Addresses limiting <u>sodium</u> content of foods  *See also Coding Appendix	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Indicates that schools shall “<i>strive to</i>” or “<i>should</i>” meet the Dietary Guidelines</li> </ul> <p><b>Example:</b>     • “...must include items that meet the 2005 Dietary Guidelines for Americans.”</p>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Limit is not quantified</li> <li>Limit is suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>Specifies <u>the 2005 Dietary Guidelines for Americans</u> and no other standards (applies to all food items)</li> <li>Restrictions on sodium only apply to a %age of food items</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“<i>Foods to avoid—consume only occasionally: high sodium foods (luncheon meats, cheeses, salty popcorn, pickles).</i>”</li> <li>“<i>The district will encourage students to make nutritious food choices and will ensure that...schools regulate the sale or serving of foods high in fat, sodium or added sugars.</i>”</li> <li>“<i>...50% of food items must contain no more than 600mg of sodium</i>”</li> <li>“<i>NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.</i>”</li> </ul>
		2	<p>Quantified and required limit but is &gt; 200 mg/portion</p> <p><b>Example:</b>     • “<i>A snack food item sold individually shall contain no more than 240 mg of sodium per serving.</i>”</p>
		3	<p>Meets IOM Standard: ≤ 200 mg/portion for snacks</p> <p><b>Example:</b>     • “<i>A snack food item sold individually shall contain no more than 200 mg of sodium per serving.</i>”</p>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b>     • “<i>Competitive foods and beverages may not be sold on school campuses during the school day</i>”</p>
		NG21* (NG36*)	Addresses limiting <u>calorie content per serving size</u> of foods  *See also Coding Appendix
1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Limit is not quantified</li> <li>Limit is suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>Restrictions only apply to a %age of food items</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“<i>Foods sold outside of the National School Lunch Program shall contain a <u>reasonable</u> number of calories per package.</i>”</li> <li>“<i>...50% of food items must contain no more than 300 calories/serving.</i>”</li> </ul>		
2	<p>Quantified and required limit but is &gt; 200 calories/per serving</p> <p><b>Example:</b>     • “<i>Individually sold snack items shall not exceed 240 calories per package.</i>”</p>		
3	<p>Meets IOM standard: ≤ 200 calories/serving</p> <p><b>Example:</b>     • “<i>Individually sold snack items shall not exceed 200 calories per package.</i>”</p>		
4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b>     • “<i>Competitive foods and beverages may not be sold on school campuses during the school day.</i>”</p>		

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

### Notes for Year 3 Coding:

1. Use Nutrition Guideline Coding Supplement for detailed coding of NG10-NG15 (NG24-27, NG31-NG32) and NG16-NG29 (NG33-50)
2. Each of the beverage restrictions NG22-NG29 are coded separately for each location of sale/provision NG10-NG15; the coding instructions are identical for each location and are not reported below.

### Nutrition standards for competitive and other beverages NG22-NG29 (NG42-NG50)

NG22* (NG42*)	Addresses limiting <u>sugar</u> content of beverages  *See Coding Appendix for additional guidance  <b>Note:</b> There is no level 2 code for this variable	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Indicates that competitive beverages “should include” specific beverage items</li> <li>• Fruit juice/drinks contain less than 50% juice</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Competitive beverages should include milk, water and 100% juice.”</li> <li>• “Sale of beverages is limited to 100% fruit/veg juice and fruit/veg juice with at least 10% fruit/veg juice.”</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified/specific</li> <li>• Limit is suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions</li> <li>• Restriction only applies to a %age of beverages</li> <li>• Indicates that competitive beverages “must/shall include” specific beverage items (which includes 100% juice)</li> <li>• Fruit /juice drinks containing at least 50% juice</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “... prohibits beverages that contain sugar, corn syrup, or any other caloric sweetener as the first ingredient.”</li> <li>• “...discourages sugar-laden beverages.”</li> <li>• “...shall prohibit soda and allow only water and beverages that are at least <u>50%</u> juice.”</li> <li>• “...allows water and beverages that are less than 100% juice.”</li> <li>• “...50% of beverages must contain no caloric sweeteners.”</li> <li>• “The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</li> <li>• “Competitive beverages must include 100% juice, milk, water, noncarbonated drinks, and electrolyte replacement drinks.”</li> <li>• “Beverages are limited to water, milk, 50% juice with no added sweeteners, and electrolyte replacement drinks.”</li> <li>• “50% of beverages must be 100% juice, milk, water, and electrolyte replacement drinks.”</li> </ul>
		3	<p>Meets IOM Standard: Prohibits beverages with added sugars</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Beverages with added sugars are not allowed.”</li> <li>• “Only water and 100% juice will be allowed at school.”</li> <li>• “Prohibits the sale of beverages with additional caloric sweeteners.”</li> </ul>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>
NG23* (NG44*)	Addresses limiting <u>calorie content</u> per serving size of beverages  *See Coding Appendix for additional guidance	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Language referring to limiting “additional caloric sweeteners” and no other mention of calories</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified</li> <li>• Limit is suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions</li> <li>• Restriction only applies to a %age of beverages</li> </ul>
		2	Quantified and required maximum number of calories permitted per beverage or serving size
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>



## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (*continued*)

NG24* (NG45*)	Addresses limiting <u>regular (sugar-sweetened) soda</u>	*See Coding Appendix for additional guidance	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Indicates that FMNVs should not be used as a source of revenue for the food service program</li> <li>• Encourages minimizing FMNVs on school campuses</li> </ul> <p><b>Example:</b>      • <i>“The food service program shall strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of FMNVs.”</i></p>
			1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Regular soda is limited but not prohibited</li> <li>• Prohibition of regular soda is suggested, time- or location-specific, or overridden by principal’s discretion</li> <li>• Restriction only applies to a %age of beverages</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“If available, food and beverages sold individually <u>should</u> be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.” (NANA model see Appendix)</i></li> <li>• <i>“50% of beverages must be 100% juice, milk, water, and electrolyte replacement drinks.”</i></li> </ul>
			2	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Regular soda is prohibited</li> <li>• Foods of Minimal Nutritional Value (FMNV) are prohibited at all times on school grounds. Prohibiting FMNV qualifies as a “2” because the definition of FMNV includes soda</li> <li>• Soda is prohibited except for use by the school nurse</li> <li>• Prohibits FMNVs during meals (code a la carte only (NG24a1))</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Soda will not be available on school grounds.”</i></li> <li>• <i>“FMNVs may not be served/sold in the school cafeteria during lunch periods.”</i></li> </ul>
			3	<p>Meets IOM Standard: Beverages with added caloric sweeteners are prohibited</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Only milk, water and 100% juice will be available at school.”</i></li> <li>• <i>“Approved beverages: milk, milk products, 100% juice and water.”</i></li> </ul>
			4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“Competitive food and beverages may not be sold on school campuses during the school day.”</i></li> </ul>

Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (*continued*)

<p>NG25* (NG46*)</p> <p>Addresses limiting <u>beverages other than soda containing added caloric sweeteners</u> such as sweetened teas, juice drinks, energy drinks and sports drinks</p> <p>*See Coding Appendix for additional guidance</p> <p><b>Note:</b> There is no level 2 code for this variable</p>		<p><b>0</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Only bans FMNVs</li> <li>• Allows beverages with added caloric sweeteners at all times</li> <li>• %age of beverages must meet the nutrition guidelines and allows electrolyte replacement drinks/isotonic/sports drinks</li> <li>• Indicates that competitive beverages “should include” beverages beyond milk, 100% juice, and water (includes noncarbonated drinks, electrolyte replacement drinks/isotonic/sports drinks)</li> <li>• Fruit juice/drinks contain less than 50% juice</li> <li>• Allows <u>more than</u> one sugar sweetened beverage</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “50% of beverages must be 100% juice, milk, water, and electrolyte replacement drinks.”</li> <li>• “Allowed beverages include milk, water, 100% juice, energy drinks, and electrolyte replacement drinks.”</li> </ul> <p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Other beverages with caloric sweeteners are limited but not prohibited</li> <li>• Prohibition is suggested, time- or location-specific, or item-specific (e.g., isotonic drinks, teas, etc.) subject to principal’s discretion, or weakened by other exceptions</li> <li>• Restriction applies to a %age of beverages</li> <li>• Indicates that competitive beverages “must/shall include” specific beverage items that are limited to 100% juice, milk, and water</li> <li>• Fruit/juice drinks containing at least 50% juice</li> <li>• Allows <u>only</u> one sugar sweetened beverage</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Allowed beverages are limited to milk, water, 100% juice, and sports drinks.”</li> <li>• “If available, food and beverages sold individually <u>should</u> be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.” (NANA model see Appendix)</li> <li>• “...50% of beverages will be water, 100% juice, and milk.”</li> <li>• “All beverage machines must/shall include 100% juice, milk, and water.”</li> <li>• “Beverages are limited to water, milk, and 50% juice with no added sweeteners.”</li> </ul> <p><b>3</b></p> <p>Meets IOM Standard: Other beverages with added caloric sweeteners are prohibited</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Only milk, water, and 100% juice will be available at school.”</li> <li>• “Approved beverages: milk, milk products, 100% juice and water.”</li> </ul> <p><b>4</b></p> <p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>
<p>NG26 (NG47)</p> <p>Addresses limiting <u>sugar/calorie content of flavored milk</u></p>		<p><b>0</b></p> <p>Not mentioned</p> <p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified</li> <li>• Limit is suggested, time- or location-specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>• %age of beverages must meet sugar/calorie provisions for milk</li> </ul> <p><b>2</b></p> <p>Quantified limit for sugar or calories that is &gt;22g of total sugars/8 oz. serving</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Milk shall contain no more than 25 g of sugars/8 oz. serving.”</li> <li>• “Milk may contain no more than 4 g of sugar/oz.”</li> <li>• “Milk shall contain no more than 150 calories/8 oz. serving.”</li> </ul> <p><b>3</b></p> <p>Meets IOM Standard: Flavored milk shall contain no more than 22g of total sugars/8 oz. portion</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Milk shall contain no more than 22 g of sugars per 8 ounces.”</li> <li>• “All milk sold is low fat and/or skim milk with 35% or less of weight from total sugar (or less than 9 grams per 100 calories).”</li> </ul> <p><i>Note: 8 oz skim=90 cal, 1%=104 cal, 2%=120 cal, and whole=150 cal</i></p> <p><b>4</b></p> <p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

NG27* (NG48*)	Addresses limiting <u>fat content of milk</u>	*See Coding Appendix for additional clarification  <b>Note:</b> There is no level 2 code for this variable	0	Not mentioned. Mentioning nonfat or low-fat dairy <u>products/foods (must specifically mention milk)</u> does not qualify for a "1" or "2." If policy explicitly allows whole milk, code as a "0"
			1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Limiting milk to only low-fat (1%) or non-fat/skim is specified but suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions</li> <li>Full-fat milk is prohibited, but reduced-fat (2%) milk is allowed</li> <li>Policy mentions that non-fat/skim, low-fat (1%), or reduced-fat (2%) milk are "allowed," "offered," or "provided" without specifying "<u>only</u>"</li> <li>Restrictions on fat content of milk only apply to a %age of beverages                             <ul style="list-style-type: none"> <li>"In high school, reduced fat, low-fat or skim milk may be sold."</li> <li>"Schools shall offer fat-free milk where beverages are sold."</li> </ul> </li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"At least 50% of beverage selections...shall be 100% fruit juice, <u>low fat or fat free milk</u>, and unflavored or unsweetened water."</li> </ul>
			3	Meets IOM Standard: <u>Only</u> low-fat (1%) or non-fat/skim milk is allowed (i.e., reduced-fat [2%] AND full-fat are <u>prohibited</u> )
			4	Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate
				<b>Example:</b> <ul style="list-style-type: none"> <li>"Beverages sold will be limited to low-fat or fat-free milk, 100% juice, and water."</li> </ul>
NG28 (NG49)	Addresses <u>servicing size</u> limits for beverages		0	Not mentioned. If policy specifies <u>the 2005 Dietary Guidelines for Americans</u> and <u>no other standards</u> , code as a "0"
			1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Limit for drinks other than water is greater than 12 ounces</li> <li>Limit is suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"All beverages other than water and milk shall be 12oz or less."</li> <li>"The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students."</li> </ul>
			2	Limit for drinks other than water is > IOM standards but <u>no more than</u> 12 ounces/serving
			3	Meets IOM Standards (must meet ALL standards to be coded as a "3" for a given grade level):
			4	Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate
	<b>Example:</b> <ul style="list-style-type: none"> <li>"Competitive foods and beverages may not be sold on school campuses during the school day."</li> </ul>			

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

<p>NG29* (NG50*)</p> <p><u>Addresses limiting caffeine</u> content of beverages (with the exception of trace amounts of naturally occurring caffeine substances)</p> <p>*See Coding Appendix for additional guidance</p> <p><b>Note:</b> There is no level 2 code for this variable</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Indicates that %age of beverage items must meet the nutrition guidelines and allows electrolyte replacement drinks/isotonic/sports drinks</li> </ul>
	1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified</li> <li>• Limit is suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions</li> <li>• Restrictions apply to a %age of beverages</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>"Flavored water shall be caffeine-free."</i></li> <li>• <i>"50% of all beverages offered shall be milk, water, and 100% juice."</i></li> <li>• <i>"100% of all beverages should be limited to milk, water, and 100% juice."</i></li> </ul>
	3	<p><b>Meets IOM Standard:</b></p> <ul style="list-style-type: none"> <li>• Beverages with added caffeine are prohibited</li> <li>• All allowable beverages are caffeine-free</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>"All beverages shall be caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances."</i></li> <li>• <i>"Allows only low-calorie beverages including flavored, non-caffeinated water."</i></li> <li>• <i>"100% of all beverages offered shall be milk, water, and 50%-100% juice."</i></li> </ul>
	4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>"Competitive foods and beverages may not be sold on school campuses during the school day."</i></li> </ul>

## Section 4. Physical Education (Note: See Appendix for additional PE-related guidance)

Many states list National Association for Sport & Physical Education (NASPE) standards or the American Alliance for Health, Physical Education, Recreation and Dance standards (of which NASPE standards are a part). Only code a "2" for items with NASPE defaults if district actually requires schools to follow NASPE standards, and it is clear from the context of the statement that NASPE standards apply to those items. If NASPE standards are suggested, code as a "1."

PE1* (PE52a*)	PE mentioned	0	No mention of PE anywhere in the policy
	*See Appendix for clarification on this item	1	Any mention of PE
PE2 (PE52)	Addresses physical education <u>curriculum/program</u> for <u>each grade level</u>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>PE is included in the HE curriculum</li> </ul> <p><b>Example:</b> <ul style="list-style-type: none"> <li>"Division HE curriculum standards and guidelines address both nutrition and PE."</li> </ul> </p>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Unclear if each grade has a physical education curriculum/program</li> <li>A curriculum is identified but limited to only some grade levels</li> <li>Addresses minimum amount of time for physical education but does not mention <u>curriculum/program</u></li> </ul> <p><b>Example:</b> <ul style="list-style-type: none"> <li>"Physical education will be provided in K-8." (in a district that extends beyond 8<sup>th</sup> grade)</li> </ul> </p>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Clear that district has a PE curriculum/program for each grade (e.g., policy describes a general PE curriculum/program for "K-12," "all levels," or "all students")</li> <li>Clear that PE program is provided for "K-12," "all levels," or "all grades" and mention time requirements (without using the word "curriculum")</li> </ul> <p><b>Example:</b> <ul style="list-style-type: none"> <li>"The PE Committee will submit for approval a K-12 comprehensive curriculum/program. All students in grades 1-5 will be scheduled for PE instruction in accordance with state law. All students in grades 6-8 and 9-11 shall participate in the instructional program of PE. PE in 12<sup>th</sup> grade is an elective."</li> </ul> </p>
PE3 (PE53)	Addresses <u>time</u> per week of physical education for <u>elementary school</u> students	0	<ul style="list-style-type: none"> <li>Not mentioned</li> <li>Suggests that schools follow "national PE standards or nationally recognized guidelines for PE and PA" without mentioning NASPE standards</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Suggests but does not require 150 minutes/week</li> <li>Specifies total amount of physical education, but it is less than 150 minutes/week</li> <li><u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>Specifies number of times per week without duration</li> <li>Time is specified for overall physical activity that specifically includes physical education</li> <li>Requires schools to follow "national PE standards or nationally recognized guidelines for PE and PA" without mentioning NASPE standards</li> </ul> <p><b>Example:</b> <ul style="list-style-type: none"> <li>"All students in ES will receive 150 minutes of physical activity/week. This will be accomplished with regular PE classes and recess." (also code PA3=2)</li> </ul> </p>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Requires 150 minutes/week or more of physical education</li> <li><u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul>

## Section 4. Physical Education (*continued*)

PE3a	Specifies <u>minutes</u> of physical education for <u>elementary</u> school students	_____ minutes (circle day or week w/ red pencil) <b>Note: ONLY COMPLETE</b> If minutes/week is specified in PE3=1 or PE3=2 (PE53); otherwise leave it blank.						
PE3b	Specifies <u>days</u> per week of physical education for <u>elementary</u> school students	_____ days per week <b>Note: ONLY COMPLETE</b> If days/week is specified in PE3=1 or PE3=2 (PE53); otherwise leave it blank.						
PE4 (PE54)	Addresses <u>time</u> per week of physical education for <u>middle school</u> students	<table border="1"> <tbody> <tr> <td data-bbox="646 491 691 611">0</td> <td data-bbox="691 491 1503 611"> <b>Either of the following:</b> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> </td> </tr> <tr> <td data-bbox="646 611 691 898">1</td> <td data-bbox="691 611 1503 898"> <b>Any of the following:</b> <ul style="list-style-type: none"> <li>• Suggests but does not require 225 minutes/week</li> <li>• Specifies total amount of physical education, but it is less than 225 minutes/week</li> <li>• <u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Specifies number of times per week without duration</li> <li>• Time is specified for overall physical activity that specifically includes physical education</li> <li>• Requires schools to follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> </td> </tr> <tr> <td data-bbox="646 898 691 1058">2</td> <td data-bbox="691 898 1503 1058"> <b>Either of the following:</b> <ul style="list-style-type: none"> <li>• Requires 225 minutes/week or more of physical education</li> <li>• <u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul> </td> </tr> </tbody> </table>	0	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul>	1	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>• Suggests but does not require 225 minutes/week</li> <li>• Specifies total amount of physical education, but it is less than 225 minutes/week</li> <li>• <u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Specifies number of times per week without duration</li> <li>• Time is specified for overall physical activity that specifically includes physical education</li> <li>• Requires schools to follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul>	2	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>• Requires 225 minutes/week or more of physical education</li> <li>• <u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul>
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PE4a	Specifies <u>minutes</u> of physical education for <u>middle school</u> students	_____ minutes (circle day or week w/ red pencil) <b>Note: ONLY COMPLETE</b> If minutes/week is specified in PE4=1 or PE4=2 (PE54); otherwise leave it blank.						
PE4b	Specifies <u>days</u> per week of physical education for <u>middle school</u> students	_____ days per week <b>Note: ONLY COMPLETE</b> If days/week is specified in PE4=1 or PE4=2 (PE54); otherwise leave it blank.						
PE5 (PE55)	Addresses <u>time</u> per week of physical education for <u>high school</u> students	<table border="1"> <tbody> <tr> <td data-bbox="646 1310 691 1430">0</td> <td data-bbox="691 1310 1503 1430"> <b>Either of the following:</b> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> </td> </tr> <tr> <td data-bbox="646 1430 691 1724">1</td> <td data-bbox="691 1430 1503 1724"> <b>Any of the following:</b> <ul style="list-style-type: none"> <li>• Suggests but does not require 225 minutes/week</li> <li>• Specifies total amount of physical education, but it is less than 225 minutes/week</li> <li>• <u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Specifies number of times per week without duration</li> <li>• Time is specified for overall physical activity that specifically includes physical education</li> <li>• Requires schools to follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> </td> </tr> <tr> <td data-bbox="646 1724 691 1860">2</td> <td data-bbox="691 1724 1503 1860"> <b>Either of the following:</b> <ul style="list-style-type: none"> <li>• Requires 225 minutes/week or more of physical education</li> <li>• <u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul> </td> </tr> </tbody> </table>	0	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul>	1	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>• Suggests but does not require 225 minutes/week</li> <li>• Specifies total amount of physical education, but it is less than 225 minutes/week</li> <li>• <u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Specifies number of times per week without duration</li> <li>• Time is specified for overall physical activity that specifically includes physical education</li> <li>• Requires schools to follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul>	2	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>• Requires 225 minutes/week or more of physical education</li> <li>• <u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul>
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## Section 4. Physical Education (*continued*)

PE5a	Specifies <u>minutes</u> of physical education for <u>high</u> school students	<p>_____ minutes (circle day or week w/ red pencil)  <b>Note: ONLY COMPLETE</b> If minutes/week is specified in PE5=1 or PE5=2 (PE55); otherwise leave it blank.</p>
PE5b	Specifies <u>days</u> per week of physical education for high school students	<p>_____ days per week  <b>Note: ONLY COMPLETE</b> If days/week is specified in PE5=1 or PE5=2 (PE55); otherwise leave it blank.</p>
PE6 (PE56)	Physical education promotes a <u>physically active lifestyle</u>	<p><b>0</b></p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggests that physical education classes promote a physically active lifestyle</li> <li>• Suggests that physical education programs focus on self-assessment</li> <li>• Suggests that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Requires schools to follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Physical education programs should promote an active lifestyle.”</li> <li>• “...schools will take a wellness approach to PE.”</li> <li>• “Health education will complement PE by reinforcing knowledge, skills, etc...needed to maintain a physically active lifestyle.”</li> </ul> <p><b>2</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Requires physical education to teach lifetime activities</li> <li>• <b>Requires</b> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Focuses on self-assessment through a “Fitnessgram” or “Activitygram”</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Physical education shall focus on personal fitness.”</li> <li>• “...shall provide all students physical education that teaches them the skills needed for lifelong physical fitness.”</li> <li>• “Schools will provide PE and NE for all students to foster lifelong habits of healthy eating and physical activity.”</li> </ul>
PE7 (PE57)	Specifies <u>competency assessment</u> (i.e., knowledge, skills, or practice)	<p><b>Note: This item refers to an assessment that is part of the regular physical education curriculum that determines whether students are learning the skills and other content appropriate for their grade (e.g., sports rules). President’s Challenge Fitness Test does not qualify for a “1” or “2.”</b></p> <p><b>0</b></p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards.</li> </ul> <p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• A competency assessment or assessment of knowledge, skills, or practice is suggested and/or vague</li> <li>• Mentions NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Requires schools to follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “...will promote rubrics that objectively evaluate and encourage active participation in physical education in all classes K-12.”</li> <li>• “Students should be able to demonstrate [physical education] competency through application of knowledge, skill development, and practice.”</li> </ul> <p><b>2</b></p> <p>Requires a competency assessment or assessment of knowledge, skill, or practice as part of the physical education curriculum. NASPE standards do not qualify for a “2”</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Students shall be able to demonstrate [physical education] competency through application of knowledge, skill development, and practice.”</li> </ul>

## Section 4. Physical Education (*continued*)

PE8 (PE60)	Addresses <u>physical education classes, courses, or credits</u> as an important part of the curriculum (i.e., on same par as other academic subjects)	0	Not mentioned
		1	Suggested that physical education classes, courses, or credits count toward graduation and/or GPA
		2	Required that physical education classes or credits count toward graduation and/or GPA
PE8a	Specifies number of physical education classes, courses, or credits specified	_____ PE classes, courses or credits toward graduation or GPA (Fill in # or unit) <b>Note: ONLY COMPLETE if PE8=2 (PE60); otherwise leave it blank.</b>	
PE9 (PE61)	Addresses <u>frequency of required physical education</u> (daily)	0	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Frequency required/suggested but LESS than daily</li> </ul> <b>Example:</b> <ul style="list-style-type: none"> <li>• <i>"The equivalent of 1 class period/day of PE for <u>one semester</u> is required for K-8 students."</i></li> </ul>
		1	Suggested that students will receive daily physical education <b>Example:</b> <ul style="list-style-type: none"> <li>• <i>"Physical education should be provided every day."</i></li> </ul>
		2	Required that all students receive daily physical education <b>Example:</b> <ul style="list-style-type: none"> <li>• <i>"Physical education will be provided on a daily basis."</i></li> </ul>
PE9a	Addresses daily PE waiver <b>*state level coding only</b>	0	Not mentioned
		1	School districts may apply for a waiver from the state-level daily PE requirement <b>Example:</b> Refer to 105ILCS 5/27-6 and 105ILCS 5/2-3.25 for examples of daily PE waiver
PE10 (PE62)	Addresses <u>teacher-student ratio</u> for physical education	0	Not mentioned or clearly states that PE classes are not subject to the same maximum class size or student-to-teacher ratios as other courses
		1	Vague and/or suggested <b>Examples:</b> <ul style="list-style-type: none"> <li>• <i>"For PE classes, the district shall staff those classes to provide for student safety and maximize student participation."</i></li> <li>• <i>"PE classes will have student/teacher ratios similar to those used in other classes."</i></li> <li>• <i>"PE class size is consistent with the requirement of good instruction and standing."</i></li> </ul>
		2	Specific and required <b>Example:</b> <ul style="list-style-type: none"> <li>• <i>"PE classes will have student/teacher ratios of 1:25."</i></li> </ul>



## Section 4. Physical Education (continued)

PE11 (PE63)	Addresses <u>safe and adequate equipment and facilities</u> for physical education	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Generic statements about safe environment/facilities that do not mention PE or indicative of equipment used for PE</li> <li>• Suggests that schools follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“Creating a positive environment for PA – All schools in the district will provide a physical and social environment that encourages safe and enjoyable activity for all students...”</i></li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggested or encouraged</li> <li>• <u>Mentions</u> NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Requires schools to follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards.</li> <li>• Indicates that play areas, facilities and equipment used for PA shall meet accepted standards</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Physical activity facilities (and/or equipment) on school grounds shall be safe.”</i></li> <li>• <i>“Pursuant to district XYZ, PE is required to be offered to all pupils, therefore, schools are required to provide adequate facilities and instructional resources for the institution.”</i></li> </ul>
		2	<p>Ensures that equipment and facilities specifically used for PE are safe and adequate. NASPE standards do not qualify for a “2”</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“The physical education program shall be provided adequate space and equipment and conform to all applicable safety standards.”</i></li> </ul>
PE12 (PE64)	Addresses amount of time devoted to <u>moderate to vigorous activity</u> in physical education	0	Not mentioned. Recess and other physical activities do not qualify; must be PE specific
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggested</li> <li>• Duration is not specified</li> <li>• Duration is less than 50% of class time</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“The physical education program shall devote <u>as much class time as possible</u> to moderate and vigorous activity.”</i></li> <li>• <i>“All students shall have opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs ,and extracurricular programs.”</i></li> </ul>
		2	<p>At least 50% of class time is designated for moderate to vigorous activity</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“All physical education classes to include at least 50% of moderate to vigorous activity in all or most lessons.”</i></li> </ul>
PE12a	Specifies percent or amount of time allotted for moderate to vigorous activity		<p>_____ % or amount of time for moderate to vigorous activity (fill in % or amount of time)</p> <p><b>Note: ONLY COMPLETE if PE12=1 or 2 (PE64) and amount of MVA time is specified; otherwise leave it blank.</b></p>

## Section 4. Physical Education (*continued*)

PE13 (PE65)	<p>Addresses <u>qualifications</u> for physical education <u>instructors</u></p> <p><b>Note:</b> This item assesses whether PE must be taught by someone with a state or national PE endorsement (e.g., licensure or certification). This is <b>not</b> measuring whether the state has specific criterion for someone seeking to receive an endorsement in PE (e.g., minimum # hours) or to become a PE educator.</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned or not suggestive of credentials/qualifications</li> <li>• Suggests that schools follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “PE instructors and PE teacher assistants, under the direction of the PE instructor, will teach PE classes.”</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Credentials are vaguely referred to or suggested</li> <li>• Suggests NASPE Standards or the standards of the American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Requires schools to follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Physical education shall be taught by <u>appropriate staff</u>.”</li> <li>• “When possible, physical education will be taught by a licensed instructor.”</li> <li>• “Certified teachers will teach all PE and health classes.”</li> <li>• “...PE shall be taught by <u>highly qualified staff</u>...”</li> <li>• “...PE will be taught by <u>competent staff</u>...”</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Requires that physical education be taught by a licensed instructor</li> <li>• <u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Physical education will be taught by a licensed instructor.”</li> <li>• “Health and PE classes will be taught by certified health and PE instructors at the secondary levels, 7-12.” (code this for MS/HS)</li> </ul>
PE14 (PE66)	<p>District provides <u>physical education training</u> for physical education <u>teachers</u></p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Staff only receive training/professional development related to PA without mention of PE</li> </ul>
		1	<p>Suggested that all staff or PE staff receive PE-related training/professional development</p> <p>“All staff involved in PE <u>should</u> be provided with opportunities for professional development.”</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “All staff involved in PE <u>should</u> be provided with opportunities for professional development.”</li> </ul>
		2	<p>Provision of PE training is required for PE teachers. If <u>PE-specific training</u> is provided for a broader set of staff or teachers, it is assumed that PE teachers are included and will also receive PE training</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Ensures PE staff will receive professional development on a yearly basis.”</li> <li>• “...shall provide staff with adequate training in PE.”</li> </ul>

## Section 4. Physical Education (*continued*)

PE15 (PE67)	Addresses <u>physical education waiver requirements</u> (e.g., substituting physical education requirement with other activities)	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Waivers for physical education are explicitly allowed in all instances</li> </ul> <p><i>“Unless otherwise exempted, all students will be required to engage in the physical education program.”</i> (An exemption could include physical education waivers)</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“Unless otherwise exempted, all students will be required to engage in the physical education program.”</i> (An exemption could include physical education waivers)</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Waivers for physical education are discouraged</li> </ul> <p>Waivers for physical education are prohibited with the exception of substituting physical activities (e.g., team sports) for physical education</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“Academic activities shall not take the place of physical education. However, students on the school’s sports teams may substitute participation for physical education credits.”</i></li> </ul>
		2	Prohibits substituting physical education with other activities, including physical activities. If waivers are prohibited with the exception of Individual(ized) Academic Plans (IAP) or Individual(ized) Education Plans (IEP), code as a “2.” If the policy coding is grade level-specific, code as a “2” for the elementary level if the policy prohibits recess from taking the place of physical education.
PE16* (PE68*)	Requires students to participate in an <u>annual health assessment</u> (e.g., fitness, fitnessgram, or Body Mass Index [BMI], body composition, height/weight measurement)	<b>Note: This item refers to a district-wide, systematic assessment after which parents are typically notified about their child’s results.</b>	
		0	<p><b>Either of the following</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Only mentions self-assessment for physical fitness</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Vague, suggested, and/or unclear how often</li> <li>• Assessment is specific and required, but a positive approach to communicating results is not mentioned</li> <li>• Fitnessgram-type of language without including reporting language (see Appendix for sample language)</li> <li>• Annual health assessment is required, but only for certain grade levels</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“...shall introduce developmentally appropriate components of Connecticut Physical Fitness Assessment.”</i></li> <li>• <i>“Schools will sponsor jointly w/ the local health department the screening of students for vision, hearing, and height/weight/body mass index for age.”</i></li> <li>• <i>“During the months of Feb., March, or May, students in grades 5, 7, and 9 shall undergo the physical performance testing by the state BOE. Students shall be provided with their individual results after completing the physical performance testing.”</i></li> </ul>
2	Type of assessment is specified and required, assessment is annual, and a positive approach to communicating results is mentioned	<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Confidential health reports will be sent directly to parents and will include additional resources.”</i></li> <li>• <i>“Physical education teachers will assist students in interpreting their personal attainments and compare them to national physical activity recommendations.”</i></li> </ul>	

## Section 5. Physical Activity

PA1 (PA69)	<p><u>Federal Wellness</u>: Includes goals for physical activity that are designed to promote student wellness in a manner that the local education agency determines is appropriate</p> <p><b>Note:</b> state coding – PA must be specific to Wellness Policy</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Physical activity is not mentioned</li> <li>Policy clearly detracts from requirement</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Physical activity goal is implied</li> <li>Policy <u>only</u> repeats the language of the federal wellness requirement regarding physical activity</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"The district is committed to physical activity."</li> <li>"Includes goals for physical activity designed to promote student wellness in a manner that the local educational agency determines is appropriate." (and no physical activity goals are stated)</li> </ul>
		2	<p>Any physical activity goal is mentioned</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Schools should provide regular physical activity."</li> </ul>
PA2 (PA70)	Physical activity provided for <u>every grade level</u>	0	Not mentioned
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Suggested</li> <li>Mentions provision of physical activity to "students," but it is unclear that each grade will receive physical activity outside of physical education</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...provide adequate time for students to be engaged in physical activity, which includes physical education, recess, and co-curricular activities."</li> </ul>
		2	<p>Clear that each grade will receive physical activity outside of physical education</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Physical activity will be integrated across the curricula for all grades (K-12) and throughout the school day."</li> <li>"All students will have opportunities, encouragement and support to engage in physical activity on a regular basis."</li> <li>"All students shall have opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, and extracurricular programs."</li> </ul>
PA3	Amount of time for PA	0	Amount of time for PA is not mentioned
		1	<p>Amount of time for PA throughout the SD is suggested/encouraged</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Students should be given a minimum of 30 minutes/day for PA through PE classes, daily recess periods in ES, and the integration of PA into the academic curriculum."</li> </ul>
		2	<p>Requires specific amount of time for PA</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Students in K-5 will receive a minimum of 30 minutes daily PA including recess and/or physical education."</li> </ul>
PA3a	Specifies number of minutes of physical activity		<p>_____ minutes (circle day or week w/ red pencil)</p> <p><b>Note: ONLY COMPLETE</b> if amount of time is specified in PA3=1 or PA3=2 (PA111); otherwise leave it blank.</p>
PA3b	PA definition includes PE		<p>The definition of PA produced in PA3 includes PE? <b>yes/no</b> (circle yes/no w/ red pencil)</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"PA will be included in a school's daily education program. PA will include regular instructional PE as well as co-curricular activities and recess."</li> </ul>
PA3c	PA definition includes recess (ES only)		<p>The definition of PA produced in PA3 includes recess? <b>yes/no</b> (circle yes/no w/ red pencil)</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"PA will be included in a school's daily education program. PA will include regular instructional PE as well as co-curricular activities and recess."</li> </ul>

## Section 5. Physical Activity

PA4* (PA72*)	Regular physical activity opportunities are <u>provided throughout the day</u> (NOT including recess)  *See Appendix for additional clarification.	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Only addresses physical activity <u>before</u> or <u>after</u> school</li> <li>• Only addresses physical activity breaks relative to testing periods</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Students will be given opportunities for PA on a regular/daily basis. Opportunities for PA shall be provided through before and after school programs and extracurricular/interscholastic activities and programs.”</li> <li>• “When mandatory school-wide testing makes it necessary for students to be inactive for extended periods of time, schools will give students periodic breaks to stand and be moderately active.”</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Vague and/or suggested</li> <li>• Addresses PA for all students in the classroom setting w/o addressing frequency</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “All students will have opportunities, encouragement and support to engage in physical activity on a regular basis.”</li> <li>• “Classrooms shall incorporate, where possible, appropriate, short breaks that include physical movement.”</li> <li>• “The district will encourage teachers to integrate PA into the curriculum where appropriate.”</li> <li>• “PA will be integrated into the classroom setting.” (into the classroom setting is vague and does not specify throughout the SD)</li> <li>• “Students do not have periods of two or more hours of inactivity.”</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Regular physical activity throughout the day is required</li> <li>• Policy requires training for teachers on activities that incorporate physical activity throughout the day</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Physical activity opportunities shall be offered daily during the school day.”</li> <li>• “Shall provide Take 10! training to all teachers.”</li> <li>• “All students will have opportunities, encouragement and support to engage in physical activity throughout the school day/on a daily basis.”</li> <li>• “For students to receive the nationally recommended 60 minutes of daily PA and for students to fully embrace PA as a personal behavior, students need opportunities for PA beyond PE classes. Toward that end: opportunities for PA will be incorporated into other subject areas.”</li> <li>• “Students shall be provided physical activity breaks throughout the school day.”</li> </ul>
PA5 (PA74)	Addresses <u>community use of school facilities</u> for physical activity outside of the school day	0	Not mentioned
		1	<p>Availability of school facilities for physical activity is suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The district should allow community-based organizations to use facilities outside school hours.”</li> <li>• “The district shall encourage community access to and student use of the school’s PA facilities outside the school day.”</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• States effort to <u>promote</u> the use of facilities</li> <li>• Ensures that facilities will be available</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The district is shall promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations.”</li> <li>• “Schools shall provide an environment that includes school facilities that support PA/PE...schools shall also provide an environment that enforces...shared/joint use agreements.”</li> </ul>

## Section 5. Physical Activity (continued)

PA6 (PA75)	Addresses <u>safe active routes</u> to school	0	Not mentioned
		1	Vague and/or suggested <b>Example:</b> <ul style="list-style-type: none"> <li>“The school district may consider programs such as promoting safe and walkable routes to school.”</li> </ul>
			2
PA7 (PA76)	Addresses not using physical activity (extra or restricted) as <u>punishment</u>	0	Not mentioned
		1	Discouraged <b>Example:</b> <ul style="list-style-type: none"> <li>“Students <u>should</u> not be pulled out of physical education for any other content area instruction or punishment.”</li> </ul>
			2
PA8 (PA77)	Addresses <u>daily recess</u> in elementary school	0	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Less than daily recess specified</li> </ul>
		1	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Daily recess frequency suggested</li> <li>Recess is included in a list of possible activities where a frequency is specified (i.e., “daily”)</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>“...students will be given opportunities...to be physically active through developmentally appropriate <u>daily</u> activities such as recess, PE, etc....”</li> <li>“Supervised recess time should be provided to all students <u>within each school day</u> at all elementary schools.”</li> </ul>
			2
PA9	Addresses <u>recess frequency or amount (less than daily)</u> in elementary school	0	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Daily recess specified</li> </ul>
		1	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Frequency of recess is vague and/or suggested</li> <li>Recess is included in a list of possible activities where a frequency is specified but less than daily</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>“...students will be given opportunities...to be physically active through developmentally appropriate activities such as recess, PE, etc....”</li> <li>“Supervised recess time should be provided to all students at all elementary schools.”</li> </ul>
			2
PA8a	Specifies number of minutes for recess	_____ minutes (circle day or week w/ red pencil) <b>Note: If PA8 (PA77) or PA9=2, fill in # of minutes specified for recess. If # minutes is not addressed, leave blank.</b>	

## Section 6. Staff PA/Wellness/Modeling

ST1 (PA71)	Includes physical activity opportunities for school staff	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Training for teachers in PA to promote enjoyable lifelong PA for themselves and students</li> </ul> <p><b>Example:</b> • "...will incorporate PA into 1 of 3 professional days for school staff."</p>
		1	<p>Provision is suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "...should promote periodic and ongoing programs to increase the activity choices for faculty and staff."</li> <li>• "School district will encourage school staff to participate in PA..."</li> <li>• "The district desires to provide a comprehensive program promoting healthy eating and PA for district students and staff."</li> </ul>
		2	Provision is required
ST2 (CP80)	Includes <u>staff wellness</u> programs specifically addressing the health of staff	<p><b>Note: The focus of this variable is on staff wellness generally so the policy does not have to address both nutrition education and PA to get credit; either one will suffice for credit.</b></p>	
		0	<p>Not mentioned. If policy encourages staff health but does not offer any programs or education, code as a "0"</p> <p><b>Example:</b> • "School staff will be encouraged to improve their own health and wellness in relation to nutrition and physical activity."</p>
		1	<p>Program suggested or suggestion of staff wellness council/committee</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "...will <u>promote</u> periodic and ongoing programs to increase nutritional knowledge and activity for faculty and staff."</li> <li>• "...the school district highly values the health and well being of staff members with plans and policies that support personal efforts by staff to maintain a healthy lifestyle."</li> <li>• "Employee wellness education and involvement will be promoted at suitable school activities."</li> <li>• "The district desires to provide a comprehensive program promoting healthy eating and PA for district students and staff."</li> </ul>
2	<p>Program required</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Presentations on nutrition will be provided to staff."</li> <li>• "Activity programs will be available for staff, and gym memberships will be subsidized."</li> <li>• "Health and wellness classes will be offered to staff."</li> </ul>		
ST3 (CP82)	Encourages staff to <u>role model</u> healthy behaviors	0	Not mentioned
		1	<p>Suggested that staff be encouraged to model healthy behavior</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Each school in the district <u>should</u> encourage staff to model..."</li> <li>• "It will be necessary for not only staff, but also the parents and the public to be involved in a community-wide effort to promote, support, and <u>model</u> such healthy eating behaviors."</li> </ul>
		2	<p>Required that staff shall be encouraged to model healthy behavior</p> <p><b>Example:</b> • "Staff <u>will be</u> encouraged to model healthy eating and physical activity as a valuable part of daily life."</p>

## Section 7. Stakeholder Involvement/Feedback

CP1* (CP79*)	Federal Wellness: Involve parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy	<p><b>Note:</b> This should have happened in the past because it deals exclusively with policy DEVELOPMENT; however since language may not have been updated, code future orientation (i.e., "shall form a committee") the same as present orientation.</p>	
		0	Neither policy nor supporting documentation specifies who was on policy development team or only specifies who shall be involved in revising the policy, monitoring implementation, or developing additional policies. Participating in the wellness planning process mentioned in the policy does not count for this item.
		1	Policy (or supporting documentation) specifies who was on policy development team, but not all required groups were represented. Even if only one of the stakeholder categories is missing, code as a "1"
CP2 (CP85)	Addresses <u>methods</u> to solicit or encourage <u>input</u> from stakeholder groups (e.g., two-way sharing)	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Policy (or supporting documentation) specifies who was on policy development team, and <u>ALL</u> required groups were represented</li> <li>• Names of individuals are listed on the cover of the WP and it clearly states that these individuals were involved with development of the WP and <u>ALL</u> required groups are represented</li> <li>• The WP states that the Board adopted the policy and indicates that all required participants are involved in developing the district wellness plan (implementation regulations)</li> </ul>	
		2	<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "The school district will engage students, parents, administrators, food service professionals, school board, and other interested community members in developing, implementing, monitoring, reviewing, and revising district nutrition and PA policies."</li> <li>• "A district-wide wellness advisory committee has been established for the purpose of assessing the nutrition and PA environment throughout the district and is in compliance w/ current laws and regs." (and all required groups are listed)</li> </ul> <ul style="list-style-type: none"> <li>• Parents</li> <li>• Students</li> <li>• School food authority</li> <li>• School Board</li> <li>• School administrators</li> <li>• Public</li> </ul>
		0	Not mentioned
CP2 (CP85)	Addresses <u>methods</u> to solicit or encourage <u>input</u> from stakeholder groups (e.g., two-way sharing)	1	Specific methods suggested
			<p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "The Superintendent or designee shall recommend for Board approval specific quality indicators...to measure implementation. These measures shall include feedback from food service personnel, school administrators, the school health council, parents/guardians, students and other appropriate persons."</li> </ul>
		2	Required to solicit input from stakeholders, and specific methods are named
		<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Students <u>will</u> be given the opportunity to provide input on local, cultural, and favorite ethnic foods."</li> <li>• "The school will consider student needs in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys and attention will be given to their comments."</li> <li>• "Shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu."</li> <li>• "The food service director will be available to speak with parents during open house."</li> <li>• "The school food service program shall involve students, parents...in the selection of competitive food items to be sold in the schools."</li> <li>• "Food services <u>will</u> provide families opportunities for input and monitoring of their children's food purchases at the K-8 level."</li> <li>• "Student satisfaction surveys will be completed to assess satisfaction with meal service in the cafeteria."</li> </ul>	



## Section 7. Stakeholder Involvement/Feedback

CP3 (CP86)	<p>Specifies <u>how</u> district will engage parents or community to meet district wellness goals</p> <p>(e.g., through website, email, parent conferences, or events)</p>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Methods are vague</li> <li>• Specific methods are mentioned but not required</li> <li>• Specific methods are mentioned but it is unclear if school will engage parents or community</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Nutrition information should be provided to parents and staff through newsletters, publications, health fairs, and other activities...”</i></li> <li>• <i>“Nutrition education may be provided in the form of handouts, the school website, articles and information provided in district or school newsletters, presentations that focus on nutrition and healthy lifestyles, a communication sent home, and through any other appropriate means available to reach parents.”</i> (See NOTE in “2” coding below)</li> </ul>
		2	<p>Clear that the district or schools will engage parents or community, and specific methods are listed. Even if it is unclear that each method listed will be used, as long as engaging parents or community is required, code as a “2”</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“Nutrition education <u>will</u> be provided to parents. Nutrition education may be provided in the form of handouts, the school website, articles and information provided in district or school newsletters, presentations that focus on nutrition and healthy lifestyles, a communication sent home, and through any other appropriate means available to reach parents.”</i> (<b>NOTE: It is the combination of the two sentences that warrant the “2” coding. The second sentence by itself would only warrant a “1” coding</b>)</li> </ul>

## Section 8. Messaging, Marketing, & Promotion

MP1 (CP84)	<p>Specifies district using Centers for Disease Control and Prevention's <u>(CDC) Coordinated School Health Program (CSHP) model</u> or other coordinated/comprehensive method</p> <p>The CSHP model consists of 8 interactive components: (1) health education, (2) family/community involvement, (3) health promotion for staff, (4) healthy school environment, (5) counseling, psychological and social services, (6) physical education, (7) health services, and (8) nutrition services</p>	0	Not mentioned OR components of CSHP are included in the policy but there is no mention of the CSHP by name in any way. Must say "coordinated school health" to at least get a "1"
		1	<p>Mentions that district is considering use or working toward use of a coordinated school health model</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"We will strive toward integrating nutrition into a coordinated school health approach."</li> </ul>
		2	<p>Includes language to institutionalize a coordinated school health model</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Schools <u>will</u> link nutrition education activities with the coordinated school health program."</li> <li>"The coordinated school health council will develop, monitor, and implement administrative guidelines and improvement plans in the following eight areas [lists 8 CSHP areas]..."</li> </ul>
MP2 (CP88)	<p>Specifies <u>marketing (including social marketing/PSAs)</u> to promote healthy choices/strategies to encourage healthy choices</p>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Indication that food and beverages sold by the food service program must be sold at "reasonable prices"</li> <li>Only addresses restricting marketing of unhealthy choices (code MP3 [CP89])</li> <li>The food service staff will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings</li> </ul>
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"It is recommended that organizations operating concessions at school functions market healthy food choices at a lower profit margin to encourage student selection."</li> <li>"Nutrition education materials, such as the Food Guide Pyramid, will be displayed where appropriate."</li> <li>"Healthy food options <u>should</u> be comparably priced."</li> <li>"Nutrition education will be conducted in the cafeteria through posters, campaigns, etc."</li> </ul>
		2	<p>Specific (posters, pricing structures, etc.) and required</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Schools shall label/mark healthy food items available so students know which are healthy items."</li> <li>"Snacks and beverages that meet the nutritional parameters for Balanced Choices are prominently identified with the signature Balanced Choices icon on menu signs and serving lines, in snack bars, and in vending machines. Balanced Choices snack and beverage signage is placed at eye-level as a strategy to encourage students to choose these items."</li> <li>"The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeterias to encourage students to make healthy choices."</li> <li>"Healthy food options <u>will</u> be comparably priced."</li> </ul>
MP3 (CP89)	<p>Specifies <u>restricting marketing/ advertising of unhealthful choices</u></p>	0	<p>Not mentioned or policy only addresses marketing of healthy choices</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Advertising associated with product and vending shall be limited to signage on equipment, paper cups, and a banner at booster sale locations."</li> </ul>
		1	<p>Restrictions are suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Display and advertising of FMNVs is strongly discouraged on school grounds."</li> <li>"School-based marketing will follow district nutrition standards." (but the standards are not detailed)</li> <li>"...requires food service providers to be sensitive to the nutrition environment when displaying logos/trademarks on school grounds by encouraging healthy eating."</li> </ul>
		2	<p>Required</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Education materials shall be free of brands and illustrations of unhealthful foods."</li> <li>"Soft drink logos are not allowed on school materials or school property."</li> <li>"No vending machine front may display any product that does not contain fruit juice or water."</li> <li>"School-based marketing will be limited to the promotion of healthy items."</li> <li>"School-based marketing shall be consistent with the district's nutrition standards." (and the standards are clearly specified)</li> </ul>

## Section 9. Evaluation

E1 (E91)	<p><u>Federal Wellness</u>: Establish a plan for measuring implementation of the local wellness policy, including designation of one or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy</p>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>A plan is implied</li> <li>Describes a plan but does not designate one or more persons charged with ensuring compliance</li> <li>Describes a plan, but the person or group responsible for compliance is vague (e.g., "the school," "school officials," or "the district")</li> <li><u>Only</u> repeats the language of the federal wellness requirement regarding a plan for measuring implementation</li> </ul>
		2	<p>Describes a plan and designates <math>\geq 1</math> person(s) charged with ensuring compliance</p> <ul style="list-style-type: none"> <li>"A district-wide Wellness Committee shall be established for the purpose of monitoring the implementation of the district's Wellness Policy and its nutrition and physical activity components through the Superintendent or his/her designee."</li> <li>"The Superintendent or designee shall ensure compliance with established district wide nutrition and physical activity policies. In each school, the building administrator or designee shall ensure compliance with those policies in his or her school."</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"The superintendent shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy."</li> <li>"The school district will form a wellness committee comprised of...to oversee development, implementation, monitoring, and reviewing of district-wide nutrition and PA policies."</li> <li>"The superintendent or designee shall provide periodic implementation data and/or reports to the board concerning this policy's implementation sufficient to allow the Board to monitor and adjust the policy."</li> </ul>
E2 (E92)	<p>Addresses a <u>plan for policy implementation</u>, including a person or group responsible (initial or ongoing)</p>	0	Not mentioned
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Identifies having or developing a plan without strong language or without identifying a person or group responsible</li> <li>Identifies a plan, but the person or group responsible is vague (e.g., "the school," "school officials," or "the district")</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"The district will strive to implement the policy by..."</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Uses strong language, identifies having or developing a plan for implementation and identifies a person or group responsible</li> <li>Policy mentions a plan for implementation of specific activities, such as, "the principal shall ensure that vending machines are in compliance with district standards"</li> </ul> <ul style="list-style-type: none"> <li>"The Superintendent or designee shall ensure compliance with established district wide nutrition and physical activity policies. In each school, the building administrator or designee shall ensure compliance..."</li> <li>"The Superintendent shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy."</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"The school district will form a wellness committee...to oversee development, implementation, monitoring, and reviewing of district-wide nutrition/PA policies."</li> <li>"The Superintendent or designee shall provide periodic implementation data and/or reports to the board concerning this policy's implementation sufficient to allow the Board to monitor and adjust the policy."</li> </ul>

## Section 9. Evaluation (continued)

E3 (CP90)	Establishes a <u>health advisory committee</u> or school health council that is <u>ongoing</u> beyond policy development  *See Coding Appendix for additional clarification	0	Not mentioned
		1	Suggested and/or not clear that the committee will be ongoing  <b>Example:</b> <ul style="list-style-type: none"> <li>• “A wellness policy committee will be formed in district XYZ.”</li> </ul>
		2	Committee is required and clearly ongoing  <b>Examples:</b> <ul style="list-style-type: none"> <li>• “The Nutrition and Physical Activity Advisory Council shall include stakeholders) and shall meet a minimum of two times annually to monitor and evaluate the implementation of the policy.”</li> <li>• “Review of this policy shall occur every 5 years, by a committee appointed by the Board, consisting of representative(s) of the Board, the administration, the food service provider, the parents, the students, and the public. The committee shall provide the Board with any recommended changes to the policy.”</li> <li>• “The health advisory committee is responsible for implementation, evaluation and revisions of the wellness policy.”</li> <li>• “The health advisory committee will meet periodically to review, assess and revise the wellness policy.”</li> </ul>
E4 (PE68a*)	Body Mass Index (BMI)/ body composition/ height/weight measurement  *See Appendix for additional clarification on Fitnessgram/BMI/body composition/ height and weight	0	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Health assessment/screening not specific to BMI</li> </ul> <b>Example:</b> <ul style="list-style-type: none"> <li>• “Statute requires the County Health Dept. w/ the School District Board to develop a plan that includes provisions for Growth and Development Screening.”</li> </ul>
		1	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>• BMI/body composition/fitnessgram/height and weight measurement suggested/encouraged (not required) with or without parental reporting</li> <li>• BMI/body composition/fitnessgram/height and weight measurement required for some but not all grades within the grade range (e.g., ES, MS, or HS) with or without parental reporting “Schools will sponsor jointly w/the local health department the screening of students for vision, hearing, and height/weight/body mass index for age.”</li> </ul> <b>Example:</b> <ul style="list-style-type: none"> <li>• “Schools will sponsor jointly w/ the local health department the screening of students for vision, hearing, and height/weight/body mass index for age.”</li> </ul>
		2	BMI/body composition/fitnessgram/height and weight measurement required <u>no parental reporting required</u>
		3	BMI/body composition/fitnessgram/height and weight measurement required <u>with parental reporting required</u>
E5 (E93)	Addresses a plan for policy <u>evaluation</u> , including a person/group responsible for tracking outcomes	0	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Implementation language mentions “monitor” or “review” without suggesting some type of assessment or evaluation</li> </ul>
		1	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>• Some kind of pre-post assessment is <u>implied</u></li> <li>• An evaluation plan is required, but the person or group responsible is vague (e.g., “the school,” “school officials,” or “the district”)</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>• “The district shall conduct an assessment of the health and fitness policy.”</li> <li>• “The superintendent shall measure how well this policy is being implemented, managed, and enforced.”</li> <li>• In the section on adopting/implementing health and PE curriculum, the following statement was included: “Evaluation procedures will utilize classroom-based assessment strategies...”</li> </ul>
		2	<b>ALL of the following:</b> <ul style="list-style-type: none"> <li>• An evaluation plan is required</li> <li>• A person/group responsible for tracking evaluation is identified</li> <li>• Specific outcomes to be measured are stated (i.e., health impact, fiscal impact, student learning, School Health Index)</li> </ul> <b>Example:</b> <ul style="list-style-type: none"> <li>• “The <u>Advisory Council</u> shall meet at least annually to review nutrition and physical activity policies, <u>evidence on student health impact</u>, and effective programs and program elements.”</li> </ul>

## Section 9. Evaluation (continued)

E6 (E94)	Addresses the <u>audience</u> and <u>frequency</u> of a <u>report</u> on compliance and/or evaluation	0	Not mentioned
		1	Some kind of report on compliance or evaluation is implied
		2	<p><b>ALL of the following:</b></p> <ul style="list-style-type: none"> <li>Reporting on compliance or evaluation is <u>required</u></li> <li><u>Specific items</u> are stated (e.g., compliance with nutrition guidelines, listing of activities and programs conducted to promote nutrition and physical activity, recommendations for policy and/or program revisions, feedback received from stakeholders)</li> <li>It is clear that a report will be made to a <u>specific audience</u> (e.g., board of education, administration, Parent Teacher Association [PTA] / Parent Teacher Organization [PTO], or the public)</li> <li><u>Frequency</u> of reporting is stated</li> </ul> <p><b>Example:</b> <i>“The advisory council shall prepare a report annually for the Superintendent evaluating the implementation of the policy and regulations and include any recommended changes or revisions.”</i></p>
E7 (E95)	Identifies <u>funding support</u> for wellness activities or policy evaluation	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“Adequate funding will be provided.”</i></li> <li><i>“Funding for wellness activities should be made available through the local budget process.”</i></li> <li><i>“Major fitness opportunities will be added through Grant purchases.”</i></li> </ul>
		2	<p>Ensures that funding will be provided, and identifies a specific source</p> <p><b>Example:</b> <i>“Funding for the school wellness evaluation will be allocated from the general operations budget.”</i></p>
E8 (E96)	Identifies a plan for <u>revising the policy</u>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Implementation language mentions “monitor” or “review” without suggesting some type of revision or review for the purpose of revising the policy</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Future orientation in making a decision to revise</li> <li>Revision is mentioned, but it is unclear if it refers to the <u>policy</u></li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“...<u>may</u> meet to discuss revisions to policy.”</i></li> <li><i>“...<u>may</u> suggest changes.”</i></li> <li><i>“...<u>shall</u> implement <u>program</u> changes.”</i></li> <li><i>“...it is the goal of the district to review the policy to make necessary changes, as appropriate...”</i></li> </ul>
		2	<p>Discusses revision to policy in any way by any person or group</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“...<u>will</u> meet to discuss revisions to policy.”</i></li> <li><i>“The policy shall be revised as necessary.”</i></li> <li><i>“...the school district will engage...in developing, implementing, monitoring, reviewing, and revising district nutrition and physical activity policies.”</i></li> </ul>

**Section 9. Evaluation (continued)**

E9 (E97)	Reporting Frequency	N A	Not Applicable – use this when E6=0 (E94)
		N S	Not Specified—use this when E6=1 or 2 (E94) but frequency not indicated
		Fill in the Blank: How often/frequent is reporting on policy implementation/compliance supposed to occur?	
		Notes on this item: -If frequency is mentioned for multiple reports, default to the generalized report -Give credit for weak language if frequency is mentioned  <b>Examples:</b>	
	Annual	<ul style="list-style-type: none"> <li>“Wellness Program coordinators will report to the board <u>annually</u>.”</li> <li>“The Superintendent will be responsible for reporting to the Board on an <u>annual</u> basis the progress of the School District in implementing this policy.”</li> </ul>	
	Triennial	<ul style="list-style-type: none"> <li>“The Superintendent or designee will develop a summary report every <u>three years</u> on district-wide compliance with the district’s established nutrition and physical activity wellness policies. That report will be provided to the school board.”</li> </ul>	

E10 (E98)	Update Frequency	N A	Not Applicable—use this if E8=0 (E96)
		N S	Not Specified—use this if E8=1 or 2 (E96) but frequency not specified
		Fill in the Blank: How often is the policy scheduled to be reviewed for changes/updates?	
		Notes on this item: -Give credit for recommended revisions that have specific frequency -No credit if meet annually to review implementation -No credit for assessing compliance  <b>Examples:</b>	
	Annual	<ul style="list-style-type: none"> <li>“The HR Director is responsible for implementation of the wellness policy and will recommend policy changes as necessary. The wellness program coordinators will meet <u>annually</u>, or as necessary, to review Missouri Eat Smart Guidelines.”</li> <li>“An ongoing school health advisory council will review the wellness policies on a <u>yearly</u> basis. They will make suggestions to the board for approval changes to policies.”</li> </ul>	
	Biannual	<ul style="list-style-type: none"> <li>“The committee will meet <u>2 times a year</u> to review the policy. This will include assessing the school using the Healthy School Index.”</li> </ul>	
	Triennial	<ul style="list-style-type: none"> <li>“The district will conduct an assessment of the school’s existing nutrition and physical activity policies. Assessments will be repeated <u>every three years</u> to help review policy compliance, assess progress, and determine areas in need of improvement.”</li> </ul>	

## Section 9. Evaluation (continued)

E11 (E99)	Evaluation/implementation Review Frequency	NA	Not applicable—use this if E5=0 (E93)
		NS	Not specified—use this if E5=1 or 2 (E93) but frequency not specified
		Fill in the blank: How often is a review/assessment/evaluation of implementation/compliance scheduled to occur? <b>Examples:</b>	
		Biannual	<ul style="list-style-type: none"> <li>“The committee will meet <u>2 times a year</u> to review the policy. This will include assessing the school using the Healthy School Index.”</li> <li>“Assessments can be repeated <u>at least every 3 years</u> to help review policy compliance, assess progress, and determine areas of improvement. The district will, as necessary, review the Local Wellness Policy and develop work plans to facilitate its implementation.”</li> </ul>
		Triennial	<ul style="list-style-type: none"> <li>“The district will conduct an assessment of the school’s existing nutrition and physical activity policies. Assessments will be repeated every <u>three years</u> to help review policy compliance, assess progress, and determine areas in need of improvement.”</li> </ul>
E12 (E100)	Requires district to report to the state	0	Does not address district reporting to the state
		1	Encourages district to report to the state OR requires reporting to the state but does not specify what they are to report on  <b>Example:</b> <ul style="list-style-type: none"> <li>“...require that goals and objectives for nutrition and PA be incorporated into the annual school planning and reporting process.”</li> </ul>
		2	Requires district to report to the state with a copy of the policy, implementation progress, compliance, evaluation results, etc.  <b>Examples:</b> <ul style="list-style-type: none"> <li>“Each school district shall submit to the DOE a copy of its school wellness policy. Each school district shall annually review its wellness policy...and provide a procedure for public input and revisions. Each school district shall send an updated copy of its wellness policy to the Dept. when a change or revision is made.”</li> <li>Each local school administrative unit shall collect baseline data at the individual school level and report the baseline data to the Dept. of Public Instruction for Analysis. At minimum, the baseline data will include: minutes of PE, number of PE classes/week, BMI...”</li> <li>Each school year, a school district board shall determine whether the school district is in compliance w/ the standards required by law [for food and beverages sold in school] and report the results of that determination to the DOE.”</li> </ul>
E13 (E101)	TA to district/LEA for wellness policy implementation  *state level coding	0	Not mentioned
		1	Encourages the state DOE to post on its website resources and other materials to facilitate development and implementation of school policy requirements  <b>Example:</b> <ul style="list-style-type: none"> <li>“The state DOE shall employ a health and PE coordinator who shall be responsible... to provide TA to public schools and school systems as needed.”</li> </ul>
		2	Requires the state DOE to post on its website resources and other materials to facilitate development and implementation of school policy requirements  <b>Examples:</b> <ul style="list-style-type: none"> <li>“The [state] Nutrition and Physical Activity Advisory Committee will assist in the development of local policies...including, but limited to, the following...Assist with implementation of nutrition and physical activity standard development by the Committee..., integrate nutrition and PA into the overall curriculum.”</li> <li>“The DOE and Dept. of Workforce Education will provide TA in helping schools integrate health education curricula that will include the nutrition components.”</li> </ul>

## Section 9. Evaluation (continued)

E14	Monitor schools/LEA for compliance with state requirements  *state level coding	0	Not mentioned
		1	Vague and/or suggested  <b>Example:</b> <ul style="list-style-type: none"> <li>"The DOE may monitor whether school districts are in compliance with the standards required by law [standards for food and beverages sold in school]."</li> </ul>
		2	Requires state to monitor schools/LEA for compliance with state requirements  <b>Examples:</b> <ul style="list-style-type: none"> <li>"The statewide Health Advisory Council's responsibilities will include monitoring and evaluating current PE and PA programs..."</li> <li>"All complaints received by state regarding competitive foods violations, regardless of source, will be forwarded to the local school food service supervisor for initial investigations."</li> <li>"The PA coordinator shall present a state physical activity plan each year to the Governor's Commission on Physical Fitness and Sports..."</li> <li>"Each sponsor's implementation of the Free and Reduced Price Policy and the Model School Nutrition Policy shall be reviewed and evaluated by the Division on a continuing basis."</li> </ul>
E15	Penalties for district failure to comply  *state level coding	0	Not mentioned
		1	Vague and/or suggested  <b>Example:</b> <ul style="list-style-type: none"> <li>"Federal and State child nutrition program funds <u>may</u> be withheld and/or fiscal action taken against sponsors found not in compliance w/ applicable Federal regulations and the Department's Model School Nutrition Policy."</li> </ul>
		2	Requires penalties for district failure to comply with state requirements  <b>Example:</b> <ul style="list-style-type: none"> <li>"Any public school that violates min. nutritional standards for foods sold outside school lunch programs shall be subject to a penalty to be assessed by the commissioner of education."</li> </ul>
E16	Corrective action plan for schools/LEA for non-compliance  *state level coding	0	Not mentioned
		1	Vague and/or suggested
		2	Requires a corrective action plan for schools/LEA for non-compliance with state requirements  <b>Example:</b> <ul style="list-style-type: none"> <li>"A School district that the Superintendent finds to be noncompliant with the mandatory provisions of this article [Pupil Nutrition, Health, and Achievement Act] shall adopt and provide to the Sup., a corrective action plan that sets forth the actions taken by the school district..."</li> </ul>
E17	State evaluation and reporting required  *state level coding	0	Not mentioned
		1	Vague and/or suggested
		2	Requires state evaluation and reporting by schools/LEA  <b>Examples:</b> <ul style="list-style-type: none"> <li>"The Department...shall annually report on progress in implementing the nutrition and PE standards to the...[state legislature]."</li> <li>"The [state] taskforce shall report its evaluation of the effectiveness of school wellness policies to the General Assembly and the Governor..."</li> <li>"The DOE shall submit a written report to the Senate and House committees on education...regarding the status of the health and physical education in the public elementary and secondary schools in the state, including findings and recommendations."</li> </ul>



## UIC WELLNESS POLICY CODING TOOL APPENDIX

This appendix provides specific examples of wellness policy language included in model policies and actual district policies along with the corresponding coding clarifications. Following the coding examples are a series of decision rules to accompany the codebook.

Item/Question	Answer
How do you code header language? (2/28/08)	If a <b>provision of interest is in the header</b> (e.g., Daily Recess; Nutritional Guidelines for All F&B Sold or Served During the School Day) we are going to give them the benefit of the doubt and count it because of their intent. However, if the text of the policy that is below the provisions varies from the header or weakens the header, code based on the text.
How do you code goal language?	<p>If the entire policy is a set of goals such as the following, code everything as a “goal” and not a requirement, assign a “1” where appropriate:</p> <ul style="list-style-type: none"> <li>• The wellness policy goals for XYZ district are: <ul style="list-style-type: none"> <li>○ To provide nutrition education...</li> <li>○ To offer low-fat foods at school meals</li> <li>○ To participate in the School Breakfast program</li> <li>○ To minimize the amount of sugar, fat, sodium in competitive food sales, etc.</li> </ul> </li> </ul> <p>If the entire policy is specified as a goal and then specifies what will be done/required, assign a “2” as appropriate (see the following example language):</p> <ul style="list-style-type: none"> <li>• The overall goal for NE for XYZ school district is to promote the integration of NE into all curriculum areas. We will: <ul style="list-style-type: none"> <li>○ Integrate NE throughout the curriculum</li> <li>○ Provide NE for all grade levels, etc.</li> </ul> </li> </ul> <p>If the policy has the word “Goals” at the top but then follows typical wellness language that is not considered goal language, code as appropriate (either “1” or “2”). For example:</p> <p><b>GOALS:</b> Nutrition education. The XYZ schools aim to teach....Staff members shall teach healthy living skills as part of the regular instructional program...</p> <p>The district shall adopt and implement a comprehensive standards-based health and fitness curriculum...All students in PK-12 will receive regular PE....</p> <p>If the policy provides “Guidelines” and then provides additional “Goals,” code the guidelines as the requirements (i.e., level “2,” as appropriate) and the goals as non-requirements (i.e., level “1,” as appropriate).</p>
How and when do we code for cross-referenced documents included in the wellness policy?	<p>We only need to code the cross-referenced non-state law documents (e.g., curricula frameworks, Action For Healthy Kids, etc.) if the document is specifically mentioned within the policy as a document that the district is following/should follow for X,Y, Z. For example:</p> <ul style="list-style-type: none"> <li>• School district A encourages the sale of healthy food choices. To this end, all schools in the district must follow the state Action for Healthy Kids guidelines for the sale of competitive foods. In this case, you would incorporate the state Action for Healthy Kids competitive food guidelines into your coding for the district. (See below for specific guidance on coding a cross-referenced document that contains recommendation/“should” language.)</li> </ul> <p>You do NOT have to code for cross-referenced documents that are simply listed as cross-references at the end of the policy. For example:</p> <ul style="list-style-type: none"> <li>• CROSS-REF: <ul style="list-style-type: none"> <li>○ State X Model Wellness Policy</li> <li>○ State X School Board Association Competitive Food Guidelines</li> </ul> </li> </ul> <p><i>Unless these cross-referenced items are specifically mentioned in the policy as something that the district is following/should follow, then they do not need to be coded for the given district.</i></p>
How do you code cross-referenced documents that contain recommendations/provisions that “should” be followed?	<p>If the wellness policy states that District XYZ follows/adheres to/will follow (etc.) [MODEL/ ORGANIZATION NAME ABC]’s nutrition guidelines..and the nutrition guidelines are written as “may” or “should,” code as a “1” because the district is requiring that “weak” model policy be followed (i.e., that contains “should” or “encourage” type language). Typical language may read as follows:</p> <ul style="list-style-type: none"> <li>• “The food service program will comply with current USDA and state Action for Healthy Kids guidelines” for all foods sold/served on campus.” (The state AFHK language is full of “should” statements)</li> </ul>
How do you code language that “strives to meet” weak state policy?	If the policy indicates that the district will “strive to/aim to/goal is to” meet state law that is weak (i.e., a “1” or “0”), then assign a “0” for the district on that item. (upd. 8/19/08)

Item/Question	Answer
<p>How do you code NG items for a policy that simply sets “goals” for developing nutrition guidelines for competitive foods (including or such as) vending machines, school stores, a la carte, etc.?</p>	<p>If the policy simply states that is the “goal” of the district to develop guidelines for competitive foods...including/such as, vending machines, a la carte, etc...and no other language is included, <u>ONLY</u> code NG1=1 (NG23=1); do not code any other NG item for this language.</p>
<p>How to code NGs when only a la carte is allowed (and specific guidelines for a la carte are defined) and all other competitive foods are banned (i.e., vending, school stores). *typically this language is seen at the ES level</p>	<p>Example:</p> <p>“An ES may not serve competitive foods to students on school premises throughout the SD until the end of the last scheduled class. This does not pertain to food items made available by the food service department.” (in this case, includes a la carte, and they have specific guidelines for a la carte)</p> <p>NG1=2 (NG23)  NG2=1 (NG23b)  NG10=4 (vending ban) (NG24)  NG11=4 (school store ban) (NG25)  NG12=2 (NG26) (code as appropriate, according to the strength of the a la carte guidelines)  All other NGs will be coded “1” or “2” as appropriate, depending on the strength of the a la carte guidelines.</p>
<p>How to code school year variance, when mentions nutrition guidelines will be implemented by a specific date.</p>	<p>For example:</p> <p>“By Sept 1, 2007 <u>ONLY</u> milk, water and 100% juice may be sold on school grounds.”  This wellness policy was adopted Sept 18, 2006, so it is suggestive that these guidelines <u>should</u> be implemented within the 2006-2007 school year and <u>will</u> be implemented by the 2007-2008 school year. Thus, code NG22 (NG42), NG24 (NG45), NG25 (NG46), NG29 (NG50)=1 for 2006-2007 (and code NG22, 24, 25, 29=2 for 2007-2008)</p>

Item/Question	Answer
<p><b>How do you code NG2 (NG23b) and other NG items for CSPI model/like and NANA model/like language?</b></p>	<ul style="list-style-type: none"> <li>• <b>CSPI-like Model:</b> Elementary Schools. The school food service program will approve and provide all food and beverage sales to students in the elementary grades. Given young children's limited nutrition skills, food in elementary grades <u>will</u> be sold as balanced meals. If available, foods and beverages sold individually <u>will be limited to</u> low-fat and non-fat milk, fruits, and non-fried vegetables. <ul style="list-style-type: none"> <li>○ <b>If this were the <u>only</u> language for ES for this district for the NG items, you would also code as follows:</b> <ul style="list-style-type: none"> <li>▪ NG1=2 (NG23)</li> <li>▪ NG2=2 (NG23b)</li> <li>▪ NG6=2 (NG38)</li> <li>▪ NG10-12=4 (NG24-26)</li> <li>▪ NG16=4 (NG33)</li> <li>▪ NG17=4</li> <li>▪ NG18=4 (NG34)</li> <li>▪ NG19=4</li> <li>▪ NG20=4 (NG35)</li> <li>▪ NG22=4 (NG42)</li> <li>▪ NG24=4 (NG45)</li> <li>▪ NG25=4 (NG46)</li> <li>▪ NG27=4 (NG48)</li> <li>▪ NG29=4 (NG50)</li> </ul> </li> </ul> </li> <li>• <b>CSPI/NANA Model:</b> Elementary Schools. The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools <u>should</u> be sold as balanced meals. If available, foods and beverages sold individually <u>should be limited to</u> low-fat and non-fat milk, fruits, and non-fried vegetables. <ul style="list-style-type: none"> <li>○ <b>If this were the <u>only</u> language for ES for this district for the NG items, you would also code as follows:</b> <ul style="list-style-type: none"> <li>▪ NG1=1 (NG23)</li> <li>▪ NG2=1 (NG23b)</li> <li>▪ NG6=1 (NG38)</li> <li>▪ NG10-12=1 (NG24-26)</li> <li>▪ NG16=1 (NG33)</li> <li>▪ NG17=1</li> <li>▪ NG18=1 (NG34)</li> <li>▪ NG19=1</li> <li>▪ NG20=1 (NG35)</li> <li>▪ NG22=1 (NG42)</li> <li>▪ NG24=1 (NG45)</li> <li>▪ NG25=1 (NG46)</li> <li>▪ NG27=1 (NG48)</li> <li>▪ NG29=1 (NG50)</li> </ul> </li> <li>○ <b>The difference here is the “should” language rather than the “will” language above.</b></li> </ul> </li> </ul> <p><b>NOTE TO CODERS:</b> Be <u>very careful</u> when coding following the CSPI/NANA models. We have seen several “slightly” revised versions of the language that could have coding implications. Also, the distinction between the two examples is entirely the “will” vs. “should.” We felt that even for NG1(NG23), the distinction was enough to warrant a differential coding for the two scenarios. (upd. 8/19/08)</p>
<p><b>Please clarify the distinction between PE1 (PE52a) and PE2 (PE52).</b></p>	<p>PE1 (PE52a) was created by UIC to capture situations where the district mentions that they have some type of PE but the language included in the policy is not enough to warrant any coding on any of the PE variables. PE1 (PE52a), therefore, was created as a dummy variable to capture the presence/absence of any PE component. PE2 (PE52) captures information specifically on PE curriculum requirements.</p>

Item/Question	Answer
<p><b>Why do we downgrade for “when possible” or “where appropriate” for PA4 (PA72) but <u>not</u> for NE5 (NE6)?</b></p>	<p><b>CONCEPTUALLY:</b></p> <ul style="list-style-type: none"> <li>• NE5 (NE6) is an item that is DIRECTLY measuring the incorporation of nutrition education into other subjects, PA4 (PA72) is an item examining the opportunities for PA outside of PE during the school day. <ul style="list-style-type: none"> <li>○ PA4 (PA72) language such as “<i>classrooms shall incorporate short breaks that include physical movement, when possible,</i>” is just one component of a broader concept being evaluated and should be coded as a “1.”</li> <li>○ NE5 (NE6) language such as, “<i>nutrition education will be integrated into the broader curriculum, where appropriate,</i>” is directly addressing what the item is referencing and should be coded as a “2.”</li> </ul> </li> <li>• <b>Bottom line:</b> The students may or may not be experiencing PA breaks in the classroom during the school day based on the above language, BUT NE is definitely being offered in classes other than health/nutrition, it is just not clear which courses the NE is being integrated or which classes within the course that NE is being addressed (which is not necessary for a “2” coding).</li> </ul> <p><b>LITERALLY:</b></p> <ul style="list-style-type: none"> <li>• NE can only easily/appropriately be integrated into the curriculum where it fits (i.e., Basic Math or Science) and does not easily fit into other topics (i.e., English, French, Geometry)...also NE will not be the topic addressed in each lesson of a course b/c otherwise it would be a nutrition course and NOT a Science course...so the language above fits with what NE5 (NE6) is addressing...stating that NE will be incorporated into other courses BUT only the ones that it fits into appropriately OR NE will be addressed in other classes (e.g., Science) BUT NE will be incorporated only in appropriate Science lessons.</li> <li>• PA can be incorporated into every classroom...so it is possible to provide it in all classes therefore stating that it will only be incorporated “when possible” weakens the overall statement...and does not DEFINITELY indicate the PA is being offered in classes OR during the school day outside of PE...</li> </ul>
<p><b>Clarification on E3 (CP90) coding where E3=2</b></p> <p><b>(See below for E3=1 (CP90) language)</b></p>	<p><b>The following language, in its entirety (i.e., the sum of the parts), would warrant a level “2” code for CP90 because of the “package” of language and the fact that it mentions “periodic.” You do <u>not</u> have to have specific time periods mentioned to code “2” for E3 (CP90).</b></p> <p><b>GUIDELINES WELLNESS COMMITTEE</b></p> <p>The Board shall appoint a Wellness Committee comprised of at least one (1) of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, member of the public, teacher, school nurse, school counselor, physical education teacher or coach, health professional, representative of community organization, and any other individuals chosen by the Board.</p> <p>The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with law to recommend to the Board for adoption.</p> <p>The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.</p> <p>The Wellness Committee may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.</p> <p>The Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.</p> <p><b>An additional example of E3=2 (CP90) language that is suggestive of an ongoing council (From NANA):</b></p> <p>“The school district and/or individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)”</p>

Item/Question	Answer
<p><b>Clarification on E3 (CP90) coding where E3=1</b></p> <p><b>(See prior example for E3=2 (CP90) language)</b></p>	<p><b>The following language (obtained from the PBSA template dated 9/07) would be coded as a 1 for E3 (CP90) because the whole section is “may” be established (even though the Council is to provide periodic reports):</b></p> <p>Advisory Health Council</p> <ul style="list-style-type: none"> <li>• An Advisory Health Council may be established by the Superintendent to study student health issues and to assist in organizing follow-up programs.</li> <li>• The Advisory Health Committee may examine related research, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues.</li> <li>• The Advisory Health Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.</li> <li>• The Advisory Health Council may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.</li> <li>• The Advisory Health Council shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.</li> <li>• Individuals who conduct student medical and dental examinations shall submit to the Advisory Health Council annual reports and later reports on the remedial work accomplished during the year.</li> </ul>
<p><b>How do you code Fitnessgram and Fitnessgram-like language (i.e., body composition, height/weight, etc.) for PE16 (PE68) and E4 (PE68a)?</b></p>	<p>"The fitnessgram <b>shall</b> be used to assess student health and fitness." → Code: PE16 (PE68)=1, E4 (PE68a)=2</p> <p>"The fitnessgram <b>shall</b> be used to assess student health. Results will be reported to parents." → Code: PE16 (PE68)=2, E4 (PE68a)=3</p> <p>"The fitnessgram shall be used in grades 4-10 to assess student health. Students will be notified of their results." →Code: PE16ES=1 16MS=2 16HS=1 E4ES=1 5E4MS=2 E4HS=1</p> <p><i>For examples using body composition or height/weight, just trade out Fitnessgram and replace it with body composition or height/weight in the above examples.</i></p> <p><b>Fitnessgram's relation with body composition is below, taken directly from the Fitnessgram website. The assessment items are as follows:</b></p> <p><b>Aerobic Capacity</b></p> <ul style="list-style-type: none"> <li>• PACER test</li> <li>• One-mile run/walk</li> <li>• Walk test (ages 13 or greater)</li> </ul> <p><b>Body Composition</b> (may select one option)</p> <ul style="list-style-type: none"> <li>• Percent body fat (calculated from triceps and calf skinfolds)</li> <li>• Body mass index (calculated from height and weight)</li> </ul> <p><b>Muscular Strength, Endurance, and Flexibility</b></p> <ul style="list-style-type: none"> <li>• Abdominal strength and endurance (curl-up)</li> <li>• Trunk extensor strength and endurance (trunk lift)</li> <li>• Upper body strength and endurance (choose from push-up, modified pull-up, and flexed arm hang)</li> <li>• Flexibility (choose from back-saver sit-and-reach and shoulder stretch)</li> </ul>

Local Wellness Coding  
 State: \_\_\_\_\_  
 Master Version: Y/N  
 Grade Level N/A: -8

Year: 2008-2009  
 Grade Range:  
 District Name:  
 District ID:

Coder Initials:  
 Coder Date

New Variable	Old Variable	Label	ES				MS				HS				SY VAR	State +Dist	State Only	Notes
			0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE1	NE1	FW: goals for NE	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE2	NE2	Nutrition curriculum each grade	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE3		School Gardens	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE4	NE5	NE training for teachers	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE5	NE6	NE integrated into other subjects	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE6	NE7	NE teaches behavior focused skills	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE7	NE8	Number of NE courses or hours	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE7a		Amount of NE courses/hours/credits				-8				-8				-8				
US1	US10	FW: guidelines not less restrictive	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US2	US11	School Breakfast Program (USDA)	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US3	US13	Guidelines beyond USDA Diet Gdln minimum	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US4	US14	Low-fat versions/methods	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US5	US15	Strategies to increase participation	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US5a	US15a	Closed campus	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US6		Recess before lunch	0	1	2	-8												
US7	US17	Adequate time to eat	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US7a		Minutes of breakfast				day / wk -8				day / wk -8				day / wk -8				
US7b		Minutes of lunch				day / wk -8				day / wk -8				day / wk -8				
US8	US20	Training for food service staff	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US9	US22	Nutrition information	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US10	NG38a	Farm-to-school	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG1	NG23	FW: NG for ALL foods at school	0	1	2	-8	0	1	2	-8	0	1	2	-8				
						SD				SD				SD				
NG2	NG23b	Competitive food ban/cannot be sold	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG3	NG23c	Contracts must/should comply with NG	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG4		Bans fast food on campus	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG5		Meets IOM F&V and/or whole grain std	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG6	NG38	Whole, unprocessed, & fresh food	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG7	NG40	Food as a reward or punishment	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG8	NG41	Nutrition info for other foods	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG9	NG51	Free drinking water	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE1	PE52a	Goals for PE	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE2	PE52	PE curriculum for each grade	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE3	PE53	Time/week of PE for elementary	0	1	2	-8												
PE3a		minutes of PE for elementary				day / wk -8												
PE3b		days/week of PE for elementary				-8												
PE4	PE54	Time/week of PE for middle					0	1	2	-8								
PE4a		minutes of PE for middle								day / wk -8								
PE4b		days/week of PE for middle								-8								
PE5	PE55	Time/week of PE for high school									0	1	2	-8				
PE5a		minutes of PE for high school												day / wk -8				
PE5b		days/week of PE for high school												-8				
PE6	PE56	Physically active lifestyle	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE7	PE57	Competency assessment	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE8	PE60	Addresses PE classes or credits									0	1	2	-8				
PE8a		Amount of PE courses/hours/credits												-8				
PE9	PE61	Frequency of required PE	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE10	PE62	Teacher-student ratio for PE	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE11	PE63	Safe/adequate equipment/facilities	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE12	PE64	Moderate to vigorous activity	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE12a		Percent or amount of time for MVPA				-8				-8				-8				
PE13	PE65	Qualifications for PE instructors	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE14	PE66	PE training for teachers	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE15	PE67	PE waiver requirements	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE16	PE68	Annual health assessment	0	1	2	-8	0	1	2	-8	0	1	2	-8				

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 Coder Date

New Variable	Old Variable	Label	ES				MS				HS				SY VAR	State +Dist	State Only	Notes
			0	1	2	-8	0	1	2	-8	0	1	2	-8				
PA1	PA69	FW: goals for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PA2	PA70	PA for every grade level	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PA3		Amount of time for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PA3a		Minutes of PA	day / wk				day / wk				day / wk							
PA3b		Definition of PA	PE: y / n n/s				PE: y / n n/s				PE: y / n n/s							
PA3c		Definition of PA includes recess	Recess: y / n n/s															
PA4	PA72	PA throughout the day	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PA5	PA74	Community use facilities for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PA6	PA75	Safe active routes to school	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PA7	PA76	Not using PA as punishment	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PA8	PA77	Recess freq or amt for elementary (daily)	0	1	2	-8												
PA9		Recess freq (less than daily) for elementary	0	1	2	-8												
PA8a		Minutes for recess for elementary	day / wk															
ST1	PA71	PA for school staff	0	1	2	-8	0	1	2	-8	0	1	2	-8				
ST2	CP80	Staff wellness programs	0	1	2	-8	0	1	2	-8	0	1	2	-8				
ST3	CP82	Staff to role model	0	1	2	-8	0	1	2	-8	0	1	2	-8				
CP1	CP79	FW: Stakeholders involved in development of wellness policy	0	1	2	-8	0	1	2	-8	0	1	2	-8				
CP2	CP85	Methods to solicit input	0	1	2	-8	0	1	2	-8	0	1	2	-8				
CP3	CP86	How to engage parents/community	0	1	2	-8	0	1	2	-8	0	1	2	-8				
MP1	CP84	Coordinated School Health Model	0	1	2	-8	0	1	2	-8	0	1	2	-8				
MP2	CP88	Marketing healthy choices	0	1	2	-8	0	1	2	-8	0	1	2	-8				
MP3	CP89	Restricted marketing	0	1	2	-8	0	1	2	-8	0	1	2	-8				
E1	E91	FW: Measuring implementation	0	1	2	-8	0	1	2	-8	0	1	2	-8				
E2	E92	Plan for implementation	0	1	2	-8	0	1	2	-8	0	1	2	-8				
E3	CP90	Ongoing health advisory committee	0	1	2	-8	0	1	2	-8	0	1	2	-8				
E4	PE68a	BMI	0	1	2	3	-8	0	1	2	3	-8	0	1	2	3	-8	
E5	E93	Plan for evaluation	0	1	2	-8	0	1	2	-8	0	1	2	-8				
E6	E94	Audience and frequency of a report	0	1	2	-8	0	1	2	-8	0	1	2	-8				
E7	E95	Funding support	0	1	2	-8	0	1	2	-8	0	1	2	-8				
E8	E96	Plan for revising the policy	0	1	2	-8	0	1	2	-8	0	1	2	-8				
E9	E97	Reporting frequency (fill in blank) -- NOT grade spec.																
E10	E98	Update frequency (fill in blank)--NOT grade specific																
E11	E99	Implementation review (fill in the blank) NOT grade sp																
E12	E100	Requires district to report to the state	0	1	2	-8	0	1	2	-8	0	1	2	-8				

DE Initials:      DE Date:      QA Initials:      QA Date:

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New Variable	Old Variable	Label	ES							MS							HS							SY VAR	State +Dist	State Only	Notes/Citation Information
			0	1	2	3	4	-8	SD	0	1	2	3	4	-8	SD	0	1	2	3	4	-8	SD				
<b>NG10</b>	<b>NG24</b>	<b>Vending machines</b>	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG16vm	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG17vm		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG18vm	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG19vm		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG20vm	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG21vm	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG22vm	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG23vm	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG24vm	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG25vm	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG26vm	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG27vm	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG28vm	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG29vm	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
<b>NG11</b>	<b>NG25</b>	<b>School Stores</b>	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG16ss	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG17ss		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG18ss	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG19ss		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG20ss	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG21ss	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG22ss	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG23ss	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG24ss	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG25ss	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG26ss	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG27ss	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG28ss	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG29ss	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
<b>NG12</b>	<b>NG26</b>	<b>A la carte</b>	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG16al	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG17al		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG18al	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG19al		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG20al	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG21al	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG22al	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG23al	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG24al	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG25al	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG26al	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG27al	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG28al	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG29al	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					



Local Wellness Coding  
 State: \_\_\_\_\_  
 Master Version: Y/N  
 Grade Level N/A: -8

Year: 2008-2009  
 Grade Range:  
 District Name:  
 District ID:

Coder Initials:  
 Coder Date

New Variable	Old Variable	Label	ES							MS							HS							SY VAR	State +Dist	State Only	Notes/Citation Information
			0	1	2	3	4	-8	SD	0	1	2	3	4	-8	SD	0	1	2	3	4	-8	SD				
<b>NG13</b>	<b>NG27</b>	<b>Class Parties</b>	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG16cp	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG17cp		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG18cp	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG19cp		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG20cp	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG21cp	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG22cp	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG23cp	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG24cp	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG25cp	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG26cp	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG27cp	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG28cp	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG29cp	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
<b>NG14</b>	<b>NG31</b>	<b>Evening/community events</b>	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG16ev	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG17ev		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG18ev	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG19ev		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG20ev	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG21ev	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG22ev	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG23ev	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG24ev	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG25ev	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG26ev	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG27ev	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG28ev	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG29ev	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
<b>NG15</b>	<b>NG32</b>	<b>Food sold for fundraising</b>	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG16fr	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG17fr		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG18fr	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG19fr		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG20fr	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG21fr	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG22fr	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG23fr	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG24fr	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG25fr	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG26fr	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG27fr	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG28fr	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG29fr	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					

New Variable	Old Variable	Label	ES				MS				HS				SY VAR	Notes
			0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE1	NE1	FW: goals for NE	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE2	NE2	Nutrition curriculum each grade	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE3		School Gardens	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE4	NE5	NE training for teachers	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE5	NE6	NE integrated into other subjects	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE6	NE7	NE teaches behavior focused skills	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE7	NE8	Number of NE courses or hours	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE7a		Amount of NE courses/hours/credits				-8				-8				-8		
US1	US10	FW: guidelines not less restrictive	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US2	US11	School Breakfast Program (USDA)	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US3	US13	Guidelines beyond USDA Diet Gdln minimum	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US4	US14	Low-fat versions/methods	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US5	US15	Strategies to increase participation	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US5a	US15a	Closed campus	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US6		Recess before lunch	0	1	2	-8										
US7	US17	Adequate time to eat	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US7a		Minutes of breakfast				day / wk				day / wk				day / wk		
US7b		Minutes of lunch				day / wk				day / wk				day / wk		
US8	US20	Training for food service staff	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US9	US22	Nutrition information	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US10	NG38a	Farm-to-school	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG1	NG23	FW: NG for ALL foods at school	0	1	2	-8	0	1	2	-8	0	1	2	-8		
						SD				SD				SD		
NG2	NG23b	Competitive food ban/cannot be sold	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG3	NG23c	Contracts must/should comply with NG	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG4		Bans fast food on campus	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG5		Meets IOM F&V and/or whole grain std	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG6	NG38	Whole, unprocessed, & fresh food	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG7	NG40	Food as a reward or punishment	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG8	NG41	Nutrition info for other foods	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG9	NG51	Free drinking water	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE1	PE52a	Goals for PE	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE2	PE52	PE curriculum for each grade	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE3	PE53	Time/week of PE for elementary	0	1	2	-8										
PE3a		minutes of PE for elementary				day / wk										
PE3b		days/week of PE for elementary				-8										
PE4	PE54	Time/week of PE for middle					0	1	2	-8						
PE4a		minutes of PE for middle								day / wk						
PE4b		days/week of PE for middle								-8						
PE5	PE55	Time/week of PE for high school									0	1	2	-8		
PE5a		minutes of PE for high school												day / wk		
PE5b		days/week of PE for high school												-8		
PE6	PE56	Physically active lifestyle	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE7	PE57	Competency assessment	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE8	PE60	Addresses PE classes or credits									0	1	2	-8		
PE8a		Amount of PE courses/hours/credits												-8		
PE9	PE61	Frequency of required PE	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE9a		daily PE waiver (state only)	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE10	PE62	Teacher-student ratio for PE	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE11	PE63	Safe/adequate equipment/facilities	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE12	PE64	Moderate to vigorous activity	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE12a		Percent or amount of time for MVPA				-8				-8				-8		
PE13	PE65	Qualifications for PE instructors	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE14	PE66	PE training for teachers	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE15	PE67	PE waiver requirements	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE16	PE68	Annual health assessment	0	1	2	-8	0	1	2	-8	0	1	2	-8		

New Variable	Old Variable	Label	ES				MS				HS				SY VAR	Notes	
			0	1	2	-8	0	1	2	-8	0	1	2	-8			
PA1	PA69	FW: goals for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8			
PA2	PA70	PA for every grade level	0	1	2	-8	0	1	2	-8	0	1	2	-8			
PA3		Amount of time for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8			
PA3a		Minutes of PA	day / wk				day / wk				day / wk						
PA3b		Definition of PA	PE: y / n				PE: y / n				PE: y / n						
PA3c		Definition of PA includes recess	Recess: y / n														
PA4	PA72	PA throughout the day	0	1	2	-8	0	1	2	-8	0	1	2	-8			
PA5	PA74	Community use facilities for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8			
PA6	PA75	Safe active routes to school	0	1	2	-8	0	1	2	-8	0	1	2	-8			
PA7	PA76	Not using PA as punishment	0	1	2	-8	0	1	2	-8	0	1	2	-8			
PA8	PA77	Recess freq or amt for elementary (daily)	0	1	2	-8											
PA9		Recess freq (less than daily) for elementary	0	1	2	-8											
PA8a		Minutes for recess for elementary	day / wk														
ST1	PA71	PA for school staff	0	1	2	-8	0	1	2	-8	0	1	2	-8			
ST2	CP80	Staff wellness programs	0	1	2	-8	0	1	2	-8	0	1	2	-8			
ST3	CP82	Staff to role model	0	1	2	-8	0	1	2	-8	0	1	2	-8			
CP1	CP79	FW: Stakeholders involved in development of wellness policy	0	1	2	-8	0	1	2	-8	0	1	2	-8			
CP2	CP85	Methods to solicit input	0	1	2	-8	0	1	2	-8	0	1	2	-8			
CP3	CP86	How to engage parents/community	0	1	2	-8	0	1	2	-8	0	1	2	-8			
MP1	CP84	Coordinated School Health Model	0	1	2	-8	0	1	2	-8	0	1	2	-8			
MP2	CP88	Marketing healthy choices	0	1	2	-8	0	1	2	-8	0	1	2	-8			
MP3	CP89	Restricted marketing	0	1	2	-8	0	1	2	-8	0	1	2	-8			
E1	E91	FW: Measuring implementation	0	1	2	-8	0	1	2	-8	0	1	2	-8			
E2	E92	Plan for implementation	0	1	2	-8	0	1	2	-8	0	1	2	-8			
E3	CP90	Ongoing health advisory committee	0	1	2	-8	0	1	2	-8	0	1	2	-8			
E4	PE68a	BMI	0	1	2	3	-8	0	1	2	3	-8	0	1	2	3	-8
E5	E93	Plan for evaluation	0	1	2	-8	0	1	2	-8	0	1	2	-8			
E6	E94	Audience and frequency of a report	0	1	2	-8	0	1	2	-8	0	1	2	-8			
E7	E95	Funding support	0	1	2	-8	0	1	2	-8	0	1	2	-8			
E8	E96	Plan for revising the policy	0	1	2	-8	0	1	2	-8	0	1	2	-8			
E9	E97	Reporting frequency (fill in blank) -- NOT grade spec.															
E10	E98	Update frequency (fill in blank)--NOT grade specific															
E11	E99	Implementation review (fill in the blank) NOT grade sp															
E12	E100	Requires district to report to the state	0	1	2	-8	0	1	2	-8	0	1	2	-8			
E13	E101	TA to district/LEA for wellness policy implementation	0	1	2	-8	0	1	2	-8	0	1	2	-8			
E14	E102	Monitor schools/LEA for compliance with state reqs.	0	1	2	-8	0	1	2	-8	0	1	2	-8			
E15	E103	Penalties for district failure to comply	0	1	2	-8	0	1	2	-8	0	1	2	-8			
E16	E104	Corrective action plan for schools/LEA for non-compliance	0	1	2	-8	0	1	2	-8	0	1	2	-8			
E17	E105	State evaluation and reporting requirement	0	1	2	-8	0	1	2	-8	0	1	2	-8			

New Variable	Old Variable	Label	ES					MS					HS					SY VAR	Notes/Citation Information						
			0	1	2	3	4	-8	SD	0	1	2	3	4	-8	SD	0			1	2	3	4	-8	SD
<b>NG10</b>	<b>NG24</b>	<b>Vending machines</b>	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG16vm	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG17vm		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG18vm	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG19vm		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG20vm	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG21vm	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG22vm	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG23vm	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG24vm	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG25vm	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG26vm	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG27vm	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG28vm	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG29vm	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
<b>NG11</b>	<b>NG25</b>	<b>School Stores</b>	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG16ss	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG17ss		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG18ss	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG19ss		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG20ss	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG21ss	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG22ss	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG23ss	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG24ss	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG25ss	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG26ss	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG27ss	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG28ss	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG29ss	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
<b>NG12</b>	<b>NG26</b>	<b>A la carte</b>	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG16al	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG17al		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG18al	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG19al		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG20al	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG21al	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG22al	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG23al	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG24al	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG25al	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG26al	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG27al	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG28al	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG29al	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			

New Variable	Old Variable	Label	ES						SD	MS						SD	HS						SD	SY VAR	Notes/Citation Information
			0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG13	NG27	Class Parties	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG16cp	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG17cp		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG18cp	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG19cp		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG20cp	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG21cp	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG22cp	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG23cp	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG24cp	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG25cp	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG26cp	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG27cp	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG28cp	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG29cp	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG14	NG31	Evening/community events	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG16ev	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG17ev		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG18ev	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG19ev		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG20ev	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG21ev	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG22ev	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG23ev	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG24ev	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG25ev	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG26ev	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG27ev	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG28ev	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG29ev	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG15	NG32	Food sold for fundraising	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG16fr	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG17fr		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG18fr	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG19fr		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG20fr	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG21fr	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG22fr	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG23fr	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG24fr	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG25fr	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG26fr	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG27fr	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG28fr	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG29fr	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			



**Bridging the Gap (BTG) Program**  
**SCHOOL DISTRICT WELLNESS POLICY CODING TOOL, v. 3**  
**(For Use with Coding SY 09-10 policies)**

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In 2006, all school districts participating in the National School Lunch Program and other Child Nutrition Programs, including the School Breakfast Program and the Milk Program, were required to develop a written wellness policy. The original version of this coding system was designed by a group of researchers funded by the Robert Wood Johnson Foundation Healthy Eating Research Program to evaluate these policies. This instrument was designed to be a common and reliable method for evaluating the comprehensiveness and strength of wellness policies within and across states.

**UIC Notes:**

An original version of this tool was developed by the Robert Wood Johnson Foundation Healthy Eating Research Program, Working Group 1. The working group was chaired by Marlene Schwartz (Yale Rudd Center) and included Anne Lund and Mollie Greves (Washington), Elaine McDonnell and Claudia Probart (Pennsylvania), and Anne Samuelson and Leslie Lytle (Minnesota).

For a description of the development and reliability analyses of the original tool developed by the HER working group, please see:

Schwartz M, Lund A, Grow H, et al. "A Comprehensive Coding System to Measure the Quality of School Wellness Policies." *Journal of the American Dietetic Association*, 109(7): 1256-1262, July 2009.

This tool has been adapted to incorporate decision rules being employed by UIC under the BTG program. New variables have been added, additional decision rules and a Coding Appendix are incorporated, and, in some instances, alternative coding is identified. Note that all items labeled NG in the UIC scheme corresponds to identically numbered items in the HER scheme that start with NS [with the exception of items ending with a lower-case letter (e.g., US15a, NG23b) which are unique to UIC].

For additional information on the UIC coding adaptations or for a copy of a grade-specific coding sheet, please contact Jamie Chriqui at [jchriqui@uic.edu](mailto:jchriqui@uic.edu) or 312-996-6410

## UIC Notes/Guidance

1. Also refer to specific coding examples/scenarios included in the Appendix in conjunction with this coding tool.
2. BTG is conducting grade level-specific coding; as such, separate codes are created for each variable for each grade level (ES, MS, HS). Use the UIC-created grade-level score sheet to accompany this tool.
  - a. If the **grade-level distinctions are not clear in the policy**, check the district's web site to confirm the ES/MS/HS grades, as appropriate.
3. In cases where **similar policies are coded for districts within or across states**, review the policies and final coding across districts to ensure coding consistency before completing the consensus coding process and prior to submitting the coding for data entry.
4. If multiple districts within the same state all rely on the same **model policy**, code the model first and then apply the coding as appropriate across districts.
  - a. For policies with **CSPI and NANA model**-like provisions, review the CSPI and NANA master coding and code appropriately.
    - i. **Note on CSPI coding:** You will often find nuances and variations in the district policy language so you will need to review the language in the policy and the CSPI model to capture coding nuances accordingly.
    - ii. See also the CSPI and NANA model guidance in the attached Appendix.
5. If there are multiple policies from the same district with differing provisions, give credit for the stronger weaker language.

### Version Notes:

- v. 2 (5/5/09): Updated to allow for IOM standards and competitive food ban coding in NG items. Added # minutes/credits for a number of other variables. Added trans-fat ban to NG items.
- v.2 (6/25/09): Numbering was changed for all variables; numbers in parentheses reflect original coding scheme v.1 (SY 06-07 & 07-08).
- v.3 (11/16/10): Added variables US11, US12, & US13 to address specific nutrition standards for school meals beyond USDA NSLP and SBP minimum standards.



## Coding

Scoring of wellness policies is based on the coding of seven sections, containing a total of 92 primary policy items and 16 sub-items. The sections include:

- Section 1: Nutrition Education (page 5)
- Section 2: Standards for USDA Child Nutrition Programs and School Meals (page 8)
- Section 3: Nutrition Standards for Competitive and Other Foods and Beverages (page 12)
- Section 4: Physical Education (page 31)
- Section 5: Physical Activity (page 38)
- Section 6: Staff PA/Wellness/Modeling (page 41)
- Section 7: Stakeholder involvement/feedback (page 42)
- Section 8: Messaging, Marketing, & Promotion (page 44)
- Section 9: Evaluation & Implementation (page 45)

Unless otherwise noted, each policy item is coded as “0,” “1,” or “2,” using the definitions below. This coding manual lists each item followed by an explanation of the item and examples of “1” and “2” statements.

Code		Explanation
<b>0</b>	<b>= Not Mentioned</b>	The item is not included in the text of the policy.
<b>1</b>	<b>= Weak Statement</b>	<p>Code an item as a “1” when the item is mentioned, <i>but</i></p> <ul style="list-style-type: none"> <li>• the policy will be hard to enforce because the statement is <i>vague, unclear, or confusing</i></li> <li>• statements are listed as <i>goals, aspirations, suggestions, or recommendations</i></li> <li>• there are <i>loopholes</i> in the policy that weaken enforcement of the item</li> <li>• the policy mentions a <i>future plan to act</i> without specifying when the plan will be established</li> </ul> <p>Words often used include: <b>may, can, could, should, might, encourage, suggest, urge, some, partial, make an effort, and try</b></p> <p>An exception to this would be if the district is unable to enforce action on the item, such as teachers role modeling healthy behaviors (in this case the item would be coded as a “2”).</p>
<b>2</b>	<b>= Meets / Exceeds Expectations</b>	<p>Code an item as a “2” when the item is mentioned, and it is clear that the policy makers are committed to making the item happen because</p> <ul style="list-style-type: none"> <li>• the item is described using specific language (e.g., a concept followed by concrete plans or strategies for implementation) and</li> <li>• strong language is used to indicate that action or regulation is required, including: <b>shall, will, must, have to, insist, require, all, total, comply, and enforce</b></li> </ul>

### Coding hint

One method for deciding between a “1” and a “2” is to consider the scenario of a parent approaching a school district’s board of education to discuss something happening in a school. If the policy is written such that it is not clear exactly how the school should behave regarding the issue at hand, code the item as a “1.” If the policy is written such that the parent and board of education will have no trouble deciding if the school is or is not compliant with the policy, code the item as a “2.”

**State law** may regulate items in this coding tool. State law supersedes the authority of local wellness policies. Depending on how your study is structured, you may want to code according to the strength of state law when it exceeds standards in a policy or when it mentions items not included in a policy. For example, if state law prohibits soda in schools, but the policy does not, you might consider coding as if the policy explicitly prohibits soda.

**The federal wellness policy requirements** are incorporated into the beginning of each section, as appropriate, and are labeled “Federal Wellness.” The language for these items is taken from these federal requirements (Public Law 108-265, The Child Nutrition and WIC Reauthorization Act of 2004).

## Scoring

Policies are scored to determine Comprehensiveness and Strength. Comprehensiveness reflects the proportion of item topics that are simply mentioned. Strength reflects the proportion of items that are addressed with *specific* and *directive* language.

Score*	Explanation
<b>Comprehensiveness Score by section</b>	Comprehensiveness is calculated by counting the number of primary items in each section coded as “1,” “2,” “3,” or “4,” dividing this number by the number of primary policy items in the section, and multiplying this number by 100.
<b>Strength Score by section</b>	Strength is calculated by counting the number of primary items in each section coded as “2,” “3,” or “4,” dividing this number by the number of primary policy items in the section, and multiplying this number by 100.
<b>Total Comprehensiveness</b>	Total comprehensiveness is calculated by counting the number of primary items coded as “1,” “2,” “3,” or “4,” dividing this number by the total number of policy items (92) in all nine sections, and multiplying this number by 100.
<b>Total Strength</b>	Total strength is calculated by counting the number of primary items coded as “2,” “3,” or “4,” dividing this number by the total number of policy items (92) in all nine sections, and multiplying this number by 100.

\*You may want to count NG5 and PE1 (PE52a) for both the strength and comprehensiveness scores (they are 0/1 variables).

The example below shows the calculation of sample scores for Section 1.

Section 1. Nutrition Education		Code
NE1	Includes goals for nutrition education that are designed to promote student wellness in a manner that the local education agency determines is appropriate ( <i>Federal Requirement</i> )	2
NE2	Nutrition curriculum provided for each grade level	2
NE3	School has a <u>garden</u> (fruit and/or vegetable) that students participate in	0
NE4	District provides <u>nutrition education training for teachers</u>	1
NE5	Nutrition education is <u>integrated</u> into <u>other subjects</u> beyond health education	0
NE6	Nutrition education teaches <u>skills</u> that are behavior focused, interactive, and/or participatory	1
NE7	Specifies <u>number</u> of nutrition education <u>courses</u> or <u>contact hours</u>	0
<b>Subtotal for Section 1 Nutrition Education</b>		57
<b>Comprehensiveness Score</b> Count the number of primary items coded as “1” or “2” and divide this number by 7. Multiply by 100. Do not count an item if the rating is “0.”		29
<b>Strength Score</b> Count the number of primary items coded as “2” and divide this number by 7. Multiply by 100.		

**Comprehensiveness Score** = There are two items coded as “1” and two items coded as “2,” for a total of four items. Four divided by seven equals 0.57, multiplied by 100 for a score of 57.

**Strength Score** = There are two items coded as “2.” Two divided by seven equals 0.29, multiplied by 100 for a score of 29.

## Section 1. Nutrition Education (Note: See Appendix for additional NE-related guidance)

#	Item	Coding Guidance
NE1	Federal Wellness: Includes goals for nutrition education that are designed to promote student wellness in a manner that the local education agency determines is appropriate	<p><b>0</b></p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>No goals for nutrition education are mentioned</li> <li>Policy clearly detracts from requirement</li> </ul>
		<p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Nutrition education goal is implied</li> <li>Policy <u>only</u> repeats the language of the federal wellness requirement regarding nutrition education</li> <li>Policy only mentions “total learning environment” language and no other NE-related language included.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The district is committed to nutrition education.”</li> <li>“Includes goals for nutrition education...designed to promote student wellness in a manner that the local educational agency determines is appropriate,” (and no other NE goals are stated).</li> <li>“Nutrition policies and guidelines for reimbursable meals will not be <u>more</u> restrictive than federal and state regulations.”</li> </ul>
		<p><b>2</b></p> <p><u>Any</u> nutrition education goal statement is mentioned</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Schools should provide nutrition education and engage in nutrition promotion.”</li> </ul>
NE2	Nutrition <u>curriculum</u> provided for each <u>grade level</u>	<p><b>UIC NOTE: Health education curriculum should only be coded for this item if there is some reference to nutrition or healthy eating being a component of the curriculum/lessons/topics, etc. A wellness curriculum that does not mention nutrition/healthy eating does not count.</b></p> <p><b>0</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned.</li> <li>Integrating nutrition education into other subjects beyond health education does not qualify for a “1” or “2” for NE2.</li> <li>Solely incorporating NE consistent with the state Dept of Ed. standards.</li> <li>Mentions “standards-based NE” without mentioning curriculum/program</li> <li>Addresses a “wellness curriculum” or health education curriculum without including nutrition/healthy eating as part of the curriculum components.</li> </ul>
		<p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Describes general <u>health</u> curriculum for “K-12” or “all levels,” and/or it is unclear if each grade will receive <u>nutrition</u> education</li> <li>Addresses NE quality or number of courses/hours but not clear that each grade will receive NE.</li> <li>Standards-based NE curriculum</li> <li>Addresses “sequential NE” without mentioning curriculum or grade levels</li> <li>Addresses “sequential-based NE curriculum” without mentioning grade levels</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Enable students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.” (Not clear that NE is actually taught at each grade level.)</li> <li>“Nutrition and physical activities lessons will be designed for integration into the curriculum and the health education program.”</li> </ul>
		<p><b>2</b></p> <p>Clear that district has a <u>nutrition</u> education curriculum in each grade</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Nutrition topics shall be integrated within the comprehensive health education curriculum taught at every grade level (K-12).”</li> </ul>
NE3	School has a <u>garden</u> (fruit and/or vegetable) that students participate in (includes garden club, kitchen classroom, integration into the curriculum)	<p><b>0</b></p> <p>Not mentioned</p>
		<p><b>1</b></p> <p>Vague, suggested</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“The NE program shall include enjoyable interactive activities such as contests, taste testing, field trips, and school gardens.”</li> </ul>
		<p><b>2</b></p> <p>School garden required/definitively in place</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Each school will establish a school garden to give students the opportunity to plant, harvest, prepare, cook and eat food they have grown.”</li> </ul>

## Section 1. Nutrition Education (*continued*)

NE4 (NE5)	District provides <u>nutrition education training for teachers</u>	0	Not mentioned. Training on school wellness policy does not qualify for a “1” or “2”
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Type of training is vague (even if required)</li> <li>Provision of training is suggested</li> <li>Specifies only health/nutrition education teachers will receive training                             <ul style="list-style-type: none"> <li>“In-service training for health education teachers is encouraged.”</li> </ul> </li> </ul> <p><b>Examples:</b> <ul style="list-style-type: none"> <li>“Training opportunities for staff in the area of food nutrition is encouraged.” (Count this as long as not in the food service section of the policy. This variable is for teachers/NE teachers; not food service staff.)</li> </ul> </p>
		2	<p><b>All of the following:</b></p> <ul style="list-style-type: none"> <li>Provision of training is specific to nutrition education and required</li> <li>Policy implies that a broad set of teachers will receive training (not only health education teachers)</li> </ul> <p><b>Example:</b> <ul style="list-style-type: none"> <li>“Professional development training will be offered in the area of nutrition education for all interested MPS faculty and staff.” (NOTE: This is different than the coding for US8=1 (US20) because the goal in US8 (US20) is that all food service staff will have professional development whereas NE4 (NE5) seeks to ensure that all staff will be provided the opportunity for professional development.)</li> </ul> </p>
NE5* (NE6*)	Nutrition education is <u>integrated</u> into <u>other subjects</u> beyond health education  *See Coding Appendix for additional clarification	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“...will encourage teachers to integrate nutrition education into the broader curriculum.”</li> <li>“Staff shall teach, encourage, and support healthy eating by students by providing NE and engaging in nutrition promotion for all grade levels throughout the school day in a number of different instructional settings. Instruction shall be integrated and include information about nutrition, exercise, and/or healthy choices that:....”</li> <li>Instructional staff are encouraged to integrate nutritional themes into daily lessons when appropriate.”</li> </ul>
		2	<p>Requires that nutrition education be integrated into other subjects</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Nutrition education will be integrated into mathematics classes.”</li> <li>“Nutrition education will be integrated into the broader curriculum, where appropriate.”</li> <li>“The wellness committee is responsible for overseeing policy implementation in the following areas...integration of nutrition into overall curriculum.”</li> </ul>
NE6 (NE7)	Nutrition education teaches <u>skills</u> that are behavior-focused, interactive, and/or participatory	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Skill-based nutrition education is suggested</li> <li>Specific skills are mentioned, but none are required</li> <li>Skill-based nutrition education is suggested outside of the NE section of the policy</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices.” (This language was included in a policy with a weak NE section; this language fell under “other school based activities.”)</li> <li>“Schools will provide NE to foster lifelong habits of healthy eating.” (Key here is “habits”—we equated lifelong habits similar to skills)</li> <li>“Students will receive NE that fosters the adoption and maintenance of healthy eating behaviors.”</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Skill-based nutrition education is required</li> <li>Specific skills or activities are identified and required (e.g., media awareness or understanding calorie balance, energy expenditure, and nutrition facts labels)</li> </ul> <p><b>Example:</b> <ul style="list-style-type: none"> <li>“Nutrition education will provide the knowledge and skills necessary to promote student health.”</li> </ul> </p>

## Section 1. Nutrition Education (*continued*)

NE7 (NE8)	Specifies <u>number</u> of nutrition education <u>courses</u> or <u>contact hours</u>	0	Not mentioned
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Amount of nutrition education is vague and/or suggested</li> <li>NE is included in HE, but it is unclear how many credits/hours are for NE</li> </ul> <p><b>Example:</b> • “An appropriate number of class hours should be designated for nutrition education.”</p>
		2	<p>Number of hours or courses are specified and required</p> <p><b>Example:</b> • “...<i>will ensure that four hours of class time will be designated for nutrition education every month.</i>”</p>
NE7a	<p>Amount of nutrition education courses, contact hours, or credits required (Specify)</p> <p>Note: must be specific to NE (not HE)</p>	<p>Specify the amount of nutrition education courses, contact hours, or credits required for graduation. Be sure to include the quantity and the unit. (e.g., 2 courses, 1 credit, 40 hours, 2 Carnegie units)</p> <p>_____ # hours/credits or _____ units (Fill in # or units)</p> <p><b>Note: ONLY COMPLETE if NE7=2 (NE8); otherwise leave it blank.</b></p>	

## Section 2. Standards for USDA Child Nutrition Programs and School Meals

**Note:** This section relates to U.S. Department of Agriculture (USDA) school meals and NOT regulations for competitive foods. If the policy specifies regulations for “all foods” at school, and it is not clear whether the statement applies to either meals or competitive foods, apply those regulations to both this section (Standards for USDA Child Nutrition Programs and School Meals) and section 3 (Nutrition Standards for Competitive and Other Foods and Beverages).

US1 (US10)	Federal Wellness: Assures that guidelines for reimbursable school meals shall not be less restrictive than USDA school meal regulations	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>No mention of district meeting federal/USDA school meal regulations/standards</li> <li>Guidelines clearly detract from federal/USDA school meal regulations/standards</li> <li>Just requires meal programs to meet the 2005 Dietary Guidelines</li> </ul>
		1	<p>Policy states that district “should” or “strives” to meet federal/USDA school meal regulations/standards</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Nutritional standards for the school breakfast and lunch program are established that typically exceed state and federal standards.”</li> <li>“Nutritional standards for reimbursable school meals will not be <u>more</u> restrictive than federal and state requirements.”</li> </ul>
		2	<p>Policy requires or assures that the district meet federal/USDA school meal regulations/standards</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The district shall provide school breakfasts and lunches that meet the nutritional standards required by the USDA School Breakfast and National School Lunch Programs.”</li> <li>“The district provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than USDA meal regulations and guidance.”</li> <li>“The Food Service Program shall provide healthy food choices for students...Meals shall meet or exceed federal nutrition standards.”</li> <li>“...the district will ensure that reimbursable school meals meet the federal program requirements.”</li> <li>“All food sold or served will comply with USDA guidelines.”</li> <li>Policy states that the district regulation/procedure “SHOULD” provide an assurance that guidelines for reimbursable meals shall not be less restrictive than the USDA regulations and guidance; <u>however</u>, the regulation goes on to state that: “All food made available in the federal program to students during the school day by the Office of Food Services will comply with or exceed the current federal and state requirements.” [The combination of the two statements—policy and then regulation—should be treated as a requirement]</li> </ul>
US2 (US11)	Addresses access to and/or promotion of the <u>School Breakfast Program (USDA)</u>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Promotes a breakfast program without specifying the “School Breakfast Program” (USDA) or CFR Part 220</li> <li>Encourages or suggests participation in the School Breakfast Program</li> <li>Notifies parents of the availability of the School Breakfast Program</li> <li>Encourages students to start each day with a healthy breakfast</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The district shall make every effort to offer school breakfast.”</li> <li>“The Food Service Program shall provide healthy food choices for students. Breakfast and lunch meals shall meet or exceed federal nutrition standards.”</li> </ul>
		2	<p>Includes language to institutionalize the School Breakfast Program (i.e., specific reference to School Breakfast Program or CFR Part 220)</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“All schools will provide breakfast through the USDA School Breakfast Program.”</li> <li>“Food services include breakfast and lunches in all schools through participation in the National Child Nutrition Programs.”</li> <li>“All school breakfasts comply with USDA regulations.”</li> <li>“To the maximum extent possible, all schools in the district will participate in available federal school meal programs (including NSLP, SBP).”</li> </ul>

## Section 2. Standards for USDA Child Nutrition Programs and School Meals

US3 (US13)	Addresses <u>nutrition standards</u> for school meals <u>beyond USDA</u> (National School Lunch Program / School Breakfast Program) minimum standards	<b>Note: U.S. Department of Health and Human Services (HHS) and U.S. Department of Agriculture (USDA) 2005 Dietary Guidelines for Americans exceed the minimum standards for the USDA school meals programs.</b>	
		0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Unless defined, ambiguous references to federal or USDA standards/guidelines/requirements (e.g., “federal nutrition standards,” “USDA standards,” or “USDA guidelines”) do not qualify for a “1” or “2” because it is not clear that these standards refer to anything other than the minimum legal requirements for USDA school meals programs</li> <li>• “Striving to meet” or “should meet” the 2005 Dietary Guidelines does not qualify for a “1” or “2”</li> <li>• Exploring increased use of whole grains or exploring including salads, yogurts and other healthy foods to the meal menu</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Vague and/or suggested</li> <li>• Specifies <u>the 2005 Dietary Guidelines for Americans</u> and no other standards. To receive a “1” for specifying the Dietary Guidelines for Americans, a policy must at least state that it will meet the “Dietary Guidelines”</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “...encourage the consumption and choice of nutrient dense food, such as whole grains, fruits, and vegetables.”</li> <li>• “...all meals will follow the food guide system developed by USDA.”</li> <li>• “...all foods sold/served on campus will meet USDA Dietary Guidelines.” (and no other mention about school meal programs in the policy that would alter the coding for this item)</li> <li>• “School meals promote fresh fruits, vegetables, whole grains, and low-fat items.”</li> <li>• “Four fruits and/or vegetables will be offered daily. Fruits and vegetables may be canned, frozen, fresh, or dried.”</li> </ul>
2	School meals are required to meet specific standards (e.g., 4 fruits and/or non-fried vegetables per day; only 1% and fat-free milk served; at least half of grains are whole grain; eliminates trans fats)		
US4 (US14)	Specifies use of <u>low-fat versions</u> of foods and/or <u>low-fat methods</u> for preparing foods	0	Not mentioned. Low-fat food mandated by law does not qualify for “1” or “2”
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Cooking methods to reduce fat in school meals shall be used whenever possible.”</li> <li>• “Healthy food preparation for meals...”</li> <li>• “School meals promote fresh fruits, vegetables, and low fat items.”</li> <li>• “Final preparation method cannot be deep-fat fried.”</li> </ul>
		2	<p>Specific and required</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “All cooked foods offered as part of a meal will be baked or steamed.”</li> <li>• “Purchasing programs and preparation methods will be used to decrease fat, calorie, and sodium levels in food.”</li> <li>• “No deep fried foods shall be offered as part of school meals.”</li> </ul>

## Section 2. Standards for USDA Child Nutrition Programs and School Meals

US5 (US15)	<p>Specifies <u>strategies to increase participation</u> in school meal programs</p> <p>“School meal programs” can be assumed to refer to breakfast and/or lunch</p> <p><b>UIC Note:</b> For now, continue coding closed campus here and in US5a (US15a).</p>	0	<p>Not mentioned or weak statement. Notifying parents of eligibility requirements for free/reduced price meals is a federal requirement and does not qualify for “1” or “2”</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Schools will provide meals that are culturally/ethnically diverse.”</li> <li>“Child Nutrition Services will collaborate with ES buildings to encourage the consumption of F&amp;B including opportunities for taste-testing among students.” (under NE in policy, taste-testing is used as a teaching tool and not for menu development)</li> </ul>
		1	<p>Mentions vague and/or suggested strategies</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“School meals shall be <u>made attractive</u> to students by appealing to their taste preferences.”</li> <li>“Meals shall be appealing...”</li> <li>“...bus schedules should be arranged to facilitate participation in the school breakfast program.”</li> <li>“The district has a closed campus policy unless the Principal provides permission for students to leave during the lunch period.”</li> <li>“To the extent possible, school and transportation schedules shall be designed to encourage participation in school meal programs.”</li> </ul>
		2	<p>Requires specific strategies such as promotional mailings or events, alternative breakfast systems, altered bus schedules, closed campus, student input on the menu, or “Grab and Go” or “Fun on the Run” promotions</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Students will have the opportunity to provide input on local, cultural, and ethnic favorites.”</li> <li>“...shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.”</li> <li>“Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.”</li> </ul>
US5a (US15a)	<p><u>Closed campus</u></p>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Mentions vague and/or suggested strategies</li> <li>Suggests that students are not allowed to leave campus for lunch/encourages schools to have a closed campus OR closed campus is a goal</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“The district has a closed campus policy, unless the Principal provides permission for students to leave during the lunch period.”</li> </ul>
		2	<p>Required</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Students are prohibited from leaving campus for lunch.”</li> </ul>
US6	<p>Timing of recess in relation to lunch</p> <p><b>Note:</b> code for elementary school only</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Recess is scheduled <u>after</u> lunch</li> <li>PA is scheduled before lunch (PA is not defined and/or definition of PA does not include recess)</li> </ul>
		1	Suggests recess is scheduled <u>before</u> lunch
		2	Definitively requires recess to be scheduled <u>before</u> lunch
US7 (US17)	<p>Ensures <u>adequate time to eat</u></p>	<p><b>If no standards are mentioned, code according to state law</b></p>	
		0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Schools are encouraged to permit all full-day students a daily lunch period of not less than 20 minutes.”</li> <li>“Personnel will schedule enough time so students do not have to spend too much time waiting in line.”</li> <li>“The school district will provide students with a minimum of 20 minutes to eat their meals.” (this gets a coding of “1,” because it is not clear whether “meals” includes lunch only or breakfast and lunch)</li> </ul>
2	<p>Requires meal periods to include ≥20 minutes for lunch and, if time for breakfast is mentioned, ≥10 minutes for breakfast</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“After obtaining food, students will have at least 20 minutes to eat lunch.”</li> <li>“Students will be provided adequate time (minimum of 20 minutes) to eat lunch.”</li> </ul>		



## Section 2. Standards for USDA Child Nutrition Programs and School Meals

US7a	Specifies minimum minutes for breakfast	_____ minutes for breakfast (circle day or week w/ red pencil) <b>Note: ONLY COMPLETE</b> If minutes for breakfast is specified in US7=1 or US7=2 (US17); otherwise leave it blank.						
US7b	Specifies minimum minutes for lunch	_____ minutes for lunch (circle day or week w/ red pencil) <b>Note: ONLY COMPLETE</b> If minutes for lunch is specified in US7=1 or US7=2 (US17); otherwise leave it blank.						
US8 (US20)	Ensures <u>training or professional development</u> for <u>food service staff</u>	<table border="1"> <tr> <td data-bbox="654 453 695 485">0</td> <td data-bbox="703 453 1502 485">Not mentioned</td> </tr> <tr> <td data-bbox="654 684 695 716">1</td> <td data-bbox="703 495 1502 894"> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Vague and/or suggested</li> <li>Only <u>food safety training</u> is addressed (food handling permit, HACCP, etc.)</li> <li>Only mentions <u>pre-service</u> training                             <ul style="list-style-type: none"> <li>"All food service personnel will have adequate training in food service operations."</li> <li>"Professional development training will be offered in the area of nutrition education for all interested MPS faculty and staff." (<b>NOTE:</b> This is different than the coding for NE4=2 (NE5) because the goal here is that all food service staff will have professional development whereas (NE4) NE5 seeks to ensure that all staff will be provided the opportunity for professional development in NE.)</li> <li>"...we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers according to their level of responsibility."</li> </ul> </li> </ul> <p><b>Examples:</b></p> </td> </tr> <tr> <td data-bbox="654 947 695 978">2</td> <td data-bbox="703 915 1502 1024"> <p><u>Nutrition</u> training is required for food service staff. Providing only food safety training does not qualify for a "2"</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...shall ensure that professional development in the area of food and nutrition is provided for food service staff."</li> </ul> </td> </tr> </table>	0	Not mentioned	1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Vague and/or suggested</li> <li>Only <u>food safety training</u> is addressed (food handling permit, HACCP, etc.)</li> <li>Only mentions <u>pre-service</u> training                             <ul style="list-style-type: none"> <li>"All food service personnel will have adequate training in food service operations."</li> <li>"Professional development training will be offered in the area of nutrition education for all interested MPS faculty and staff." (<b>NOTE:</b> This is different than the coding for NE4=2 (NE5) because the goal here is that all food service staff will have professional development whereas (NE4) NE5 seeks to ensure that all staff will be provided the opportunity for professional development in NE.)</li> <li>"...we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers according to their level of responsibility."</li> </ul> </li> </ul> <p><b>Examples:</b></p>	2	<p><u>Nutrition</u> training is required for food service staff. Providing only food safety training does not qualify for a "2"</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...shall ensure that professional development in the area of food and nutrition is provided for food service staff."</li> </ul>
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US9 (US22)	<u>Nutrition information</u> for school meals (e.g., calories, saturated fat, sugar) is available	<table border="1"> <tr> <td data-bbox="654 1098 695 1129">0</td> <td data-bbox="703 1098 1502 1129">Not mentioned</td> </tr> <tr> <td data-bbox="654 1182 695 1213">1</td> <td data-bbox="703 1140 1502 1276"> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Vague and/or suggested</li> <li>Only available upon request</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...will provide nutrition information to parents <u>upon request</u>."</li> </ul> </td> </tr> <tr> <td data-bbox="654 1308 695 1339">2</td> <td data-bbox="703 1287 1502 1381"> <p>Specific and required</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...will share and publicize information about the nutritional content of meals with students and parents."</li> </ul> </td> </tr> </table>	0	Not mentioned	1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Vague and/or suggested</li> <li>Only available upon request</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...will provide nutrition information to parents <u>upon request</u>."</li> </ul>	2	<p>Specific and required</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...will share and publicize information about the nutritional content of meals with students and parents."</li> </ul>
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1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Vague and/or suggested</li> <li>Only available upon request</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...will provide nutrition information to parents <u>upon request</u>."</li> </ul>							
2	<p>Specific and required</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...will share and publicize information about the nutritional content of meals with students and parents."</li> </ul>							
US10 (NG38a)	Farm-to-school or farm-to-cafeteria program  *State coding: establishing a FTSP gets a "1"	<table border="1"> <tr> <td data-bbox="654 1434 695 1465">0</td> <td data-bbox="703 1434 1502 1465">Not mentioned</td> </tr> <tr> <td data-bbox="654 1560 695 1591">1</td> <td data-bbox="703 1476 1502 1665"> <p>Suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Schools are encouraged to make available locally grown produce to students for all school meals and food items sold outside of the reimbursable school meal program."</li> <li>"Schools are encouraged to source fresh fruits and vegetables from local farmers where practicable."</li> </ul> </td> </tr> <tr> <td data-bbox="654 1707 695 1738">2</td> <td data-bbox="703 1675 1502 1761"> <p>Required/definitively in place</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Produce from area farms shall be sold/served at all locations where F&amp;B are sold/served."</li> </ul> </td> </tr> </table>	0	Not mentioned	1	<p>Suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Schools are encouraged to make available locally grown produce to students for all school meals and food items sold outside of the reimbursable school meal program."</li> <li>"Schools are encouraged to source fresh fruits and vegetables from local farmers where practicable."</li> </ul>	2	<p>Required/definitively in place</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Produce from area farms shall be sold/served at all locations where F&amp;B are sold/served."</li> </ul>
0	Not mentioned							
1	<p>Suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Schools are encouraged to make available locally grown produce to students for all school meals and food items sold outside of the reimbursable school meal program."</li> <li>"Schools are encouraged to source fresh fruits and vegetables from local farmers where practicable."</li> </ul>							
2	<p>Required/definitively in place</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Produce from area farms shall be sold/served at all locations where F&amp;B are sold/served."</li> </ul>							

## Section 2. Standards for USDA Child Nutrition Programs and School Meals

US11	Addresses limiting fat content of milk (served as part of meals)	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Whole milk is allowed</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limiting milk to only low-fat (1%) or non-fat/skim is specified but suggested</li> <li>• Full-fat milk is prohibited, but reduced-fat milk (2%) is allowed</li> <li>• Policy mentions that non-fat/skim, low-fat (1%), or reduced-fat (2%) is “allowed,” “offered,” “served,” or “provided” without specifying “only”</li> </ul> <p><b>Example:</b> • “All milk sold or served through school meals will be reduced fat (2%), low-fat (1%) or fat free milk.”</p>
		2	<ul style="list-style-type: none"> <li>• Meets IOM standard: <u>Only</u> low-fat (1%) or non-fat/skim milk is allowed (i.e., reduced fat (2%) and full-fat is prohibited)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “All milk sold or served through school meals will be either low-fat (1%) or fat free milk.”</li> <li>• “Only low-fat (1% or less) and fat-free milk will be offered in the school meal programs for all children above the age of two.”</li> </ul>
US12	Specifies at least half of grains are whole grains	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Example:</b> • “At least 50% of grains served as part of the reimbursable meals and snacks <u>should</u> be 100% whole grains.”</p>
		2	<p>Specific and required</p> <p><b>Example:</b> • “At least 50% of grains served as part of the reimbursable meals and snacks <u>will</u> be 100% whole grains.”</p>
US13	Specifies number of fruits and/or vegetables served	0	<p>Not mentioned</p> <p><b>Example:</b> • “Fruit and/or vegetables must be offered daily on all points of service.”</p>
		1	<p>Vague and/or suggested</p> <p><b>Example:</b> • “<b>Four</b> fruits and/or vegetables <u>should</u> be offered daily.”</p>
		2	<p>Specific and required</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “To help ensure variety, schools will offer at a minimum 3 different fruits in 1 week, <b>five</b> different non-fried vegetables, 1 serving of fruit or vegetable per day will be dark green or orange, 1 serving of fruit or vegetable will be fresh or raw.”</li> <li>• “Schools will offer a three-quarter cup serving of two or more vegetables or fruits, or both, of which at least one-half cup serving a week shall be a fresh fruit or vegetable.”</li> <li>• “<b>Four</b> fruits and/or vegetables will be offered daily. Fruits and vegetables may be canned, frozen, fresh, or dried.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

**Note:** This section relates to the sale or service of foods outside the USDA school meals. Do not count provisions in the USDA school meals section of the policy for items in this section. If the policy specifies regulations for “all foods” at school, and it is not clear whether the statement applies to either competitive foods or USDA school meals, apply those regulations to this section (Nutrition Standards for Competitive and Other Foods and Beverages) and to section 2 (Standards for USDA Child Nutrition Programs and School Meals).

- Some policies regulate foods “served” at school, while others only regulate foods “sold” at school. The distinction between “served” and “sold” is that “served” includes both foods that are “sold” and foods that are distributed without cost, such as foods served at birthday parties. Most items in this section refer to foods sold, but some refer to the broader category of foods served.
- For a policy to receive a minimum default code for mentioning U.S. Department of Health and Human Services (HHS) and U.S. Department of Agriculture (USDA) [2005 Dietary Guidelines for Americans](#), the policy must state “Dietary Guidelines.”
- A “time-specific” regulation is one that only applies during certain hours (e.g., when class is in session or during lunch).
- A “location-specific” regulation is one that only applies to certain places or grade levels (e.g., in cafeteria or certain grades within MS).

**UIC Note:** “NG” items correspond with the “NS” items in the HER-version of the coding scheme.

**\*See Coding Appendix for several NG-related items**

<p>NG1* (NG23*)</p>	<p><b>Federal Wellness:</b> Includes nutrition guidelines selected by the local education agency for ALL foods available on each school campus during the school day with the objective of promoting student health and reducing childhood obesity</p> <p>*See Coding Appendix for additional clarification</p>	<p><b>Either of the following:</b></p> <p>0</p> <ul style="list-style-type: none"> <li>• No guidelines for competitive foods mentioned or language weaker than “1” code</li> <li>• Strives to/should meet the 2005 Dietary Guidelines for America</li> </ul> <p><b>Any of the following:</b></p> <p>1</p> <ul style="list-style-type: none"> <li>• Mentions districts guidelines but does not define them</li> <li>• Mentions plans to create guidelines</li> <li>• Only mentions federal law regarding the National School Lunch Program or Foods of Minimal Nutritional Value</li> <li>• Only repeats the language of the federal wellness requirement regarding nutrition guidelines for all foods during the school day</li> <li>• Indicates guidelines are limited only to <u>particular places</u> (e.g., cafeteria), <u>times during the school day</u> (e.g., 30 minutes before to 30 minutes after the school lunch is served), or <u>categories of items</u> (i.e., food but not beverage; beverage not food)</li> <li>• Guidelines are subject to principal’s discretion or weakened by other exceptions</li> <li>• Guidelines that require provision of healthy food choices to students <i>outside of the school meal program</i> and no other NG language included.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “<i>Nutritious meals served by the food services operation and other nutritious food choices served in district schools and district-sponsored events will comply with district guidelines and state and federal law.</i>” (and “district guidelines” are not defined in policy)</li> <li>• “<i>NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.</i>”</li> </ul> <p>2</p> <p>Requires specific district guidelines (that are not time- or location- specific), even if only in reference to <a href="#">the 2005 Dietary Guidelines for Americans</a> and even if you feel the guidelines are weak (including guidelines that only apply to a %age of items)</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “<i>All foods served during the school day shall meet district guidelines, which include...ensuring the provision of whole grains and fruits and vegetables.</i>”</li> </ul>
<p>SD</p>	<p>Nutrition standards apply during the school day (SD)</p>	<p><b>Note:</b> The SD coding should be applied for each NG item, as appropriate, for each relevant grade level.</p> <p><b>Note2:</b> Code SD based on however the district defines SD. If SD is defined as only applying through the lunch period, that would count for SD coding. If SD is defined as also including before school, that would include SD.</p> <p>0</p> <p>No mention of school day or NG apply at all times</p> <p>1</p> <p>NG item(s) limited to/applies only during the school day (SD)</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “<i>Beverages other than soda should/shall be limited to 100% juice drinks, water, and milk during the school day.</i>”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

NG2* (NG23b*)	<p>Competitive food ban/cannot be sold</p> <p>*See Coding Appendix for additional clarification</p>	<p style="text-align: center;">0</p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• No suggestion of competitive food ban/not mentioned</li> <li>• Only prohibits sale of FMNVs in places where meals are served during mealtimes</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Competitive foods and beverages are prohibited from the start of breakfast until the end of the last lunch period <u>in places where school meals are served.</u>”</li> </ul>
		<p style="text-align: center;">1</p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Competitive food ban suggested/encouraged (CSPI/NANA ES model language; see Appendix for coding examples)</li> <li>• Competitive food ban is limited to certain hours</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Competitive foods and beverages may not be sold from the time of arrival of the first student until thirty minutes after the lunch period.”</li> </ul>
		<p style="text-align: center;">2</p> <p>Bans the sale of competitive foods</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>
NG3 (NG23c)	<p>Vending/competitive food contract compliance with NG</p>	<p style="text-align: center;">0</p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• No mention of vending/competitive food contracts</li> <li>• Vending/competitive food contracts do not have to follow NG</li> </ul>
		<p style="text-align: center;">1</p> <p>Vague, suggested, location-specific, time-specific</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Upon expiration of the existing competitive food/vendor contracts, all such contracts are <u>encouraged</u> to follow the district’s nutrition guidelines/standards.”</li> <li>• “Schools should pursue contracts that both encourage healthy eating by students and reduce school dependence on profits on sale of FMNVs.”</li> <li>• “Beverage contracts comply with the Dietary Guidelines for Americans.”</li> </ul>
		<p style="text-align: center;">2</p> <p>Vending/competitive food contracts required to follow NG</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The superintendent shall continually evaluate vending contracts. Vending contracts that do not meet the intent of this policy shall be modified accordingly or not renewed.”</li> <li>• “Upon expiration of the existing vending/competitive food contracts, such contracts must be in accordance with the district’s nutrition standards or not be renewed.”</li> </ul>
NG4	<p>Restricts fast food sales at school (includes cafeteria, school stores, and other venues)</p> <p>Note: this is not prohibiting students from bringing fast food from outside</p>	<p style="text-align: center;">0</p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Allows fast food &gt; 2 days per week</li> </ul>
		<p style="text-align: center;">1</p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Restricts access to fast food sold in the cafeteria/on school grounds to 1-2 days per week</li> <li>• Vague, suggested, location-specific, time-specific</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “...each school shall limit access to no more than one day each week to retail fast food in the cafeteria, whether sold by contract, commercial vendor, or otherwise.”</li> </ul>
		<p style="text-align: center;">2</p> <p>Prohibits fast food sales on school grounds at all times</p>
NG5	<p>IOM Variable: Allows <u>only</u> fruit and/or vegetables and/or whole grains and/or related combination* products</p> <p>*Combination products defined from IOM: must contain a total of one or more servings as packaged of fruit, vegetables, or whole grain products per portion</p> <p><b>Note:</b> In order to truly meet the IOM standards, the policy must get a 2 here <u>AND</u> must get a 3 or 4 on all items numbered NG16-29</p>	<p style="text-align: center;">0</p> <p>Not mentioned OR allows items other than F&amp;V, whole grains, and/or related combination products</p>
		<p style="text-align: center;">1</p> <p>Suggestive of meeting IOM Standard: <u>Should</u> allow ONLY F&amp;V, whole grains, and/or related combination products</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “If available, food and beverages sold <u>should</u> be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.”</li> </ul>
		<p style="text-align: center;">2</p> <p>Meets IOM Standard: Allows ONLY F&amp;V, whole grains, and/or related combination products</p> <ul style="list-style-type: none"> <li>• The only F&amp;B that may be sold or served on campus during the school day are fruits and vegetables whole grains, and/or related combination products</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “If available, food and beverages sold <u>will</u> be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

<p>NG6* (NG38*)</p>	<p>Addresses increasing “whole foods:” whole grains, unprocessed foods, or fresh produce</p> <p>*See Coding Appendix for additional clarification</p>	<p>0</p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Mentions only dried fruit, fruit juice, fruit roll-ups, etc.</li> <li>• Indicates that schools shall “<i>strive</i>” to meet or “<i>should</i>” meet the USDA Dietary Guidelines</li> <li>• Reference to whole grains, fresh fruits, etc., only relative to school meals</li> <li>• Mentions only high-fiber items or items high in fiber</li> </ul> <p><b>Example:</b>     • “...must include items that meet the 2005 Dietary Guidelines for Americans.”</p>
		<p>1</p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Encourages offering/consumption of whole grains, unprocessed foods, or fresh produce</li> <li>• Farm-to-school program is suggested</li> <li>• Specifies <u>the 2005 Dietary Guidelines for Americans</u> and no other standards</li> <li>• List of food items includes fruits/vegetables that may include, but are not limited to a list of items including non-fresh fruits/vegetables (e.g., dried/canned fruits/veg)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Schools are encouraged to make available locally grown produce to students for all school meals and food items sold outside of the reimbursable school meal program.”</li> <li>• “Schools are encouraged to source fresh fruits and vegetables from local farmers, where practicable.”</li> </ul>
		<p>2</p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Definitively offering whole grains, unprocessed foods, or fresh produce</li> <li>• Farm-to-school program is required or definitively in place</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “At least half of the grains served will be whole grains.”</li> <li>• “Only brown rice shall be served.”</li> <li>• “Produce from area farms shall be sold/served at all locations where F&amp;B are sold/served.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

NG7 (NG40)	Addresses food not being used as a <u>reward</u> and/or withheld as a <u>punishment</u>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Encourages the use of healthy food as a reward (not “ONLY” allowing)</li> <li>• Discourages using unhealthy food as a reward (e.g., donuts, FMNVs, etc.)</li> <li>• Only addresses withholding meals as punishment</li> <li>• Use of food as a reward in instructional programs shall require superintendent approval</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“The district will provide teachers with guidelines on the use of food as a reward without specifying guidelines.”</i></li> <li>• <i>“Staff are encouraged to limit the use of non-nutritious food as a reward/incentive and to promote nutritious options.”</i></li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Discourages food as a reward or punishment</li> <li>• Only allows healthy food as a reward</li> <li>• Prohibits or discourages food as a punishment but does not prohibit food as a reward</li> <li>• Strong language for food as a punishment but weaker language for food as a reward</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“No punitive or disciplinary action shall be taken that would deny a student lunch or snack time.”</i> (and policy does not address food as a reward)</li> <li>• <i>“...strongly discourage the use of food/beverages as a reward or punishment.”</i></li> <li>• <i>“...will encourage non-food alternatives as rewards.”</i></li> <li>• <i>“Only healthy foods will be used as a reward.”</i></li> <li>• <i>“Food shall not be withheld as punishment and should not be used as a reward.”</i></li> <li>• <i>“Schools are encouraged to not use food or beverages that do not meet the nutrition standards for F&amp;B sold individually as rewards, and will not withhold food or beverages as punishment.”</i></li> <li>• <i>“Teachers shall not use food as a reward, especially those that do not meet the nutrition standards.”</i></li> </ul>
		2	<p>Prohibits food as a reward (even if using food as a punishment is not mentioned) Prohibition of food as a reward with the exception of Individual(ized) Academic Plans (IAP) or Individual(ized) Education Plans (IEP) still qualifies for a “2”</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior.”</i></li> <li>• <i>“The use of food or candy as a classroom reward for any school is prohibited.”</i></li> </ul>
NG8 (NG41)	<u>Nutrition information</u> (e.g., calories, saturated fat, sugar) available for foods <u>other than school meals</u>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• “Nutrition information and education shall be offered throughout the school campus and based on the USDA Dietary Guidelines” (Not clear that this is specific to actual F&amp;B items sold/served)</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Vague and/or suggested</li> <li>• Only available upon request</li> </ul>
		2	<p>Required</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“...shall provide parents and students a list of detailed nutrition information on all foods and beverages sold at school.”</i></li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (*continued*)

NG9 (NG51)	<u>Addresses access to (free) drinking water</u>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Policy only addresses the sale of bottled water</li> <li>• Providing access to drinking water/fountains only during meal periods/in the cafeteria</li> <li>• Allowing students to bring in bottled water from home</li> <li>• Only addresses water available in the context of PE/PA</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Schools should ensure that students have access to appropriate hydration and are encouraged to make use of it during PA.”</li> </ul>
		1	<p>Availability of free drinking water is suggested or encouraged</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Water shall be accessible during hours of school operation through choices such as drinking fountains or vending machines.”</li> <li>• “Schools are encouraged to provide drinking fountains throughout the school campus...”</li> </ul>
		2	<p>Free water is always available</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Students and staff will have access to free, safe, and fresh drinking water throughout the school day.”</li> <li>• “Drinking water fountains will be made available to students and staff throughout the school building.”</li> <li>• “Students will be provided access to drinking water throughout the day.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (*continued*)

### Notes for Year 3 Coding:

1. Use Nutrition Guideline Coding Supplement for detailed coding of NG10-NG15 (NG24-27, NG31-NG32) and NG16-NG29 (NG33-50)
2. Each of the food/beverage restrictions NG16-NG29 are coded separately for each location of sale/provision NG10-NG15; the coding instructions are identical for each location and are not reported below

Places food is available NG10-NG15 (NG24-27, NG31-NG32)

		Note: If policy regulates "all foods" or "competitive foods," code according to the strength of that statement.
NG10* (NG24*)	Regulates <u>vending machines</u>  *See Coding Appendix for additional clarification	<p><b>0</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• No mention of vending machine regulations or umbrella statement regulating "all foods" or "competitive foods"</li> <li>• Language such as: "The district shall <i>monitor</i> all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs. (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)</li> <li>• Language such as "should strive to sell only healthy foods in VM"</li> <li>• Efforts to minimize sale of FMNVs</li> <li>• Strives to/should meet the 2005 Dietary Guidelines for Americans</li> <li>• Mentions regulating F&amp;B in vending machines/all F&amp;B without specifying guidelines or mentions plans to create guidelines</li> </ul>
		<p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Vending machine regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions</li> <li>• The 2005 Dietary Guidelines for Americans and no other standards are mentioned to regulate vending machines or "all (competitive) foods"</li> <li>• Regulations only apply to a very limited group of foods (e.g., prohibiting FMNVs in vending machines)</li> <li>• Restrictions only apply to a %age of food and/or beverage items or a limited set of items (e.g., fat content and soda)</li> <li>• (Note: if NG2=1 (NG23b) and there are no other nutrition guidelines, code 10-12=1 (NG24-26))</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Vending machines shall include items which are healthful."</li> <li>• "Vending machines shall be unplugged during lunch hour."</li> <li>• "FMNVs shall not be sold on school grounds at any time."</li> <li>• "F&amp;B sales in vending machines will support healthy eating."</li> <li>• "...all food and beverages sold will strive to support the district's healthy eating guidelines."</li> <li>• "The sale of food items during the school day shall be restricted to those items in categories of food that meet minimal nutritional value."</li> <li>• "The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students."</li> <li>• "...75% of F&amp;B sold in VM must meet district nutrition standards."</li> <li>• "A minimum of 20% of snacks in vending, stores, concession, and a la carte will be considered health snack offerings."</li> <li>• "NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's nutrition services department or contracted vendors."</li> </ul>
		<p><b>2</b></p> <p>Requires regulation of ALL vending machine items or umbrella statement regulating "all (competitive) foods." For a "2," the regulation must meet <b>one of the following:</b></p> <ul style="list-style-type: none"> <li>• Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, and saturated fat content of <u>ALL</u> items sold)</li> <li>• Provide a specific and <u>restricted</u> list of food items allowed to be sold in vending machines or at all times (e.g., limiting vending to only water, fruits, vegetables, whole grains, and nuts) OR</li> <li>• Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) in vending machines or at all times</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Foods sold through vending machines shall be limited to water, 100% juice, and fresh fruits and/or vegetables."</li> <li>• "All items sold through vending machines shall contain no more 35% of total calories from fat and sugars and no trans fats."</li> </ul>
		<p><b>4</b></p> <p>Bans vending machines and/or bans all competitive food sales during the school day</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "The sale of F&amp;B is limited to F&amp;B sold through the school meal program."</li> <li>• "Vending machines are prohibited on school grounds."</li> <li>• "No competitive foods or beverages may be sold during the school day."</li> <li>• "Only water is allowed to be sold in vending machines."</li> </ul>



## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

<p>NG11* (NG25*)</p>	<p>Regulates <u>school stores</u></p> <p>*See Coding Appendix for additional clarification  <b>Note:</b> If policy only mentions concessions or snack bars, do not code for school stores, unless policy defines concessions and/or snack bars as including school stores.</p>	<p><b>Note:</b> If policy regulates “all foods” or “competitive foods,” code according to the strength of that statement.</p>
		<p><b>0</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>No mention of school store regulations or umbrella statement regulating “all (competitive) foods”</li> <li>Language such as: “The district shall <i>monitor</i> all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)</li> <li>Any language such as “...should strive to sell healthy F&amp;B in school stores”</li> <li>Efforts to minimize sale of FMNVs</li> <li>Strives to/should meet the 2005 Dietary Guidelines for Americans</li> <li>Mentions regulating F&amp;B/all F&amp;B in school stores without specifying guidelines or mentions plans to create guidelines</li> </ul>
		<p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>School store regulations or umbrella statement regulating “all (competitive) foods” is vague, suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate school stores or “all (competitive) foods”</li> <li>Regulations only apply to a very limited group of foods (e.g., prohibiting Foods of Minimal Nutritional Value [FMNV] in school stores)</li> <li>Restrictions only apply to a %age of food and/or beverage items or a limited set of items (e.g., fat content and soda)</li> <li>(Note: if NG2=1 (NG23b) and there are no other nutrition guidelines, code 10-12=1 (NG24-26))</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“...ensure some healthy options are sold at school stores.”</li> <li>“Sales of F&amp;B in school stores must comply with state Public School Nutrition Policy.”</li> <li>“...school stores shall strive to include healthy choices for sale...”</li> <li>“All food and beverages sold will strive to support the district’s healthy eating guidelines.”</li> <li>“The sale of food items during the school day shall be restricted to those items in categories of food that meet minimal nutritional value.”</li> <li>“The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</li> <li>“...50% of F&amp;B sold in stores must meet the district nutrition standards.”</li> <li>“NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.”</li> </ul>
		<p><b>2</b></p> <p>Requires regulation of ALL school store items or umbrella statement regulating “all (competitive) foods”</p> <p>For a “2,” the regulation must meet <b>one of the following:</b></p> <ul style="list-style-type: none"> <li>Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, and saturated fat content of <u>ALL</u> items sold)</li> <li>Provide a specific and <u>restricted</u> list of food items allowed to be sold school stores or at all times (e.g., limiting food sales to only water, fruits, vegetables, whole grains, and nuts)</li> <li>Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) in school stores or at all times</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Foods sold through school stores shall be limited to water, 100% juice, and fresh fruits and/or vegetables.”</li> <li>“All items sold through school stores shall contain no more 35% of total calories from fat and sugars and no trans fats.”</li> </ul>
<p><b>4</b></p> <p>Bans food/beverage sales in school stores and/or bans all competitive food sales during the school day</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The sale of F&amp;B is limited to F&amp;B sold through the school meal program.”</li> <li>“District XYZ does not allow food/beverages to be sold at school stores.”</li> <li>“No competitive foods or beverages may be sold during the school day.”</li> </ul>		

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

		<p><b>Note:</b> If policy regulates “all foods” or “competitive foods,” code according to the strength of that statement; if policy addresses food and/or beverage sold by food service program /child nutrition programs etc. but the policy is silent on a la carte, give credit for a la carte.</p>
	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• No mention of a la carte regulations or umbrella statement regulating “all (competitive) foods”</li> <li>• Language such as: “The district shall <i>monitor</i> all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs” (i.e., a la carte, vending, student stores, etc.)</li> <li>• Language such as: “...should strive to sell healthy a la carte F&amp;B.”</li> <li>• Efforts to minimize sale of FMNVs</li> <li>• Strives to/should meet the 2005 Dietary Guidelines for Americans</li> <li>• Mentions regulating a la carte/all F&amp;B without specifying guidelines or mentions plans to create guidelines</li> </ul>
<p>NG12* (NG26*)</p>	<p>Regulates <u>food service a la carte OR food sold as an alternative to the reimbursable school meal program (if not defined as to what this means)</u></p> <p>*See Coding Appendix for additional clarification</p>	<p style="text-align: center;">1</p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• A la carte regulations or umbrella statement regulating “all (competitive) foods” is vague, suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>• The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate food service a la carte or “all (competitive) foods”</li> <li>• Regulations only apply to a limited group of foods (e.g., prohibiting FMNVs)</li> <li>• Restrictions only apply to a %age of food and/or beverage items or a limited set of items (e.g., fat content and soda)</li> <li>• Prohibits FMNVs during meals (also code NG17a1=1 and NG24a1=2)</li> <li>• (Note: if NG2=1 (NG23b) and there are no other nutrition guidelines, code 10-12=1 (NG24-26))</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “...all food and beverages sold will strive to support the district’s healthy eating guidelines.”</li> <li>• “Food service shall strive to include some healthy choices (choices listed) for all a la carte food sales.”</li> <li>• “The sale of food items during the school day shall be restricted to those items in categories of food that meet minimal nutritional value.”</li> <li>• “The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</li> <li>• “...50% of a la carte F&amp;B items must meet district nutrition standards.”</li> <li>• “NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.”</li> </ul>
	2	<p>Requires regulation of ALL a la carte items or umbrella statement regulating “all (competitive) foods”</p> <p>For a “2,” the regulation must meet <b>one of the following:</b></p> <ul style="list-style-type: none"> <li>• Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, or saturated fat content of <u>ALL</u> items sold)</li> <li>• Provide a specific and <u>restricted</u> list of food items allowed to be sold a la carte or at all times (e.g., limiting food sales to only fruits, vegetables, and whole grains)</li> <li>• Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) sold through a la carte or at all times</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “A la carte F&amp;B sales shall be limited to water, 100% juice, and fresh fruits and/or vegetables.”</li> <li>• “All items sold through school stores shall contain no more 35% of total calories from fat and sugars and no trans fats.”</li> </ul>
	4	<p>Bans a la carte food sales or bans all competitive food sales</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The sale of F&amp;B is limited to F&amp;B sold through the school meal program.”</li> <li>• “District XYZ does not allow a la carte food/beverage sales.”</li> <li>• “No competitive foods or beverages may be sold during the school day.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

<p>NG13* (NG27*)</p>	<p>Regulates food served at <u>class parties</u> and other school <u>celebrations</u></p>	<p>0 Not mentioned</p>
		<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Regulations for class parties or umbrella statement regulating “all (competitive) foods” <u>served/distributed/available</u> is vague, suggested, time- or location-specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate class parties or “all (competitive) foods <u>served/distributed/available</u>”</li> <li>Regulations only apply to a very limited group of foods (e.g., prohibiting Foods of Minimal Nutritional Value [FMNV] at all times)</li> <li>Regulations for class parties are required but weakened (e.g., by allowing one traditional party food)             <ul style="list-style-type: none"> <li>“District encourages healthy snacks at parties.”</li> <li>“Celebrations involving food during the school day shall be at the discretion of the school principal.”</li> <li>“The school food environment (including celebrations) on balance and over time should be consistent with healthy food guidelines.”</li> <li>“...permits only one birthday party per month.”</li> <li>“The district shall provide parents with a list of foods that meet the Board’s snack standards for healthy celebrations/ parties, rewards, and fundraising activities...” (and no other mention of celebrations/parties included in the policy)</li> </ul> </li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The district should regulate all food and beverages sold/served as part of classroom activities.”</li> <li>“Classroom parties will offer minimal amounts of foods (maximum 2-3 items) that contain added sugar as the first ingredient and will provide the following: fresh fruits and vegetables, water, 100% fruit juice or milk.”</li> <li>“...classroom parties, celebrations, etc. shall be limited to one snack and one beverage (100% juice, water, or milk).”</li> <li>“The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</li> <li>“NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.”</li> <li>“All F&amp;B available will meet the 2005 Dietary Guidelines for Americans.”</li> </ul>
		<p>1</p> <p>Requires regulation of ALL foods <u>served/distributed/available</u> at class parties or umbrella statement regulating “all foods <u>served/distributed/available</u>”</p> <p>For a “2,” the regulation must apply to food <u>served/distributed/available</u> and meet <b>one of the following criteria:</b></p> <ul style="list-style-type: none"> <li>Regulate nutritional quality of each individual item <u>served/distributed/available</u> (e.g., regulating maximum calorie, sugar, or saturated fat content of ALL items)</li> <li>Provide a specific and <u>restricted</u> list of food items allowed to be <u>served/distributed/available</u> at class parties or at all times (e.g., limiting to fruits and whole grains)</li> <li>Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) from being <u>served/distributed/available</u> at class parties/celebrations or at all times</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Foods and beverages <u>served</u> at school celebrations must meet the District’s Nutritional Standards.” (and standards are defined)</li> </ul>
		<p>2</p> <p>Competitive food ban</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Competitive foods and beverages may not be sold or served on school campuses during the school day.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

<p>NG14 (NG31)</p>	<p>Regulates food sold at <u>evening and community events on school grounds</u></p> <p>(e.g., concessions at athletic events, dances, or performances)</p> <p><b>Note:</b> If policy only mentions concessions, without mentioning evening or community events, do not code</p>	<p><b>Note:</b> Unless otherwise defined, “<u>at all times</u>” refers to all times students are in the custody of the school. Because evening and community events are open to the public, and children attending are no longer in the custody of the school, only the phrase, “<u>at all times on school grounds</u>” is specific enough to include evening and community events on school grounds.</p>	
		0	<ul style="list-style-type: none"> <li>No mention of nutrition standards for food at evening or community events</li> <li>Policy references nutrition guidelines only applying to athletic events/ concession sales <u>during the school day</u></li> <li>Policy only addresses “events” without indicating “evening,” “community,” “all times on school grounds,” “athletic events,” etc.</li> <li>Strives to/should meet the 2005 Dietary Guidelines for Americans</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Regulations of food sold at evening and community events are vague, suggested, location-specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate food sold at evening and community events</li> <li>Regulations of food at evening and community events only apply to a limited group of foods (e.g. prohibiting FMNVs) or a %age of items sold</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Will promote availability of nutritional snacks at athletic events.”</li> <li>“Local wellness policy goals will be considered in planning all school-based activities.” (e.g., school events, field trips, dances, and assemblies)</li> <li>“Encourage that healthy food and beverage options are included at concessions at school-related events outside of the school day.”</li> <li>“All F&amp;B made available on campus, including concessions and a la carte items, will be consistent with the USDA 2005 Dietary Guidelines for Americans.”</li> </ul>
		2	<p>Requires specific nutrition standards that apply to food sold at evening and community events on school grounds and the standards meet <b>one of the following criteria:</b></p> <ul style="list-style-type: none"> <li>Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, or saturated fat content of ALL items sold)</li> <li>Provide a specific and <u>restricted</u> list of food items allowed to be sold (e.g., limiting sales to water fruits, vegetables, whole grains, and nuts)</li> <li>Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) from being sold at evening and community events</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“School sponsored events (such as, but not limited to, athletic events, dances and performances). Foods and beverages offered or sold at school-sponsored events outside the school day will meet the district nutrition standards for foods and beverages sold individually.”</li> </ul>
		4	<p>Competitive food ban</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>Competitive foods and beverages may not be sold or served on school campuses.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (*continued*)

NG15 (NG32)	Regulates food sold for <u>fundraising</u>	<b>Note: Must specifically address “fundraising” for a code of a “1” or “2”</b> <b>Regulating “all foods” during “the school day” or “at all times on school grounds” does not qualify because fundraising can occur off school grounds. (e.g., catalogue orders selling candy or cookies)</b>	
		0	<b>Any of the following</b> <ul style="list-style-type: none"> <li>No mention of nutrition standards for food sold for fundraising</li> <li>Strives to/should meet the 2005 Dietary Guidelines for Americans</li> <li>Mentions regulating F&amp;B sold for fundraising/all F&amp;B without specifying guidelines</li> <li>Mentions plans to establish guidelines for school-sponsored fundraising that involves selling food without mentioning guidelines, healthy food, etc.</li> </ul>
		1	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>Regulations of food sold for fundraising are vague, suggested, time- or location-specific subject to principal’s discretion, or weakened by other exceptions</li> <li>The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate food sold for fundraising</li> <li>Regulations of food sold for fundraising only apply to a limited group of foods (e.g., prohibiting FMNVs) or a %age of items sold</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>“...strongly encouraging the use of only non-food items to raise funds.”</li> <li>“...requiring administrative approval for all fundraisers.”</li> <li>“The district shall provide parents with a list of foods that meet the Board’s snack standards for healthy celebrations/ parties, rewards, and fundraising activities...” (and no other language related to fundraising included in the policy)</li> <li>“...fundraising activities will strive to support healthy eating and wellness.”</li> </ul>
		2	Requires specific nutrition standards that apply to food sold for fundraising and the standards meet <b>one of the following criteria:</b> <ul style="list-style-type: none"> <li>Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, or saturated fat content of ALL items sold)</li> <li>Provide a specific and <u>restricted</u> list of food items allowed to be sold (e.g., limiting sales to water fruits, vegetables, whole grains, and nuts)</li> <li>Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) from being sold for fundraising</li> <li>Prohibits the sale of food for fundraising</li> </ul> <b>Example:</b> <ul style="list-style-type: none"> <li>“Foods purchased to raise funds must also meet the District’s nutrition standards.” (and standards are defined in the policy)</li> </ul>
		4	Competitive food ban <b>Example:</b> <ul style="list-style-type: none"> <li>Competitive foods and beverages may not be sold or served on school campuses during the school day.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

**Notes for Year 3 Coding:**

1. Use Nutrition Guideline Coding Supplement for detailed coding of NG10-NG15 (NG24-27, NG31-NG32) and NG16-NG29 (NG33-50)
2. Each of the food restrictions NG16-NG21 are coded separately for each location of sale/provision NG10-NG15; the coding instructions are identical for each location and are not reported below

Nutrition standards for competitive and other foods NG16-21 (NG33-36)

NG16* (NG33*)	Addresses limiting <u>sugar</u> content of foods  *See Coding Appendix for additional clarification	0	Not mentioned If policy specifies <u>the 2005 Dietary Guidelines for Americans</u> and <u>no other standards</u> , code as a "0" Only regulating/limiting candy does not qualify for a "1" or "2"
		1	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>Limit is not quantified</li> <li>Limit is suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions</li> <li>Restrictions on sugar only apply to a %age of food items                             <ul style="list-style-type: none"> <li>"Dry snacks sold at the K-8 level shall follow District Nutrition Standards <u>minimizing</u> the content of...sugar."</li> <li>"Prohibits foods listing sugar, corn syrup, or other caloric sweeteners as the first ingredient."</li> <li>"Schools shall discourage consumption of sugary foods."</li> </ul> </li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>"The district will encourage students to make nutritious food choices and will ensure that...schools regulate the sale of foods high in...added sugars."</li> <li>"The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students."</li> <li>"...50% of food items sold must prohibit sugar as the first ingredient."</li> <li>"NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's nutrition services department or contracted vendors."</li> </ul>
		2	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Quantified and required limit but is &gt;35% of total calories/total weight from sugar</li> <li>Quantified and required limits but allows exceptions for certain items                             <ul style="list-style-type: none"> <li>"F&amp;B sold outside the school meal program must contain no more than 40% of total calories/weight from sugar."</li> </ul> </li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>"Calories from sugar shall not exceed 35% by weight; this limit shall not apply to fresh, frozen, <u>canned</u> or <u>dried</u> fruits and vegetables."</li> </ul>
		3	Meets IOM standard: ≤35% of total calories/weight from sugar  <b>Example:</b> <ul style="list-style-type: none"> <li>"K-12 school food service, school store, and school vending machines sale of individual snack items per package shall include no more than 35% total calories from sugar."</li> </ul>
		4	Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate  <b>Example:</b> <ul style="list-style-type: none"> <li>"Competitive foods and beverages may not be sold on school campuses during the school day."</li> </ul>
NG17	Addresses limiting candy	0	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Encourages minimizing candy on school campuses</li> </ul>
		1	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>Candy is limited but not prohibited</li> <li>Prohibition of candy is suggested, time- or location-specific, or overridden by principal's discretion</li> <li>Prohibits FMNVs on campus and/or during the school day (<b>note:</b> FMNVs does not include all types of candy)</li> <li>Prohibits FMNVs during meals (code a la carte only (NG17a))</li> </ul>
		2	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Candy is prohibited</li> <li>Candy is prohibited except for use by the school nurse</li> </ul>
		4	Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate  <b>Example:</b> <ul style="list-style-type: none"> <li>"Competitive foods and beverages may not be sold on school campuses during the school day."</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

NG18* (NG34*)	Addresses limiting <u>fat</u> content of foods  *See Coding Appendix for additional clarification	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Indicates that schools shall “<i>strive to</i>” or “<i>should</i>” meet the Dietary Guidelines</li> </ul> <p><b>Example:</b> • “...<i>must include items that meet the 2005 Dietary Guidelines for Americans.</i>”</p>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified</li> <li>• Limit is suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>• Specifies <u>the 2005 Dietary Guidelines for Americans</u> and no other standards (applies to all food items)</li> <li>• Restrictions on fat content only apply to a %age of food items</li> <li>• Quantified limit for saturated fat but no mention of total fat</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “<i>All food and beverages available to students at school are recommended to be food items low in fat...</i>”</li> <li>• “<i>The district will encourage students to make nutritious food choices and will ensure that...schools regulate the sale or serving of foods high in fat, sodium, or added sugars.</i>”</li> <li>• “<i>The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.</i>”</li> <li>• “<i>50% of food items must contain no more than 40% of total calories from fat.</i>”</li> <li>• “<i>NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors:</i>”</li> <li>• “<i>No individual food can exceed 10% of calories from saturated fat (no limit on total fat).</i>”</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Quantified and required limit but is &gt;35% total calories from fat</li> <li>• Quantified and require limits but allows exceptions for certain items</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “<i>F&amp;B sold outside the school meal program must contain no more than 40% of total calories/weight from fat.</i>”</li> <li>• “<i>No individual food item can exceed 8 grams of fat per serving.</i>”</li> <li>• “<i>Calories from fat shall not exceed 30%, excluding reduced fat (2%) <u>cheese</u>, nuts, seeds and nut butters.</i>”</li> </ul>
		3	<p>Meets IOM standard: ≤35% of total calories from fat</p> <p><b>Example:</b> • “<i>K-12 school food service, school store, and school vending machine sale of individual snack items per package shall include no more than 35% of calories from fat and nine grams maximum per serving with the exception of nuts.</i>”</p>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b> • “<i>Competitive foods and beverages may not be sold on school campuses during the school day.</i>”</p>
NG19	Limits the amount of trans fats	0	Not mentioned
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Discourages use of trans fats/encourage use of products that are trans-fat free</li> <li>• Limit is suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “<i>The level of trans fats will be as low as possible.</i>”</li> <li>• “<i>Products containing trans-fats are discouraged.</i>”</li> <li>• “<i>Encouraged to use only products that are trans-fat free.</i>”</li> </ul>
		2	<p>Limits the amount of trans fats but not a complete ban on trans fats</p> <p><b>Example:</b> • “<i>...shall contain no more than 2 g/serving of saturated and trans fat combined.</i>”</p>
		3	<p>Meets IOM standard: Trans fat free or no more than 0.5g of trans fat</p> <p><b>Example:</b> • “<i>All foods sold/available at school must be trans-fat free.</i>”</p>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b> • “<i>Competitive foods and beverages may not be sold on school campuses during the school day.</i>”</p>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

NG20* (NG35*)	Addresses limiting <u>sodium</u> content of foods  *See Coding Appendix for additional clarification	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Indicates that schools shall “<i>strive to</i>” or “<i>should</i>” meet the Dietary Guidelines</li> </ul> <p><b>Example:</b>     • “...<i>must include items that meet the 2005 Dietary Guidelines for Americans.</i>”</p>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Limit is not quantified</li> <li>Limit is suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>Specifies <u>the 2005 Dietary Guidelines for Americans</u> and no other standards (applies to all food items)</li> <li>Restrictions on sodium only apply to a %age of food items</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“<i>Foods to avoid—consume only occasionally: high sodium foods.</i>” <i>(luncheon meats, cheeses, salty popcorn, pickles)</i></li> <li>“<i>The district will encourage students to make nutritious food choices and will ensure that...schools regulate the sale or serving of foods high in fat, sodium, or added sugars.</i>”</li> <li>“...<i>50% of food items must contain no more than 600mg of sodium.</i>”</li> <li>“<i>NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.</i>”</li> </ul>
		2	<p>Quantified and required limit but is &gt; 200 mg/portion</p> <p><b>Example:</b>     • “<i>A snack food item sold individually shall contain no more than 240mg of sodium per serving.</i>”</p>
		3	<p>Meets IOM Standard: ≤ 200 mg/portion for snacks</p> <p><b>Example:</b>     • “<i>A snack food item sold individually shall contain no more than 200mg of sodium per serving.</i>”</p>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b>     • “<i>Competitive foods and beverages may not be sold on school campuses during the school day.</i>”</p>
NG21* (NG36*)	Addresses limiting <u>calorie content per serving size</u> of foods  *See Coding Appendix for additional clarification	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Policy specifies <u>the 2005 Dietary Guidelines for Americans</u> and <u>no other standards</u></li> <li>Limiting calories from fat, sugar, or any other group of nutrients does not qualify for a “1” or “2.” Provisions related to limiting “additional caloric sweeteners” also do not qualify for a “1” or “2”</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Limit is not quantified</li> <li>Limit is suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>Restrictions only apply to a %age of food items</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“<i>Foods sold outside of the National School Lunch Program shall contain a <u>reasonable</u> number of calories per package.</i>”</li> <li>“...<i>50% of food items must contain no more than 300 calories/serving.</i>”</li> </ul>
		2	<p>Quantified and required limit but is &gt;200 calories/per serving</p> <p><b>Example:</b>     • “<i>Individually sold snack items shall not exceed 240 calories per package.</i>”</p>
		3	<p>Meets IOM standard: ≤200 calories/serving</p> <p><b>Example:</b>     • “<i>Individually sold snack items shall not exceed 200 calories per package.</i>”</p>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b>     • “<i>Competitive foods and beverages may not be sold on school campuses during the school day.</i>”</p>



## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

### Notes for Year 3 Coding:

1. Use Nutrition Guideline Coding Supplement for detailed coding of NG10-NG15 (NG24-27, NG31-NG32) and NG16-NG29 (NG33-50)
2. Each of the beverage restrictions NG22-NG29 are coded separately for each location of sale/provision NG10-NG15; the coding instructions are identical for each location and are not reported below.

### Nutrition standards for competitive and other beverages NG22-NG29 (NG42-NG50)

NG22* (NG42*)	<p>Addresses limiting <u>sugar</u> content of beverages</p> <p>*See Coding Appendix for additional clarification</p> <p><b>Note:</b> There is no level 2 code for this variable</p>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Indicates that competitive beverages “should include” specific beverage items.</li> <li>• Fruit juice/drinks contain less than 50% juice</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Competitive beverages should include milk, water, and 100% juice.”</li> <li>• “Sale of beverages is limited to 100% fruit/veg juice and fruit/veg juice with at least 10% fruit/veg juice.”</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified/specific</li> <li>• Limit is suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions</li> <li>• Restriction only applies to a %age of beverages</li> <li>• Indicates that competitive beverages “must/shall include” specific beverage items (which includes 100% juice)</li> <li>• Fruit /juice drinks containing at least 50% juice</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “... prohibits beverages that contain sugar, corn syrup, or any other caloric sweetener as the first ingredient.”</li> <li>• “...discourages sugar-laden beverages.”</li> <li>• “...shall prohibit soda and allow only water and beverages that are at least <u>50%</u> juice.”</li> <li>• “...allows water and beverages that are less than 100% juice.”</li> <li>• “...50% of beverages must contain no caloric sweeteners.”</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</li> <li>• “Competitive beverages must include 100% juice, milk, water, noncarbonated drinks, and electrolyte replacement drinks.”</li> <li>• “Beverages are limited to water, milk, 50% juice with no added sweeteners, and electrolyte replacement drinks.”</li> <li>• “50% of beverages must be 100% juice, milk, water, and electrolyte replacement drinks.”</li> </ul>
		3	<p>Meets IOM Standard: Prohibits beverages with added sugars</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Beverages with added sugars are not allowed.”</li> <li>• “Only water and 100% juice will be allowed at school.”</li> <li>• “Prohibits the sale of beverages with additional caloric sweeteners.”</li> </ul>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>
NG23* (NG44*)	<p>Addresses limiting <u>calorie content</u> per serving size of beverages</p> <p>*See Coding Appendix for additional clarification</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Language referring to limiting “additional caloric sweeteners” and no other mention of calories</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified</li> <li>• Limit is suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions</li> <li>• Restriction only applies to a %age of beverages</li> </ul>
		2	<p>Quantified and required maximum number of calories permitted per beverage or serving size</p>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (*continued*)

<p>NG24* (NG45*)</p> <p>Addresses limiting <u>regular (sugar-sweetened) soda</u></p> <p>*See Coding Appendix for additional clarification</p>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Indicates that FMNVs should not be used as a source of revenue for the food service program</li> <li>• Encourages minimizing FMNVs on school campuses</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“The food service program shall strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of FMNVs.”</i></li> </ul>
	1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Regular soda is limited but not prohibited</li> <li>• Prohibition of regular soda is suggested, time- or location-specific, or subject to principal’s discretion</li> <li>• Restriction only applies to a %age of beverages</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“If available, food and beverages sold individually <u>should</u> be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.” (NANA model see Appendix)</i></li> <li>• <i>“50% of beverages must be 100% juice, milk, water, and electrolyte replacement drinks.”</i></li> </ul>
	2	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Regular soda is prohibited</li> <li>• Foods of Minimal Nutritional Value (FMNV) are prohibited at all times on school grounds. Prohibiting FMNV qualifies as a “2” because the definition of FMNV includes soda</li> <li>• Soda is prohibited except for use by the school nurse</li> <li>• Prohibits FMNVs during meals (code a la carte only (NG24a1))</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“Soda will not be available on school grounds.”</i></li> <li>• <i>“FMNVs may not be served/sold in the school cafeteria during lunch periods.”</i></li> </ul>
	3	<p>Meets IOM Standard: Beverages with added caloric sweeteners are prohibited</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Only milk, water, and 100% juice will be available at school.”</i></li> <li>• <i>“Approved beverages: milk, milk products, 100% juice, and water.”</i></li> </ul>
	4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“Competitive foods and beverages may not be sold on school campuses during the school day.”</i></li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (*continued*)

NG25* (NG46*)	Addresses limiting <u>beverages other than soda containing added caloric sweeteners</u> such as sweetened teas, juice drinks, energy drinks and sports drinks	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Only bans FMNVs</li> <li>• Allows beverages with added caloric sweeteners at all times</li> <li>• %age of beverages must meet the nutrition guidelines and allows electrolyte replacement drinks/isotonic/sports drinks</li> <li>• Indicates that competitive beverages “must/shall include” beverages beyond milk, 100% juice, and water (includes noncarbonated drinks, electrolyte replacement drinks/isotonic/sports drinks)</li> <li>• Fruit juice/drinks contain less than 50% juice</li> <li>• Allows <u>more than</u> one sugar sweetened beverage</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “50% of beverages must be 100% juice, milk, water, and electrolyte replacement drinks.”</li> <li>• “Allowed beverages include milk, water, 100% juice, and electrolyte replacement drinks.”</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Other beverages with caloric sweeteners are limited but not prohibited</li> <li>• Prohibition is suggested, time- or location-specific, or item-specific (e.g., isotonic drinks, teas, etc.) subject to principal’s discretion, or weakened by other exceptions</li> <li>• Restriction applies to a %age of beverages</li> <li>• Indicates that competitive beverages “must/shall include” specific beverage items that are limited to 100% juice, milk, and water</li> <li>• Fruit/juice drinks containing at least 50% juice</li> <li>• Allows <u>only</u> one sugar sweetened beverage</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Allowed beverages are limited to milk, water, 100% juice, and sports drinks.”</li> <li>• “If available, food and beverages sold individually <u>should</u> be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.” (NANA model see Appendix)</li> <li>• “...50% of beverages will be water, 100% juice, and milk.”</li> <li>• “All beverage machines must/shall include 100% juice, milk, and water.”</li> <li>• “Beverages are limited to water, milk, and 50% juice with no added sweeteners.”</li> </ul>
		3	<p>Meets IOM Standard: Other beverages with added caloric sweeteners are prohibited</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Only milk, water, and 100% juice will be available at school.”</li> <li>• “Approved beverages: milk, milk products, 100% juice and water.”</li> </ul>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>
NG26 (NG47)	Addresses limiting <u>sugar/calorie content of flavored milk</u>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified</li> <li>• Limit is suggested, time- or location-specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>• %age of beverages must meet sugar/calorie provisions for milk</li> </ul>
		2	<p>Quantified limit for sugar or calories that is &gt;22g of total sugars/8 oz. serving</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Milk shall contain no more than 25g of sugars/8 oz serving.”</li> <li>• “Milk may contain no more than 4g of sugar/oz.”</li> <li>• Milk shall contain no more than 150 calories/8 oz. serving.”</li> </ul>
		3	<p>Meets IOM Standard: Flavored milk shall contain no more than 22g of total sugars/8 oz. portion</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Milk shall contain no more than 22g of sugars. 8 oz. portion.”</li> <li>• “All milk sold is low fat and/or skim milk with 35% or less of weight from total sugar (or less than 9 grams per 100 calories).”</li> </ul> <p>Note: 8 oz skim=90 cal, 1%=104 cal, 2%=120cal, and whole=150cal</p>
4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>		

### Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

NG27* (NG48*)	Addresses limiting <u>fat content of milk</u>	*See Coding Appendix for additional clarification  <b>Note:</b> There is no level 2 code for this variable	0	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Mentioning nonfat or low-fat dairy <u>products/foods (must specifically mention milk)</u> does not qualify for a “1” or “2”</li> <li>If policy explicitly allows whole milk, code as a “0”</li> </ul>
			1	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>Limiting milk to only low-fat (1%) or non-fat/skim is specified but suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>Full-fat milk is prohibited, but reduced-fat (2%) milk is allowed</li> <li>Policy mentions that non-fat/skim, low-fat (1%), or reduced-fat (2%) milk are “allowed,” “offered,” or “provided” without specifying <u>“only”</u></li> <li>Restrictions on fat content of milk only applies to a %age of beverages                             <ul style="list-style-type: none"> <li>“In high school, reduced fat, low-fat or skim milk may be sold.”</li> <li>“Schools shall offer fat-free milk where beverages are sold.”</li> </ul> </li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>“At least 50% of beverage selections...shall be 100% fruit juice, <u>low fat or fat free milk</u>, and unflavored or unsweetened water.”</li> </ul>
			3	Meets IOM Standard: <u>Only</u> low-fat (1%) or non-fat/skim milk is allowed (i.e., reduced-fat [2%] <b>AND</b> full-fat are <b>prohibited</b> )  <b>Example:</b> <ul style="list-style-type: none"> <li>“Beverages sold will be limited to low-fat or fat-free milk, 100% juice, and water.”</li> </ul>
			4	Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate  <b>Example:</b> <ul style="list-style-type: none"> <li>“Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>
NG28 (NG49)	Addresses <u>servicing size</u> limits for beverages		0	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Policy specifies <u>the 2005 Dietary Guidelines for Americans</u> and <u>no other standards</u></li> </ul>
			1	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Limit for drinks other than water is greater than 12 ounces</li> <li>Limit is suggested, time- or location-specific, subject to principal’s discretion, or weakened by other exceptions                             <ul style="list-style-type: none"> <li>“All beverages other than water and milk shall be 12oz or less.”</li> </ul> </li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>“The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</li> </ul>
			2	Limit for drinks other than water is > IOM standards but <u>no more than</u> 12 ounces/serving
			3	Meets IOM Standards (must meet ALL standards to be coded as a “3” for a given grade level): <ul style="list-style-type: none"> <li>Water any size; AND</li> <li>8 oz./serving for milk (including flavored milk); AND</li> <li>ES/MS Juice: 4 oz./serving for 100% juice; OR (based on grade level)</li> <li>HS Juice: 8 oz./serving for 100% juice</li> </ul>
			4	Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate  <b>Example:</b> <ul style="list-style-type: none"> <li>“Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

<p>NG29* (NG50*)</p>	<p><u>Addresses limiting caffeine</u> content of beverages (with the exception of trace amounts of naturally occurring caffeine substances)</p> <p>*See Coding Appendix for additional clarification</p> <p><b>Note:</b> There is no level 2 code for this variable</p>	<p>0</p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Indicates that %age of beverage items must meet the nutrition guidelines and allows electrolyte replacement drinks/isotonic/sports drinks</li> </ul>
		<p>1</p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified</li> <li>• Limit is suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions</li> <li>• Restrictions apply to a %age of beverages</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>"Flavored water shall be caffeine-free."</i></li> <li>• <i>"50% of all beverages offered shall be milk, water, and 100% juice."</i></li> <li>• <i>"100% of all beverages should be limited to milk, water, and 100% juice."</i></li> </ul>
		<p>3</p> <p><b>Meets IOM Standard:</b></p> <ul style="list-style-type: none"> <li>• Beverages with added caffeine are prohibited</li> <li>• All allowable beverages are caffeine-free</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>"All beverages shall be caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances."</i></li> <li>• <i>"Allows only low-calorie beverages including flavored, non-caffeinated water."</i></li> <li>• <i>"100% of all beverages offered shall be milk, water, and 50%-100% juice."</i></li> </ul>
		<p>4</p> <p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>"Competitive foods and beverages may not be sold on school campuses during the school day."</i></li> </ul>

## Section 4. Physical Education (Note: See Appendix for additional PE-related guidance)

Many states list National Association for Sport & Physical Education (NASPE) standards or the American Alliance for Health, Physical Education, Recreation and Dance standards (of which NASPE standards are a part). Only code a "2" for items with NASPE defaults if district actually requires schools to follow NASPE standards, and it is clear from the context of the statement that NASPE standards apply to those items. If NASPE standards are suggested, code as a "1."

PE1* (PE52a*)	PE mentioned	0	No mention of PE anywhere in the policy
	*See Coding Appendix for further clarification	1	Any mention of PE
PE2 (PE52)	Addresses physical education <u>curriculum/program</u> for <u>each grade level</u>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>PE is included in the HE curriculum</li> </ul> <p><b>Example:</b> • "Division HE curriculum standards and guidelines address both nutrition and PE."</p>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Unclear if each grade has a physical education curriculum/program</li> <li>A curriculum is identified but limited to only some grade levels</li> <li>Addresses minimum amount of time for physical education but does not mention <u>curriculum/program</u></li> </ul> <p><b>Example:</b> • "Physical education will be provided in K-8." (in a district that extends beyond 8<sup>th</sup> grade)</p>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Clear that district has a PE curriculum/program for each grade (e.g., policy describes a general PE curriculum/program for "K-12," "all levels," or "all students")</li> <li>Clear that PE program is provided for "K-12," "all levels," or "all grades" and mention time requirements (without using the word "curriculum")</li> </ul> <p><b>Example:</b> • "The PE Committee will submit for approval a K-12 comprehensive curriculum/program. All students in grades 1-5 will be scheduled for PE instruction in accordance with state law. All students in grades 6-8 and 9-11 shall participate in the instructional program of PE. PE in 12<sup>th</sup> grade is an elective."</p>
PE3 (PE53)	Addresses <u>time</u> per week of physical education for <u>elementary school</u> students	0	<ul style="list-style-type: none"> <li>Not mentioned</li> <li>Suggests that schools follow "national PE standards" or "nationally recognized guidelines for PE and PA" without mentioning NASPE standards</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Suggests but does not require 150 minutes/week</li> <li>Specifies total amount of physical education, but it is less than 150 minutes/week</li> <li><u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>Specifies number of times per week without duration</li> <li>Time is specified for overall physical activity that specifically includes physical education</li> <li>Requires schools to follow "national PE standards" or "nationally recognized guidelines for PE and PA" without mentioning NASPE standards</li> </ul> <p><b>Example:</b> • "All students in ES will receive 150 minutes of physical activity/week. This will be accomplished with regular PE class and recess." (also code PA3=2)</p>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Requires 150 minutes/week or more of physical education</li> <li><u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul>

## Section 4. Physical Education (*continued*)

PE3a	Specifies <u>minutes</u> of physical education for <u>elementary</u> school students	_____ minutes (circle day or week w/ red pencil) <b>Note: ONLY COMPLETE</b> If minutes/week is specified in PE3=1 or PE3=2 (PE53); otherwise leave it blank.						
PE3b	Specifies <u>days</u> per week of physical education for <u>elementary</u> school students	_____ days per week <b>Note: ONLY COMPLETE</b> If days/week is specified in PE3=1 or PE3=2 (PE53); otherwise leave it blank.						
PE4 (PE54)	Addresses <u>time</u> per week of physical education for <u>middle school</u> students	<table border="1"> <tbody> <tr> <td data-bbox="646 493 690 609">0</td> <td data-bbox="690 493 1503 609"> <b>Either of the following:</b> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> </td> </tr> <tr> <td data-bbox="646 609 690 892">1</td> <td data-bbox="690 609 1503 892"> <b>Any of the following:</b> <ul style="list-style-type: none"> <li>Suggests but does not require 225 minutes/week</li> <li>Specifies total amount of physical education, but it is less than 225 minutes/week</li> <li><u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>Specifies number of times per week without duration</li> <li>Time is specified for overall physical activity that specifically includes physical education</li> <li>Requires schools to follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> </td> </tr> <tr> <td data-bbox="646 892 690 1039">2</td> <td data-bbox="690 892 1503 1039"> <b>Either of the following:</b> <ul style="list-style-type: none"> <li>Requires 225 minutes/week or more of physical education</li> <li><u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul> </td> </tr> </tbody> </table>	0	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul>	1	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>Suggests but does not require 225 minutes/week</li> <li>Specifies total amount of physical education, but it is less than 225 minutes/week</li> <li><u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>Specifies number of times per week without duration</li> <li>Time is specified for overall physical activity that specifically includes physical education</li> <li>Requires schools to follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul>	2	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Requires 225 minutes/week or more of physical education</li> <li><u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul>
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PE4a	Specifies <u>minutes</u> of physical education for <u>middle school</u> students	_____ minutes (circle day or week w/ red pencil) <b>Note: ONLY COMPLETE</b> If minutes/week is specified in PE4=1 or PE4=2 (PE54); otherwise leave it blank.						
PE4b	Specifies <u>days</u> per week of physical education for <u>middle school</u> students	_____ days per week <b>Note: ONLY COMPLETE</b> If days/week is specified in PE4=1 or PE4=2 (PE54); otherwise leave it blank.						
PE5 (PE55)	Addresses <u>time</u> per week of physical education for <u>high school</u> students	<table border="1"> <tbody> <tr> <td data-bbox="646 1291 690 1407">0</td> <td data-bbox="690 1291 1503 1407"> <b>Either of the following:</b> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> </td> </tr> <tr> <td data-bbox="646 1407 690 1711">1</td> <td data-bbox="690 1407 1503 1711"> <b>Any of the following:</b> <ul style="list-style-type: none"> <li>Suggests but does not require 225 minutes/week</li> <li>Specifies total amount of physical education, but it is less than 225 minutes/week</li> <li><u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>Specifies number of times per week without duration</li> <li>Time is specified for overall physical activity that specifically includes physical education</li> <li>Requires schools to follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> </td> </tr> <tr> <td data-bbox="646 1711 690 1837">2</td> <td data-bbox="690 1711 1503 1837"> <b>Either of the following:</b> <ul style="list-style-type: none"> <li>Requires 225 minutes/week or more of physical education</li> <li><u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul> </td> </tr> </tbody> </table>	0	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul>	1	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>Suggests but does not require 225 minutes/week</li> <li>Specifies total amount of physical education, but it is less than 225 minutes/week</li> <li><u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>Specifies number of times per week without duration</li> <li>Time is specified for overall physical activity that specifically includes physical education</li> <li>Requires schools to follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul>	2	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Requires 225 minutes/week or more of physical education</li> <li><u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul>
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## Section 4. Physical Education (*continued*)

PE5a	Specifies <u>minutes</u> of physical education for <u>high</u> school students	_____ minutes (circle day or week w/ red pencil) <b>Note: ONLY COMPLETE</b> If minutes/week is specified in PE5=1 or PE5=2 (PE55); otherwise leave it blank.
PE5b	Specifies <u>days</u> per week of physical education for high school students	_____ days per week <b>Note: ONLY COMPLETE</b> If days/week is specified in PE5=1 or PE5=2 (PE55); otherwise leave it blank.
PE6 (PE56)	Physical education promotes a <u>physically active lifestyle</u>	<p><b>0</b></p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggests that physical education classes promote a physically active lifestyle</li> <li>• Suggests that physical education programs focus on self-assessment</li> <li>• Suggests that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Requires schools to follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Physical education programs should promote an active lifestyle.”</i></li> <li>• <i>“...schools will take a wellness approach to PE.”</i></li> <li>• <i>“Health education will complement PE by reinforcing knowledge, skills, etc....needed to maintain a physically active lifestyle.”</i></li> </ul> <p><b>2</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Requires physical education to teach lifetime activities</li> <li>• <u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Focuses on self-assessment through a “Fitnessgram” or “Activitygram”</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Physical education shall focus on personal fitness.”</i></li> <li>• <i>“...shall provide all students physical education that teaches them the skills needed for lifelong physical fitness.”</i></li> <li>• <i>“Schools will provide PE and NE for all students to foster lifelong habits of healthy eating and physical activity.”</i></li> </ul>
PE7 (PE57)	Specifies <u>competency assessment</u> (i.e., knowledge, skills, or practice)	<p><b>Note: This item refers to an assessment that is part of the regular physical education curriculum to determine whether students are learning the skills and other content appropriate for their grade (e.g., sports rules). President’s Challenge Fitness Test does not qualify for a “1” or “2.”</b></p> <p><b>0</b></p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• A competency assessment or assessment of knowledge, skills, or practice is suggested and/or vague</li> <li>• Suggests that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Requires schools to follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“...will promote rubrics that objectively evaluate and encourage active participation in physical education in all classes K-12.”</i></li> <li>• <i>“Students should be able to demonstrate [physical education] competency through application of knowledge, skill development, and practice.”</i></li> </ul> <p><b>2</b></p> <p>Requires a competency assessment or assessment of knowledge, skill, or practice as part of the physical education curriculum. NASPE standards do not qualify for a “2”</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“Students shall be able to demonstrate [physical education] competency through application of knowledge, skill development, and practice.”</i></li> </ul>



## Section 4. Physical Education (*continued*)

PE8 (PE60)	Addresses <u>physical education classes, courses, or credits</u> as an important part of the curriculum (i.e., on same par as other academic subjects)	0	Not mentioned
		1	Suggested that physical education classes, courses, or credits count toward graduation and/or GPA
		2	Required that physical education classes or credits count toward graduation and/or GPA
PE8a	Specifies number of physical education classes, courses, or credits specified	_____ PE classes, courses or credits toward graduation or GPA (Fill in # or unit) <b>Note: ONLY COMPLETE if PE8=2 (PE60); otherwise leave it blank.</b>	
PE9 (PE61)	Addresses <u>frequency of required physical education</u> (daily)	0	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Frequency required/suggested but LESS than daily</li> </ul> <b>Example:</b> <ul style="list-style-type: none"> <li>"The equivalent of 1 class period/day of PE for <u>one semester</u> is required for K-8 students."</li> </ul>
		1	Suggested that students will receive daily physical education <i>"Physical education should be provided every day."</i> <b>Example:</b> <ul style="list-style-type: none"> <li>"Physical education should be provided every day."</li> </ul>
		2	Required that all students receive daily physical education <b>Example:</b> <ul style="list-style-type: none"> <li>"Physical education will be provided on a daily basis."</li> </ul>
PE9a	Addresses daily PE waiver  <b>*state level coding only</b>	0	Not mentioned
		1	School districts may apply for a waiver from the state-level daily PE requirement <b>Example:</b> <ul style="list-style-type: none"> <li>Refer to 105ILCS 5/27-6 and 105ILCS 5/2-3.25 for examples of daily PE waiver</li> </ul>
PE10 (PE62)	Addresses <u>teacher-student ratio</u> for physical education	0	Not mentioned or clearly states that PE classes are not subject to the same maximum class size or student-to-teacher ratios as other courses
		1	Vague and/or suggested <b>Examples:</b> <ul style="list-style-type: none"> <li>"For PE classes, the district shall staff those classes to provide for student safety and maximize student participation."</li> <li>"PE classes will have student/teacher ratios similar to those used in other classes."</li> <li>"PE class size is consistent with the requirement of good instruction and standing."</li> </ul>
		2	Specific and required <b>Example:</b> <ul style="list-style-type: none"> <li>"PE classes will have student/teacher ratios of 1:25."</li> </ul>

## Section 4. Physical Education (continued)

PE11 (PE63)	Addresses <u>safe and adequate equipment and facilities</u> for physical education	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Generic statements about safe environment/facilities that do not mention PE or indicative of equipment used for PE</li> <li>• Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“Creating a positive environment for PA – All schools in the district will provide a physical and social environment that encourages safe and enjoyable activity for all students.”</i></li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggested or encouraged</li> <li>• <u>Mentions</u> NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Requires schools to follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> <li>• Indicates that play areas, facilities, and equipment used for PA shall meet accepted standards</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Physical activity facilities (and/or equipment) on school grounds shall be safe.”</i></li> <li>• <i>“Pursuant to district XYZ, PE is required to be offered to all pupils, therefore, schools are required to provide adequate facilities and instructional resources for the institution.”</i></li> </ul>
		2	<p>Ensures that equipment and facilities specifically used for PE are safe and adequate NASPE standards do not qualify for a “2”</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“The physical education program shall be provided adequate space and equipment and conform to all applicable safety standards.”</i></li> </ul>
PE12 (PE64)	Addresses amount of time devoted to <u>moderate to vigorous activity</u> in physical education	0	<p>Not mentioned Recess and other physical activities do not qualify; must be PE specific</p>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggested</li> <li>• Duration is not specified</li> <li>• Duration is less than 50% of class time</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“The physical education program shall devote <u>as much class time as possible</u> to moderate and vigorous activity.”</i></li> <li>• <i>“All students shall have opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs ,and extracurricular programs.”</i></li> </ul>
		2	<p>At least 50% of class time is designated for moderate to vigorous activity</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“All physical education classes to include at least 50% of moderate to vigorous activity in all or most lessons.”</i></li> </ul>
PE12a	Specifies percent or amount of time allotted for moderate to vigorous activity		<p>_____ % or amount of time for moderate to vigorous activity (fill in % or amount of time)  <b>Note: ONLY COMPLETE if PE12=1 or 2 (PE64) and amount of MVA time is specified; otherwise leave it blank.</b></p>

## Section 4. Physical Education (*continued*)

PE13 (PE65)	<p>Addresses <u>qualifications</u> for physical education <u>instructors</u></p> <p><b>Note:</b> This item assesses whether PE must be taught by someone with a state or national PE endorsement (e.g., licensure or certification). This is <b>not</b> measuring whether the state has specific criterion for someone seeking to receive an endorsement in PE (e.g., minimum # hours) or to become a PE educator.</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned or not suggestive of credentials/qualifications</li> <li>Suggests that schools follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“PE instructors and PE teacher assistants, under the direction of the PE instructor, will teach PE classes.”</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Credentials are vaguely referred to or suggested</li> <li>Suggests NASPE Standards or the standards of the American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>Requires schools to follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Physical education shall be taught by <u>appropriate staff</u>.”</li> <li>“When possible, physical education will be taught by a licensed instructor.”</li> <li>“Certified teachers will teach all PE and health classes.”</li> <li>“...PE shall be taught by <u>highly qualified staff</u>...”</li> <li>“...PE will be taught by <u>competent staff</u>...”</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Requires that physical education be taught by a licensed instructor</li> <li><u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Physical education will be taught by a licensed instructor.”</li> <li>“Health and PE classes will be taught by certified health and PE instructors at the secondary levels, 7-12.” (code this for MS/HS)</li> </ul>
PE14 (PE66)	<p>District provides <u>physical education training</u> for physical education <u>teachers</u></p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Staff only receive training/professional development related to PA without mention of PE</li> </ul>
		1	<p>Suggested that all staff or PE staff receive PE-related training/professional development</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“All staff involved in PE <u>should</u> be provided with opportunities for professional development.”</li> </ul>
		2	<p>Provision of PE training is required for PE teachers If <u>PE-specific training</u> is provided for a broader set of staff or teachers, it is assumed that PE teachers are included and will also receive PE training</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Ensures PE staff will receive professional development on a yearly basis.”</li> <li>“...shall provide staff with adequate training in PE.”</li> </ul>

## Section 4. Physical Education (*continued*)

PE15 (PE67)	Addresses <u>physical education waiver requirements</u> (e.g., substituting physical education requirement with other activities)	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Waivers for physical education are explicitly allowed in all instances</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li><i>“Unless otherwise exempted, all students will be required to engage in the physical education program.”</i> (An exemption could include physical education waivers.)</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Waivers for physical education are discouraged</li> <li>Waivers for physical education are prohibited with the exception of substituting physical activities (e.g., team sports) for physical education</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li><i>“Academic activities shall not take the place of physical education. However, students on the school’s sports teams may substitute participation for physical education credits.”</i></li> </ul>
		2	Prohibits substituting physical education with other activities, including physical activities. If waivers are prohibited with the exception of Individual(ized) Academic Plans (IAP) or Individual(ized) Education Plans (IEP), code as a “2” If the policy coding is grade level-specific, code as a “2” for the elementary level when the policy prohibits recess from taking the place of physical education
PE16* (PE68*)	Requires students to participate in an <u>annual health assessment</u> (e.g., fitness, fitnessgram,, or Body Mass Index [BMI], body composition, height/weight measurement)  *See Coding Appendix for additional clarification on Fitnessgram/BMI/body composition/ height and weight	<b>Note: This item refers to a district-wide, systematic assessment after which parents are typically notified about their child’s results</b>	
		0	<p><b>Either of the following</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Only mentions self-assessment for physical fitness</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Vague, suggested, and/or unclear how often</li> <li>Assessment is specific and required, but a positive approach to communicating results is not mentioned</li> <li>Fitnessgram-type of language without including reporting language (see Appendix for sample language)</li> <li>Annual health assessment is required, but only for certain grade levels</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“...shall introduce developmentally appropriate components of Connecticut Physical Fitness Assessment.”</i></li> <li><i>“Schools will sponsor jointly w/the local health department the screening of students for vision, hearing, and height/weight/body mass index for age.”</i></li> <li><i>“During the months of Feb., March, or May, students in grades 5, 7, and 9 shall undergo the physical performance testing by the state BOE. Students shall be provided with their individual results after completing the physical performance testing.”</i></li> </ul>
2	Type of assessment is specified and required, assessment is annual, and a positive approach to communicating results is mentioned	<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“Confidential health reports will be sent directly to parents and will include additional resources.”</i></li> <li><i>“Physical education teachers will assist students in interpreting their personal attainments and compare them to national physical activity recommendations.”</i></li> </ul>	

## Section 5. Physical Activity

PA1 (PA69)	<p><u>Federal Wellness</u>: Includes goals for physical activity that are designed to promote student wellness in a manner that the local education agency determines is appropriate</p> <p><b>Note</b>: state coding – PA must be specific to Wellness Policy</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Physical activity is not mentioned</li> <li>Policy clearly detracts from requirement</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Physical activity goal is implied</li> <li>Policy <u>only</u> repeats the language of the federal wellness requirement regarding physical activity</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"The district is committed to physical activity."</li> <li>"Includes goals for physical activity designed to promote student wellness in a manner that the local educational agency determines is appropriate." (and no physical activity goals are stated)</li> </ul>
		2	<p>Any physical activity goal is mentioned</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Schools should provide regular physical activity."</li> </ul>
PA2 (PA70)	Physical activity provided for <u>every grade level</u>	0	Not mentioned
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Suggested</li> <li>Mentions provision of physical activity to "students," but it is unclear that each grade will receive physical activity outside of physical education</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...provide adequate time for students to be engaged in physical activity, which includes physical education, recess, and co-curricular activities."</li> </ul>
		2	<p>Clear that each grade will receive physical activity outside of physical education</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Physical activity will be integrated across the curricula for all grades (K-12) and throughout the school day."</li> <li>"All students will have opportunities, encouragement and support to engage in physical activity on a regular basis."</li> <li>"All students shall have opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, and extracurricular programs."</li> </ul>
PA3	Amount of time for PA	0	Amount of time for PA is not mentioned
		1	<p>Amount of time for PA throughout the SD is suggested/encouraged</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Students should be given a minimum of 30 minutes/day for PA through PE classes, daily recess periods in ES, and the integration of PA into the academic curriculum."</li> </ul>
		2	<p>Requires specific amount of time for PA</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Students in K-5 will receive a minimum of 30 minutes daily of PA including recess and/or physical education."</li> </ul>
PA3a	Specifies number of minutes of physical activity		<p>_____ minutes (circle day or week w/ red pencil)</p> <p><b>Note: ONLY COMPLETE</b> If amount of time is specified in PA3=1 or PA3=2; otherwise leave it blank.</p>
PA3b	PA definition includes PE		<p>The definition of PA produced in PA3 includes PE? <b>yes/no</b> (circle yes/no w/ red pencil)</p> <p><b>Example:</b> "PA will be included in a school's daily education program. PA will include regular instructional PE as well as co-curricular activities and recess."</p>
PA3c	PA definition includes recess (ES only)		<p>The definition of PA produced in PA3 includes recess? <b>yes/no</b> (circle yes/no w/ red pencil)</p> <p><b>Example:</b> "PA will be included in a school's daily education program. PA will include regular instructional PE as well as co-curricular activities and recess."</p>

## Section 5. Physical Activity

PA4* (PA72*)	Regular physical activity opportunities are <u>provided throughout the day</u> (NOT including recess)  *See Appendix for additional clarification.	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Only addresses physical activity <u>before</u> or <u>after</u> school</li> </ul> <p>Only addresses physical activity breaks relative to testing periods</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Students will be given opportunities for PA on a regular/daily basis. Opportunities for PA shall be provided through before and after school programs and extracurricular/interscholastic activities and programs.”</li> <li>• “When mandatory school-wide testing makes it necessary for students to be inactive for extended periods of time, schools will give students periodic breaks to stand and be moderately active”.</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Vague and/or suggested</li> <li>• Addresses PA for all students in the classroom setting w/o addressing frequency</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “All students will have opportunities, encouragement and support to engage in physical activity on a regular basis.”</li> <li>• “Classrooms shall incorporate, where possible, appropriate, short breaks that include physical movement.”</li> <li>• “The district will encourage teachers to integrate PA into the curriculum where appropriate.”</li> <li>• “PA will be integrated into the classroom setting.” (into the classroom setting is vague and does not specify throughout the school day)</li> <li>• “Students do not have periods of two or more hours of inactivity.”</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Regular physical activity throughout the day is required</li> <li>• Policy requires training for teachers on activities that incorporate physical activity throughout the day</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Physical activity opportunities shall be offered daily during the school day.”</li> <li>• “Shall provide Take 10! training to all teachers.”</li> <li>• “All students will have opportunities, encouragement and support to engage in physical activity throughout the school day/on a daily basis.”</li> <li>• “For students to receive the nationally recommended 60 minutes of daily PA and for students to fully embrace PA as a personal behavior, students need opportunities for PA beyond PE classes. Toward that end: opportunities for PA will be incorporated into other subject areas.”</li> <li>• “Students shall be provided physical activity breaks throughout the school day.”</li> </ul>
PA5 (PA74)	Addresses <u>community use of school facilities</u> for physical activity outside of the school day	0	Not mentioned
		1	<p>Availability of school facilities for physical activity is suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The district should allow community-based organizations to use facilities outside school hours.”</li> <li>• “The district shall encourage community access to and student use of the school’s PA facilities outside the school day.”</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• States effort to <u>promote</u> the use of facilities</li> <li>• Ensures that facilities will be available</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The district shall promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations.”</li> <li>• “Schools shall provide an environment that includes school facilities that support PA/PE...schools shall also provide an environment that enforces...shared/joint use agreements.”</li> </ul>

## Section 5. Physical Activity (continued)

PA6 (PA75)	Addresses <u>safe active routes</u> to school	0	Not mentioned
		1	Vague and/or suggested <b>Example:</b> <ul style="list-style-type: none"> <li>“The school district may consider programs such as promoting safe and walkable routes to school.”</li> </ul>
			Ensures effort to promote safe active routes to school (e.g., by seeking funding, working with local transit, organizing walking school bus, or ensuring safe walking paths) <b>Example:</b> <ul style="list-style-type: none"> <li>“Each school is responsible for working with community groups to facilitate and promote walking and biking to school by students and staff using safe routes and safe practices.”</li> </ul>
PA7 (PA76)	Addresses not using physical activity (extra or restricted) as <u>punishment</u>	0	Not mentioned
		1	Discouraged <b>Example:</b> <ul style="list-style-type: none"> <li>“Students <u>should</u> not be pulled out of physical education for any other content area instruction or punishment.”</li> </ul>
			Prohibited. Prohibition with exceptions for Individual(ized) Academic Plans (IAP) or Individual(ized) Education Plans (IEP) qualifies for a “2” <b>Example:</b> <ul style="list-style-type: none"> <li>“Staff members shall not deny participation in recess or other physical activity opportunities as a form of discipline or punishment unless the safety of students is in question.”</li> </ul>
PA8 (PA77)	Addresses <u>daily recess</u> in elementary school	0	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Less than daily recess specified</li> </ul>
		1	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Daily recess frequency suggested</li> <li>Recess is included in a list of possible activities where a frequency is specified (i.e., “daily”)</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>“Students will be given opportunities...to be physically active through developmentally appropriate <u>daily</u> activities such as recess, PE, etc....”</li> <li>“Supervised recess time should be provided to all students <u>within each school day</u> at all elementary schools.”</li> </ul>
			Specific and required <u>daily</u> recess <b>Examples:</b> <ul style="list-style-type: none"> <li>“All elementary school students shall have <u>daily</u> recess...”</li> <li>“Elementary students in grades 1 through 6 will be provided a time for supervised, outdoor recess <u>daily</u>, weather permitting.”</li> <li>“Students will be given opportunities to be physically active during the SD through <u>daily</u> recess, PE classes, and integration of PA into the classroom.”</li> </ul>
PA9	Addresses <u>recess frequency or amount (less than daily)</u> in elementary school	0	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Daily recess specified</li> </ul>
		1	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Frequency of recess is vague and/or suggested</li> <li>Recess is included in a list of possible activities where a frequency is specified but less than daily</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>“Students will be given opportunities...to be physically active through developmentally appropriate activities such as recess, PE, etc....”</li> <li>“Supervised recess time should be provided to all students at all elementary schools.”</li> </ul>
			Specific and required recess but less than daily <b>Examples:</b> <ul style="list-style-type: none"> <li>“All elementary school students shall have recess...”</li> <li>“Elementary students in grades 1 through 6 will be provided a time for supervised, outdoor recess, weather permitting.”</li> <li>“Students will be given opportunities to be physically active during the SD through recess, PE classes, and integration of PA into the classroom.”</li> </ul>
PA8a	Specifies number of minutes for recess		_____ minutes (circle day or week w/ red pencil) <b>Note: If PA8 (PA77) or PA9=1 or 2, fill in # of minutes specified for recess. If # minutes is not addressed, leave blank.</b>

## Section 6. Staff PA/Wellness/Modeling

ST1 (PA71)	Includes physical activity opportunities for school staff	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Training for teachers in PA to promote enjoyable lifelong PA for themselves and students</li> </ul> <p><b>Example:</b>     • "...will incorporate PA into 1 of 3 professional days for school staff."</p>
		1	<p>Provision is suggested</p> <ul style="list-style-type: none"> <li>• "...should promote periodic and ongoing programs to increase the activity choices for faculty and staff."</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "School district will encourage school staff to participate in PA..."</li> <li>• "The district desires to provide a comprehensive program promoting healthy eating and PA for district students and staff."</li> </ul>
		2	Provision is required
ST2 (CP80)	Includes <u>staff wellness</u> programs specifically addressing the health of staff	0	<p><b>Note: The focus of this variable is on staff wellness generally so the policy does not have to address both nutrition education and PA to get credit; either one will suffice for credit.</b></p> <p>Not mentioned If policy encourages staff health but does not offer any programs or education</p> <p><b>Example:</b>     • "School staff will be encouraged to improve their own health and wellness in relation to nutrition and physical activity."</p>
		1	<p>Program suggested or suggestion of staff wellness council/committee</p> <ul style="list-style-type: none"> <li>• "...will <u>promote</u> periodic and ongoing programs to increase nutritional knowledge and activity for faculty and staff."</li> <li>• "...the school district highly values the health and well being of staff members with plans and policies that support personal efforts by staff to maintain a healthy lifestyle."</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Employee wellness education and involvement will be promoted at suitable school activities."</li> <li>• "The district desires to provide a comprehensive program promoting healthy eating and PA for district students and staff."</li> </ul>
		2	<p>Program required</p> <ul style="list-style-type: none"> <li>• "Presentations on nutrition will be provided to staff."</li> <li>• "Activity programs will be available for staff, and gym memberships will be subsidized."</li> <li>• "Health and wellness classes will be offered to staff."</li> </ul>
ST3 (CP82)	Encourages staff to <u>role model healthy behaviors</u>	0	Not mentioned
		1	<p>Suggested that staff be encouraged to model healthy behavior</p> <ul style="list-style-type: none"> <li>• "Each school in the district <u>should</u> encourage staff to model..."</li> <li>• "It will be necessary for not only the staff, but also the parents and the public to be involved in a community-wide effort to promote, support, and <u>model</u> such healthy eating behaviors."</li> </ul> <p><b>Examples:</b></p>
		2	<p>Required that staff shall be encouraged to model healthy behavior</p> <ul style="list-style-type: none"> <li>• "Staff <u>will be</u> encouraged to model health eating and physical activity as a valuable part of daily life."</li> </ul> <p><b>Example:</b></p>



## Section 7. Stakeholder Involvement/Feedback

CP1* (CP79*)	Federal Wellness: Involve parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy	<p><b>Note:</b> This should have happened in the past because it deals exclusively with policy DEVELOPMENT; however since language may not have been updated, code future orientation (i.e., “shall form a committee”) the same as present orientation.</p>	
		0	Neither policy nor supporting documentation specifies who was on policy development team or only specifies who shall be involved in revising the policy, monitoring implementation, or developing additional policies Participating in the wellness planning process mentioned in the policy does not count for this item
		1	Policy (or supporting documentation) specifies who was on policy development team, but not all required groups were represented Even if only one of the stakeholder categories is missing, code as a “1”
		2	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Policy (or supporting documentation) specifies who was on policy development team, and <u>all</u> required groups were represented</li> <li>Names of individuals are listed on the cover of the WP and it clearly states that these individuals were involved with development of the WP and <u>all</u> required groups are represented</li> <li>The WP states that the Board adopted the policy and indicates that all required participants are involved in developing the district wellness plan (implementation regulations)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The school district will engage students, parents, administrators, food service professionals, school board, and other interested community members in developing, implementing, monitoring, reviewing, and revising district nutrition and PA policies.”</li> <li>“A district-wide wellness advisory committee has been established for the purpose of assessing nutrition and PA environment throughout the district and is in compliance w/ current laws and regs.” (and all required groups are listed)</li> </ul> <ul style="list-style-type: none"> <li>Parents</li> <li>Students</li> <li>School food authority</li> <li>School Board</li> <li>School administrators</li> <li>Public</li> </ul>
CP2 (CP85)	Addresses <u>methods</u> to solicit or encourage <u>input</u> from stakeholder groups (e.g. two-way sharing)	0	Not mentioned
		1	Specific methods suggested  <b>Example:</b> <ul style="list-style-type: none"> <li>“The Superintendent or designee shall recommend for Board approval specific quality indicators...to measure implementation. These measure shall include feedback from food service personnel, school administrators, the school health council, parents/guardians, students and other appropriate persons.”</li> </ul>
		2	Required to solicit input from stakeholders, and specific methods are named  <b>Examples:</b> <ul style="list-style-type: none"> <li>“Students <u>will</u> be given the opportunity to provide input on local, cultural, and favorite ethnic foods.”</li> <li>“The school will consider student needs in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys and attention will be given to their comments.”</li> <li>“Shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.”</li> <li>“The food service director will be available to speak with parents during open house.”</li> <li>“The school food service program shall involve students, parents,..in the selection of competitive food items to be sold in the schools.”</li> <li>“Food services <u>will</u> provide families opportunities for input and monitoring of their children’s food purchases at the K-8 level.”</li> <li>“Student satisfaction surveys will be completed to assess satisfaction with meal service in the cafeteria.”</li> </ul>

## Section 7. Stakeholder Involvement/Feedback

CP3 (CP86)	<p>Specifies <u>how</u> district will engage parents or community to meet district wellness goals</p> <p>(e.g., through website, email, parent conferences, or events)</p>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Methods are vague</li> <li>• Specific methods are mentioned but not required</li> <li>• Specific methods are mentioned but it is unclear if school will engage parents or community</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>"Nutrition information should be provided to parents and staff through newsletters, publications, health fairs, and other activities..."</i></li> <li>• <i>"Nutrition education may be provided in the form of handouts, the school website, articles and information provided in district or school newsletters, presentations that focus on nutrition and healthy lifestyles, a communication sent home, and through any other appropriate means available to reach parents."</i> (See NOTE in "2" coding below.)</li> </ul>
		2	<p>Clear that the district or schools will engage parents or community, and specific methods are listed</p> <p>Even if it is unclear that each method listed will be used, as long as engaging parents or community is required, code as a "2"</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>"Nutrition education <u>will</u> be provided to parents. Nutrition education may be provided in the form of handouts, the school website, articles and information provided in district or school newsletters, presentations that focus on nutrition and healthy lifestyles, a communication sent home, and through any other appropriate means available to reach parents."</i> (<b>NOTE: It is the combination of the two sentences that warrant the "2" coding. The second sentence by itself would only warrant a "1" coding.</b>)</li> </ul>

## Section 8. Messaging, Marketing, & Promotion

MP1 (CP84)	Specifies district using Centers for Disease Control and Prevention's <u>(CDC) Coordinated School Health Program (CSHP) model</u> or other coordinated/comprehensive method	0	Not mentioned OR Components of CSHP are included in the policy but there is no mention of the CSHP by name in any way
		1	Mentions that district is considering use or working toward use of a coordinated school health model. Must say "coordinated school health"  <b>Example:</b> <ul style="list-style-type: none"> <li>"We will strive toward integrating nutrition into a coordinated school health approach."</li> </ul>
		2	Includes language to institutionalize a coordinated school health model  <b>Examples:</b> <ul style="list-style-type: none"> <li>"Schools <u>will</u> link nutrition education activities with the coordinated school health program."</li> <li>"The coordinated school health council will develop, monitor, and implement administrative guidelines and improvement plans in the following eight areas [lists 8 CSHP areas]..."</li> </ul>
MP2 (CP88)	Specifies <u>marketing (including social marketing/PSAs)</u> to promote healthy choices/strategies to encourage healthy choices	0	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Indication that food and beverages sold by the food service program must be sold at "reasonable prices"</li> <li>Only addresses restricting marketing of unhealthy choices MP2 (CP89)</li> <li>The food service staff will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings</li> </ul>
		1	Vague and/or suggested  <b>Examples:</b> <ul style="list-style-type: none"> <li>"It is recommended that organizations operating concessions at school functions market healthy food choices at a lower profit margin to encourage student selection."</li> <li>"Nutrition education materials, such as the Food Guide Pyramid, will be displayed where appropriate."</li> <li>"Healthy food options <u>should</u> be comparably priced."</li> <li>"Nutrition education will be conducted in the cafeteria through posters, campaigns, etc."</li> </ul>
		2	Specific (posters, pricing structures, etc.) and required  <b>Examples:</b> <ul style="list-style-type: none"> <li>"Schools shall label/mark healthy food items available so students know which are healthy items."</li> <li>"Snacks and beverages that meet the nutritional parameters for Balanced Choices are prominently identified with the signature Balanced Choices icon on menu signs and serving lines, in snack bars, and in vending machines. Balanced Choices snack and beverage signage is placed at eye-level as a strategy to encourage students to choose these items."</li> <li>"The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeterias to encourage students to make healthy choices."</li> <li>"Healthy food options <u>will</u> be comparably priced."</li> </ul>
MP3 (CP89)	Specifies <u>restricting marketing/ advertising of unhealthful choices</u>	0	Not mentioned or policy only addresses marketing of healthy choices  <b>Example:</b> <ul style="list-style-type: none"> <li>"Advertising associated with product and vending shall be limited to signage on equipment, paper cups, and a banner at booster sale locations."</li> </ul>
		1	Restrictions are suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions  <b>Examples:</b> <ul style="list-style-type: none"> <li>"Display and advertising of FMNVs is strongly discouraged on school grounds."</li> <li>"School-based marketing will follow district nutrition standards." (the standards are not detailed)</li> <li>"...requires food service providers to be sensitive to the nutrition environment when displaying logos/trademarks on school grounds by encouraging healthy eating."</li> </ul>
		2	Required  <b>Examples:</b> <ul style="list-style-type: none"> <li>"Education materials shall be free of brands and illustrations of unhealthful foods."</li> <li>"Soft drink logos are not allowed on school materials or school property."</li> <li>"No vending machine front may display any product that does not contain fruit juice or water."</li> <li>"School-based marketing will be limited to the promotion of healthy items."</li> <li>"School-based marketing shall be consistent with the district's nutrition standards." (the standards are clearly specified)</li> </ul>

## Section 9. Evaluation

E1 (E91)	<p><u>Federal Wellness</u>: Establish a plan for measuring implementation of the local wellness policy, including designation of one or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy</p>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>A plan is implied</li> <li>Describes a plan but does not designate one or more persons charged with ensuring compliance</li> <li>Describes a plan, but the person or group responsible for compliance is vague (e.g., “the school,” “school officials,” or “the district”)</li> <li><u>Only</u> repeats the language of the federal wellness requirement regarding a plan for measuring implementation</li> </ul>
		2	<p>Describes a plan and designates &gt;=1 person(s) charged with ensuring compliance</p> <ul style="list-style-type: none"> <li><i>“A district-wide Wellness Committee shall be established for the purpose of monitoring the implementation of the district’s Wellness Policy and its nutrition and physical activity components through the Superintendent or his/her designee.”</i></li> <li><i>“The Superintendent or designee shall ensure compliance with established district wide nutrition and physical activity policies. In each school, the building administrator or designee shall ensure compliance with those policies in his or her school.”</i></li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“The superintendent shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.”</i></li> <li><i>“The school district will form a wellness committee comprised of...to oversee development, implementation, monitoring, and reviewing of district-wide nutrition and PA policies.”</i></li> <li><i>“The superintendent or designee shall provide periodic implementation data and/or reports to the board concerning this policy’s implementation sufficient to allow the Board to monitor and adjust the policy.”</i></li> </ul>
E2 (E92)	<p>Addresses a <u>plan for policy implementation</u>, including a person or group responsible (initial or ongoing)</p>	0	Not mentioned
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Identifies having or developing a plan without strong language or without identifying a person or group responsible</li> <li>Identifies a plan, but the person or group responsible is vague (e.g., “the school,” “school officials,” or “the district”)</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li><i>“The district will strive to implement the policy by...”</i></li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Uses strong language, identifies having or developing a plan for implementation and identifies a person or group responsible</li> <li>Policy mentions a plan for implementation of specific activities, such as, “the principal shall ensure that vending machines are in compliance with district standards</li> </ul> <ul style="list-style-type: none"> <li><i>“The Superintendent or designee shall ensure compliance with established district wide nutrition and physical activity policies. In each school, the building administrator or designee shall ensure compliance...”</i></li> <li><i>“The superintendent shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.”</i></li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“The school district will form a wellness committee...to oversee development, implementation, monitoring, and reviewing of district-wide nutrition/PA policies.”</i></li> <li><i>“The superintendent or designee shall provide periodic implementation data and/or reports to the board concerning this policy’s implementation sufficient to allow the Board to monitor and adjust the policy.”</i></li> </ul>

## Section 9. Evaluation (continued)

E3 (CP90)	Establishes a <u>health advisory committee</u> or school health council that is <u>ongoing</u> beyond policy development  *See Coding Appendix for additional clarification	0	Not mentioned
		1	Suggested and/or not clear that the committee will be ongoing  <b>Example:</b> <ul style="list-style-type: none"> <li>• “A wellness policy committee will be formed in district XYZ.”</li> </ul>
		2	Committee is required and clearly ongoing  <b>Examples:</b> <ul style="list-style-type: none"> <li>• “The Nutrition and Physical Activity Advisory Council shall include stakeholders and shall meet a minimum of two times annually to monitor and evaluate the implementation of the policy.”</li> <li>• “Review of this policy shall occur every 5 years, by a committee appointed by the Board, consisting of representative(s) of the Board, the administration, the food service provider, the parents, the students, and the public. The committee shall provide the Board with any recommended changes to the policy.”</li> <li>• “The health advisory committee is responsible for implementation, evaluation and revisions of the wellness policy”</li> <li>• “The health advisory committee will meet periodically to review, assess and revise the wellness policy.”</li> </ul>
E4 (PE68a*)	Body Mass Index (BMI)/body composition/ height/weight measurement  *See Coding Appendix for additional clarification on Fitnessgram/BMI/body composition/ height and weight	0	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Health assessment/screening not specific to BMI</li> </ul> <b>Example:</b> <ul style="list-style-type: none"> <li>• “Statue requires the County Health Dept. w/ the School District Board to develop a plan that includes provisions for Growth and Development Screening.”</li> </ul>
		1	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>• BMI/body composition/fitnessgram/height and weight measurement suggested/encouraged (not required) with or without parental reporting</li> <li>• BMI/body composition/fitnessgram/height and weight measurement required for some but not all grades within the grade range (e.g., ES, MS, or HS) with or without parental reporting</li> </ul> <b>Example:</b> <ul style="list-style-type: none"> <li>• “Schools will sponsor jointly w/the local health department the screening of students for vision, hearing, and height/weight/body mass index for age.”</li> </ul>
		2	BMI/body composition/fitnessgram/height and weight measurement required <u>no parental reporting required</u>
		3	BMI/body composition/fitnessgram/height and weight measurement required <u>with parental reporting required</u>
E5 (E93)	Addresses a plan for policy <u>evaluation</u> , including a person/group responsible for tracking outcomes	0	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Implementation language mentions “monitor” or “review” without suggesting some type of assessment or evaluation</li> </ul>
		1	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>• Some kind of pre-post assessment is <u>implied</u></li> <li>• An evaluation plan is required, but the person or group responsible is vague (e.g., “the school,” “school officials,” or “the district”)</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>• “The district shall conduct an assessment of the health and fitness policy.”</li> <li>• “The superintendent shall measure how well this policy is being implemented, managed, and enforced.”</li> <li>• In the section on adopting/implementing health and PE curriculum, the following statement was included: “Evaluation procedures will utilize classroom-based assessment strategies...”</li> </ul>
		2	<b><u>ALL</u> of the following:</b> <ul style="list-style-type: none"> <li>• An evaluation plan is required</li> <li>• A person/group responsible for tracking evaluation is identified</li> </ul> Specific outcomes to be measured are stated (i.e., health impact, fiscal impact, student learning, School Health Index)  <b>Example:</b> <ul style="list-style-type: none"> <li>• “The <u>Advisory Council</u> shall meet at least annually to review nutrition and physical activity policies, <u>evidence on student health impact</u>, and effective programs and program elements.”</li> </ul>

## Section 9. Evaluation (continued)

E6 (E94)	Addresses the <u>audience</u> and <u>frequency</u> of a <u>report</u> on compliance and/or evaluation	0	Not mentioned
		1	Some kind of report on compliance or evaluation is implied
		2	<p><b>ALL of the following:</b></p> <ul style="list-style-type: none"> <li>Reporting on compliance or evaluation is <u>required</u></li> <li><u>Specific items</u> are stated (e.g., compliance with nutrition guidelines, listing of activities and programs conducted to promote nutrition and physical activity, recommendations for policy and/or program revisions, feedback received from stakeholders)</li> <li>It is clear that a report will be made to a <u>specific audience</u> (e.g., board of education, administration, Parent Teacher Association [PTA] / Parent Teacher Organization [PTO], and the public)</li> <li><u>Frequency</u> of reporting is stated</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"The advisory council shall prepare a report annually for the Superintendent evaluating the implementation of the policy and regulations and include any recommended changes or revisions."</li> </ul>
E7 (E95)	Identifies <u>funding support</u> for wellness activities or policy evaluation	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Adequate funding will be provided."</li> <li>"Funding for wellness activities should be made available through the local budget process."</li> <li>"Major fitness opportunities will be added through Grant purchases."</li> </ul>
		2	<p>Ensures that funding will be provided, and identifies a specific source</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Funding for the school wellness evaluation will be allocated from the general operations budget."</li> </ul>
E8 (E96)	Identifies a plan for <u>revising the policy</u>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Implementation language mentions "monitor" or "review" without suggesting some type of revision or review for the purpose of revising the policy</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Future orientation in making a decision to revise</li> <li>Revision is mentioned, but it is unclear if it refers to the <u>policy</u></li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"...<u>may</u> meet to discuss revisions to policy."</li> <li>"...<u>may</u> suggest changes."</li> <li>"...<u>shall</u> implement <u>program</u> changes."</li> <li>"...it is the goal of the district to review the policy to make necessary changes, as appropriate..."</li> </ul>
		2	<p>Discusses revision to policy in any way by any person or group</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"...<u>will</u> meet to discuss revisions to policy."</li> <li>"The policy shall be revised as necessary."</li> <li>"...the school district will engage...in developing, implementing, monitoring, reviewing, and revising district nutrition and physical activity policies."</li> </ul>

## Section 9. Evaluation (continued)

E9 (E97)	Reporting Frequency	NA	Not Applicable – use this when E6=0 (E94)
		NS	Not Specified—use this when E6=1 or 2 (E94) but frequency not specified
		<p>Fill in the Blank: How often/frequent is reporting on policy implementation/compliance supposed to occur?</p> <p>Notes on this item: -If frequency is mentioned for multiple reports, default to the generalized report -Give credit for weak language if frequency is mentioned</p> <p><b>Examples:</b></p>	
		Annual	<ul style="list-style-type: none"> <li>“Wellness Program coordinators will report to the board <u>annually</u>.”</li> <li>“The Superintendent will be responsible for reporting to the Board on an <u>annual</u> basis the progress of the School District in implementing this policy.”</li> </ul>
	Triennial	<ul style="list-style-type: none"> <li>“The Superintendent or designee will develop a summary report every <u>three years</u> on district-wide compliance with the district’s established nutrition and physical activity wellness policies. That report will be provided to the school board.”</li> </ul>	

E10 (E98)	Update Frequency	NA	Not Applicable—use this if E8=0 (E96)
		NS	Not Specified—use this if E8=1 or 2 (E96) but frequency not specified
		<p>Fill in the Blank: How often is the policy scheduled to be reviewed for changes/updates?</p> <p>Notes on this item: -Give credit for recommended revisions that have specific frequency. -No credit if meet annually to review implementation -No credit for assessing compliance</p> <p><b>Examples:</b></p>	
		Annual	<ul style="list-style-type: none"> <li>“The HR Director is responsible for implementation of the wellness policy and will recommend policy changes as necessary. The wellness program coordinators will meet <u>annually</u>, or as necessary, to review Missouri Eat Smart Guidelines.”</li> <li>“An ongoing school health advisory council will review the wellness policies on a <u>yearly</u> basis. They will make suggestions to the board for approval changes to policies.”</li> </ul>
	Biannual	<ul style="list-style-type: none"> <li>“The committee will meet <u>2 times a year</u> to review the policy. This will include assessing the school using the Healthy School Index.”</li> </ul>	
	Triennial	<ul style="list-style-type: none"> <li>“The district will conduct an assessment of the school’s existing nutrition and physical activity policies. Assessments will be repeated <u>every three years</u> to help review policy compliance, assess progress, and determine areas in need of improvement.”</li> </ul>	

## Section 9. Evaluation (continued)

E11 (E99)	Evaluation/implementation Review Frequency	NA	Not applicable—use this if E5=0 (E93)
		NS	Not specified—use this if E5=1 or 2 (E93) but frequency not specified
		<p>Fill in the blank: How often is a review/assessment/evaluation of implementation/compliance scheduled to occur?</p> <p><b>Examples:</b></p> <p>Biannual</p> <ul style="list-style-type: none"> <li>“The committee will meet <u>2 times a year</u> to review the policy. This will include assessing the school using the Healthy School Index.”</li> <li>“Assessments can be repeated <u>at least every 3 years</u> to help review policy compliance, assess progress, and determine areas of improvement. The district will, as necessary, review the Local Wellness Policy and develop work plans to facilitate its implementation.”</li> </ul> <p>Triennial</p> <ul style="list-style-type: none"> <li>“The district will conduct an assessment of the school's existing nutrition and physical activity policies. Assessments will be repeated every <u>three years</u> to help review policy compliance, assess progress, and determine areas in need of improvement.”</li> </ul>	
E12 (E100)	Requires district to report to the state	0	Does not address district reporting to the state
		1	<p>Encourages district to report to the state OR requires reporting to the state but does not specify what they are to report on</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“...require that goals and objectives for nutrition and PA be incorporated into the annual school planning and reporting process.”</li> </ul>
		2	<p>Requires district to report to the state with a copy of the policy, implementation progress, compliance, evaluation results, etc.</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Each school district shall submit to the DOE a copy of its school wellness policy. Each school district shall annually review its wellness policy...and provide a procedure for public input and revisions. Each school district shall send an updated copy of its wellness policy to the Dept. when a change or revision is made.”</li> <li>“Each local school administrative unit shall collect baseline data at the individual school level and report the baseline data to the Dept. of Public Instruction for Analysis. At minimum, the baseline data will include: minutes of PE, number of PE classes/week, BMI...”</li> <li>“Each school year, a school district board shall determine whether the school district is in compliance w/ the standards required by law [for food and beverages sold in school] and report the results of that determination to the DOE.”</li> </ul>
E13 (E101)	TA to district/LEA for wellness policy implementation  *state level coding	0	Not mentioned
		1	<p>Encourages the state DOE to post on its website resources and other materials to facilitate development and implementation of school policy requirements</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“The state DOE shall employ a health and PE coordinator who shall be responsible...to provide TA to public schools and school systems as needed.”</li> </ul>
		2	<p>Requires the state DOE to post on its website resources and other materials to facilitate development and implementation of school policy requirements</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The [state] Nutrition and Physical Activity Advisory Committee will assist in the development of local policies...including, but not limited to the following...Assist with implementation of nutrition and physical activity standard development by the Committee..., integrate nutrition and PA into the overall curriculum.”</li> <li>“The DOE and Dept. of Workforce Education will provide TA in helping schools integrate health education curricula that will include the nutrition components.”</li> </ul>



## Section 9. Evaluation (continued)

E14	Monitor schools/LEA for compliance with state requirements  *state level coding	0	Not mentioned
		1	Vague and/or suggested  <b>Example:</b> <ul style="list-style-type: none"> <li>“The DOE may monitor whether school districts are in compliance with the standards required by law [standards for food and beverages sold in school].”</li> </ul>
		2	Requires state to monitor schools/LEA for compliance with state requirements  <b>Examples:</b> <ul style="list-style-type: none"> <li>“The statewide Health Advisory Council’s responsibilities will include monitoring and evaluating current PE and PA programs...”</li> <li>“All complaints received by state regarding competitive foods violations, regardless of source, will be forwarded to the local school food service supervisor for initial investigations.”</li> <li>“The PA coordinator shall present a state physical activity plan each year to the Governor’s Commission on Physical Fitness and Sports...”</li> <li>“Each sponsor’s implementation of the Free and Reduced Price Policy and the Model School Nutrition Policy shall be reviewed and evaluated by the Division on a continuing basis.”</li> </ul>
E15	Penalties for district failure to comply  *state level coding	0	Not mentioned
		1	Vague and/or suggested  <b>Example:</b> <ul style="list-style-type: none"> <li>“Federal and State child nutrition program funds <u>may</u> be withheld and/or fiscal action taken against sponsors found not in compliance w/ applicable Federal regulations and the Department’s Model School Nutrition Policy.”</li> </ul>
		2	Requires penalties for district failure to comply with state requirements  <b>Example:</b> <ul style="list-style-type: none"> <li>“Any public school that violates min. nutritional standards for foods sold outside school lunch programs shall be subject to a penalty to be assessed by the commissioner of education.”</li> </ul>
E16	Corrective action plan for schools/LEA for non-compliance  *state level coding	0	Not mentioned
		1	Vague and/or suggested
		2	Requires a corrective action plan for schools/LEA for non-compliance with state requirements  <b>Example:</b> <ul style="list-style-type: none"> <li>“A School district that the Superintendent finds to be noncompliant with the mandatory provisions of this article [Pupil Nutrition, Health, and Achievement Act] shall adopt and provide to the Sup., a corrective action plan that sets forth the actions taken by the school district...”</li> </ul>
E17	State evaluation and reporting required  *state level coding	0	Not mentioned
		1	Vague and/or suggested
		2	Requires state evaluation and reporting by schools/LEA  <b>Examples:</b> <ul style="list-style-type: none"> <li>“The Department...shall annually report on progress in implementing the nutrition and PE standards to the ...[state legislature].”</li> <li>“The [state] taskforce shall report its evaluation of the effectiveness of school wellness policies to the General Assembly and the Governor...”</li> <li>“The DOE shall submit a written report to the Senate and House committees on education...regarding the status of health and physical education in the public elementary and secondary schools in the state, including findings and recommendations.”</li> </ul>

## UIC WELLNESS POLICY CODING TOOL APPENDIX

This appendix provides specific examples of wellness policy language included in model policies and actual district policies along with the corresponding coding clarifications. Following the coding examples are a series of decision rules to accompany the codebook.

Item/Question	Answer
How do you code header language? (2/28/08)	If a <b>provision of interest is in the header</b> (e.g., Daily Recess; Nutritional Guidelines for All F&B Sold or Served During the School Day) we are going to give them the benefit of the doubt and count it because of their intent. However, if the text of the policy that is below the provisions varies from the header or weakens the header, code based on the text.
How do you code goal language?	<p>If the entire policy is a set of goals such as the following, code everything as a “goal” and not a requirement, assign a “1” where appropriate:</p> <ul style="list-style-type: none"> <li>• The wellness policy goals for XYZ district are: <ul style="list-style-type: none"> <li>○ To provide nutrition education...</li> <li>○ To offer low-fat foods at school meals</li> <li>○ To participate in the School Breakfast program</li> <li>○ To minimize the amount of sugar, fat, sodium in competitive food sales, etc.</li> </ul> </li> </ul> <p>If the entire policy is specified as a goal and then specifies what will be done/required, assign a “2” as appropriate (see the following example language):</p> <ul style="list-style-type: none"> <li>• The overall goal for NE for XYZ school district is to promote the integration of NE into all curriculum areas. We will: <ul style="list-style-type: none"> <li>○ Integrate NE throughout the curriculum</li> <li>○ Provide NE for all grade levels, etc.</li> </ul> </li> </ul> <p>If the policy has the word “Goals” at the top but then follows typical wellness language that is not considered goal language, code as appropriate (either “1” or “2”). For example:</p> <p><b>GOALS:</b> Nutrition education. The XYZ schools aim to teach....Staff members shall teach healthy living skills as part of the regular instructional program...</p> <p>The district shall adopt and implement a comprehensive standards-based health and fitness curriculum...All students in PK-12 will receive regular PE....</p> <p>If the policy provides “Guidelines” and then provides additional “Goals,” code the guidelines as the requirements (i.e., level 2, as appropriate) and the goals as non-requirements (i.e., level 1 as appropriate).</p>
How and when do we code for cross-referenced documents included in the wellness policy?	<p>We only need to code the cross-referenced non-state law documents (e.g., curricula frameworks, Action For Healthy Kids, etc.) if the document is specifically mentioned within the policy as a document that the district is following/should follow for X,Y, Z. For example:</p> <ul style="list-style-type: none"> <li>• School district A encourages the sale of healthy food choices. To this end, all schools in the district must follow the state Action for Healthy Kids guidelines for the sale of competitive foods. In this case, you would incorporate the state Action for Healthy Kids competitive food guidelines into your coding for the district. (See below for specific guidance on coding a cross-referenced document that contains recommendation/“should” language.)</li> </ul> <p>You do NOT have to code for cross-referenced documents that are simply listed as cross-references at the end of the policy. For example:</p> <ul style="list-style-type: none"> <li>• CROSS-REF: <ul style="list-style-type: none"> <li>○ State X Model Wellness Policy</li> <li>○ State X School Board Association Competitive Food Guidelines</li> </ul> </li> </ul> <p><i>Unless these cross-referenced items are specifically mentioned in the policy as something that the district is following/should follow, then they do not need to be coded for the given district.</i></p>
How do you code cross-referenced documents that contain recommendations/provisions that “should” be followed?	<p>If the wellness policy states that District XYZ follows/adheres to/will follow (etc.) [MODEL/ ORGANIZATION NAME ABC]’s nutrition guidelines..and the nutrition guidelines are written as “may” or “should,” count as a “1” because the district is requiring that “weak” model policy be followed (i.e., that contains “should” or “encourage” type language). Typical language may read as follows:</p> <ul style="list-style-type: none"> <li>• “The food service program will comply with current USDA and state Action for Healthy Kids guidelines” for all foods sold/served on campus” (The state AFHK language is full of “should” statements.”</li> </ul>
How do you code language that “strives to meet” weak state policy?	If the policy indicates that the district will “strive to/aim to/goal is to” meet state law that is weak (i.e., a “1” or “0”), then assign a “0” for the district on that item. (upd. 8/19/08)

Item/Question	Answer
<p>How do you code NG items for a policy that simply sets “goals” for developing nutrition guidelines for competitive foods (including or such as) vending machines, school stores, a la carte, etc.?</p>	<p>If the policy simply states that is the “goal” of the district to develop guidelines for competitive foods...including/such as, vending machines, a la carte, etc...and no other language is included, <u>ONLY</u> code NG17=1 (NG23=1); do not code any other NG item for this language.</p>
<p>How to code NGs when only a la carte is allowed (and specific guidelines for a la carte are defined) and all other competitive foods are banned (i.e., vending, school stores). *typically this language is seen at the ES level</p>	<p>Example:</p> <p>“An ES may not serve competitive foods to students on school premises throughout the SD until the end of the last scheduled class. This does not pertain to food items made available by the food service department .” (in this case, includes a la carte, and they have specific guidelines for a la carte)</p> <p>NG1=2 (NG23)  NG2=1 (NG23b)  NG10=4 (vending ban) (NG24)  NG11=4 (school store ban) (NG25)  NG12=2 (NG26) (code as appropriate, according to the strength of the a la carte guidelines)  All other NGs will be coded “1” or “2” as appropriate, depending on the strength of the a la carte guidelines.</p>
<p>How to code school year variance, when mentions nutrition guidelines will be implemented by a specific date.</p>	<p>For example:</p> <p>“By Sept 1, 2007 <u>ONLY</u> milk, water and 100% juice may be sold on school grounds.”  This wellness policy was adopted Sept 18, 2006, so it is suggestive that these guidelines <u>should</u> be implemented within the 2006-2007 school year and <u>will</u> be implemented by the 2007-2008 school year. Thus, code NG22 (NG42), NG24 (NG45), NG25 (NG46), NG29 (NG50)=1 for 2006-2007 (and code NG22, 24, 25, 29=2 for 2007-2008)</p>

Item/Question	Answer
<p><b>How do you code NG2 (NG23b) and other NG items for CSPI model/like and NANA model/like language?</b></p>	<ul style="list-style-type: none"> <li>• <b>CSPI-like Model:</b> Elementary Schools. The school food service program will approve and provide all food and beverage sales to students in the elementary grades. Given young children's limited nutrition skills, food in elementary grades <u>will</u> be sold as balanced meals. If available, foods and beverages sold individually <u>will be limited to</u> low-fat, and non-fat milk, fruits, and non-fried vegetables. <ul style="list-style-type: none"> <li>○ <b>If this were the <u>only</u> language for ES for this district for the NG items, you would also code as follows:</b> <ul style="list-style-type: none"> <li>▪ NG1=2 (NG23)</li> <li>▪ NG2=2 (NG23b)</li> <li>▪ NG6=2 (NG38)</li> <li>▪ NG10-12=4 (NG24-26)</li> <li>▪ NG16=4 (NG33)</li> <li>▪ NG17=4</li> <li>▪ NG18=4 (NG34)</li> <li>▪ NG19=4</li> <li>▪ NG20=4 (NG35)</li> <li>▪ NG22=4 (NG42)</li> <li>▪ NG24=4 (NG45)</li> <li>▪ NG25=4 (NG46)</li> <li>▪ NG27=4 (NG48)</li> <li>▪ NG29=4 (NG50)</li> </ul> </li> </ul> </li> <li>• <b>CSPI/NANA Model:</b> Elementary Schools. The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools <u>should</u> be sold as balanced meals. If available, foods and beverages sold individually <u>should be limited to</u> low-fat and non-fat milk, fruits, and non-fried vegetables. <ul style="list-style-type: none"> <li>○ <b>If this were the <u>only</u> language for ES for this district for the NG items, you would also code as follows:</b> <ul style="list-style-type: none"> <li>▪ NG1=1 (NG23)</li> <li>▪ NG2=1 (NG23b)</li> <li>▪ NG6=1 (NG38)</li> <li>▪ NG10-12=1 (NG24-26)</li> <li>▪ NG16=1 (NG33)</li> <li>▪ NG17=1</li> <li>▪ NG18=1 (NG34)</li> <li>▪ NG19=1</li> <li>▪ NG20=1 (NG35)</li> <li>▪ NG22=1 (NG42)</li> <li>▪ NG24=1 (NG45)</li> <li>▪ NG25=1 (NG46)</li> <li>▪ NG27=1 (NG48)</li> <li>▪ NG29=1 (NG50)</li> </ul> </li> <li>○ <b>The difference here is the “should” language rather than the “will” language above.</b></li> </ul> </li> </ul> <p><b>NOTE TO CODERS:</b> <i>Be very careful when coding following the CSPI/NANA models. We have seen several “slightly” revised versions of the language that could have coding implications. Also, the distinction between the two examples is entirely the “will” vs. “should.” We felt that even for NG1(NG23), the distinction was enough to warrant a differential coding for the two scenarios. (upd. 8/19/08)</i></p>
<p><b>Please clarify the distinction between PE1 (PE52a) and PE2 (PE52).</b></p>	<p>PE1 (PE52a) was created by UIC to capture situations where the district mentions that they have some type of PE but the language included in the policy is not enough to warrant any coding on any of the PE variables. PE1 (PE52a), therefore, was created as a dummy variable to capture the presence/absence of any PE component. PE2 (PE52) captures information specifically on PE curriculum requirements.</p>

Item/Question	Answer
<p><b>Why do we downgrade for “when possible” or “where appropriate” for PA4 (PA72) but <u>not</u> for NE5 (NE6)?</b></p>	<p><b>CONCEPTUALLY:</b></p> <ul style="list-style-type: none"> <li>• NE5 (NE6) is an item that is DIRECTLY measuring the incorporation of nutrition education into other subjects, PA4 (PA72) is an item examining the opportunities for PA outside of PE during the school day <ul style="list-style-type: none"> <li>○ PA4 (PA72) language such as “classrooms shall incorporate short breaks that include physical movement, when possible,” is just one component of a broader concept being evaluated and should be coded as a “1”</li> <li>○ NE5 (NE6) language such as, “nutrition education will be integrated into the broader curriculum, where appropriate,” is directly addressing what the item is referencing and should be coded as a “2”</li> </ul> </li> <li>• <b>Bottom line:</b> The students may or may not be experiencing PA breaks in the classroom during the school day based on the above language, BUT NE is definitely being offered in classes other than health/nutrition, it is not clear which courses the NE is being integrated or which classes within the course that NE is being addressed (which is not necessary for a “2” coding).</li> </ul> <p><b>LITERALLY:</b></p> <ul style="list-style-type: none"> <li>• NE can only easily/appropriately be integrated into the curriculum where it fits (i.e., Basic Math or Science) and does not easily fit into other topics (i.e., English, French, Geometry)...also NE will not be the topic addressed in each lesson of a course b/c otherwise it would be a nutrition course and NOT a Science course...so the language above fits with what NE5 (NE6) is addressing...stating that NE will be incorporated into other courses BUT only the ones that it fits into appropriately OR NE will be addressed in other classes (e.g., science) BUT NE will be incorporated only in appropriate science lessons.</li> <li>• PA can be incorporated into every classroom...so it is possible to provide it in all classes therefore stating that it will only be incorporated “when possible” weakens the overall statement...and does not DEFINITELY indicate the PA is being offered in classes OR during the school day outside of PE...</li> </ul>
<p><b>Clarification on E3 (CP90) coding where E3=2</b></p> <p><b>(See below for E3=1 (CP90) language)</b></p>	<p><b>The following language, in its entirety (i.e., the sum of the parts), would warrant a level 2 code for E3 because of the “package” of language and the fact that it mentions “periodic.” You do <u>not</u> have to have specific time periods mentioned to code “2” for E3 (CP90).</b></p> <p><b>GUIDELINES WELLNESS COMMITTEE</b></p> <p>The Board shall appoint a Wellness Committee comprised of at least one (1) of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, member of the public, teacher, school nurse, school counselor, physical education teacher or coach, health professional, representative of community organization, and any other individuals chosen by the Board.</p> <p>The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with law to recommend to the Board for adoption.</p> <p>The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.</p> <p>The Wellness Committee may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.</p> <p>The Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.</p> <p><b>An additional example of E3=2 (CP90) language that is suggestive of an ongoing council (From NANA):</b></p> <p>“The school district and/or individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)”</p>

Item/Question	Answer
<p><b>Clarification on E3 (CP90) coding where E3=1</b></p> <p><b>(See prior example for E3=2 (CP90) language)</b></p>	<p><b>The following language (obtained from the PBSA template dated 9/07) would be coded as a 1 for E3 (CP90) because the whole section is “may” be established (even though the Council is to provide periodic reports):</b></p> <p>Advisory Health Council</p> <ul style="list-style-type: none"> <li>• An Advisory Health Council may be established by the Superintendent to study student health issues and to assist in organizing follow-up programs.</li> <li>• The Advisory Health Committee may examine related research, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues.</li> <li>• The Advisory Health Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.</li> <li>• The Advisory Health Council may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.</li> <li>• The Advisory Health Council shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.</li> <li>• Individuals who conduct student medical and dental examinations shall submit to the Advisory Health Council annual reports and later reports on the remedial work accomplished during the year.</li> </ul>
<p><b>How do you code Fitnessgram and Fitnessgram-like language (i.e., body composition, height/weight, etc.) for PE16 (PE68) and E4 (PE68a)?</b></p>	<p>"The fitnessgram <b>shall</b> be used to assess student health and fitness." → Code: PE16 (PE68)=1, E4 (PE68a)=2</p> <p>"The fitnessgram <b>shall</b> be used to assess student health. Results will be reported to parents." → Code: PE16 (PE68)=2, E4 (PE68a)=3</p> <p>"The fitnessgram shall be used in grades 4-10 to assess student health. Students will be notified of their results." → Code: PE16ES=1 16MS=2 16HS=1 E4ES=1 5E4MS=2 E4HS=1</p> <p><i>For examples using body composition or height/weight, just trade out Fitnessgram and replace it with body composition or height/weight in the above examples.</i></p> <p><b>Fitnessgram's relation with body composition is below, taken directly from the Fitnessgram website. The assessment items are as follows:</b></p> <p><b>Aerobic Capacity</b></p> <ul style="list-style-type: none"> <li>• PACER test</li> <li>• One-mile run/walk</li> <li>• Walk test (ages 13 or greater)</li> </ul> <p><b>Body Composition</b> (may select one option)</p> <ul style="list-style-type: none"> <li>• Percent body fat (calculated from triceps and calf skinfolds)</li> <li>• Body mass index (calculated from height and weight)</li> </ul> <p><b>Muscular Strength, Endurance, and Flexibility</b></p> <ul style="list-style-type: none"> <li>• Abdominal strength and endurance (curl-up)</li> <li>• Trunk extensor strength and endurance (trunk lift)</li> <li>• Upper body strength and endurance (choose from push-up, modified pull-up, and flexed arm hang)</li> <li>• Flexibility (choose from back-saver sit-and-reach and shoulder stretch)</li> </ul>

New Variable	Old Variable	Label	ES				MS				HS				SY VAR	State +Dist	State Only	Notes
			0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE1	NE1	FW: goals for NE	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE2	NE2	Nutrition curriculum each grade	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE3		School Gardens	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE4	NE5	NE training for teachers	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE5	NE6	NE integrated into other subjects	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE6	NE7	NE teaches behavior focused skills	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE7	NE8	Number of NE courses or hours	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE7a		Amount of NE courses/hours/credits				-8				-8				-8				
US1	US10	FW: guidelines not less restrictive	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US2	US11	School Breakfast Program (USDA)	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US3	US13	Guidelines beyond USDA Diet Gdln minimum	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US4	US14	Low-fat versions/methods	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US5	US15	Strategies to increase participation	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US5a	US15a	Closed campus	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US6		Recess before lunch	0	1	2	-8												
US7	US17	Adequate time to eat	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US7a		Minutes of breakfast				day / wk -8				day / wk -8				day / wk -8				
US7b		Minutes of lunch				day / wk -8				day / wk -8				day / wk -8				
US8	US20	Training for food service staff	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US9	US22	Nutrition information	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US10	NG38a	Farm-to-school	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US11		Fat content of milk	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US12		Half of grains are whole grains	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US13		Specifies number of fruits/vegetables	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG1	NG23	FW: NG for ALL foods at school	0	1	2	-8	0	1	2	-8	0	1	2	-8				
						SD				SD				SD				
NG2	NG23b	Competitive food ban/cannot be sold	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG3	NG23c	Contracts must/should comply with NG	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG4		Bans fast food on campus	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG5		Meets IOM F&V and/or whole grain std	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG6	NG38	Whole, unprocessed, & fresh food	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG7	NG40	Food as a reward or punishment	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG8	NG41	Nutrition info for other foods	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG9	NG51	Free drinking water	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE1	PE52a	Goals for PE	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE2	PE52	PE curriculum for each grade	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE3	PE53	Time/week of PE for elementary	0	1	2	-8												
PE3a		minutes of PE for elementary				day / wk -8												
PE3b		days/week of PE for elementary				-8												
PE4	PE54	Time/week of PE for middle					0	1	2	-8								
PE4a		minutes of PE for middle								day / wk -8								
PE4b		days/week of PE for middle								-8								
PE5	PE55	Time/week of PE for high school									0	1	2	-8				
PE5a		minutes of PE for high school												day / wk -8				
PE5b		days/week of PE for high school												-8				
PE6	PE56	Physically active lifestyle	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE7	PE57	Competency assessment	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE8	PE60	Addresses PE classes or credits									0	1	2	-8				
PE8a		Amount of PE courses/hours/credits												-8				
PE9	PE61	Frequency of required PE	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE10	PE62	Teacher-student ratio for PE	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE11	PE63	Safe/adequate equipment/facilities	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE12	PE64	Moderate to vigorous activity	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE12a		Percent or amount of time for MVPA				-8				-8				-8				
PE13	PE65	Qualifications for PE instructors	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE14	PE66	PE training for teachers	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE15	PE67	PE waiver requirements	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE16	PE68	Annual health assessment	0	1	2	-8	0	1	2	-8	0	1	2	-8				

New Variable	Old Variable	Label	ES				MS				HS				SY VAR	State +Dist	State Only	Notes
			0	1	2	-8	0	1	2	-8	0	1	2	-8				
PA1	PA69	FW: goals for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PA2	PA70	PA for every grade level	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PA3		Amount of time for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PA3a		Minutes of PA	day / wk				day / wk				day / wk							
PA3b		Definition of PA	PE: y / n n/a				PE: y / n n/a				PE: y / n n/a							
PA3c		Definition of PA includes recess	Recess: y / n n/a															
PA4	PA72	PA throughout the day	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PA5	PA74	Community use facilities for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PA6	PA75	Safe active routes to school	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PA7	PA76	Not using PA as punishment	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PA8	PA77	Recess freq or amt for elementary (daily)	0	1	2	-8												
PA9		Recess freq (less than daily) for elementary	0	1	2	-8												
PA8a		Minutes for recess for elementary	day / wk															
ST1	PA71	PA for school staff	0	1	2	-8	0	1	2	-8	0	1	2	-8				
ST2	CP80	Staff wellness programs	0	1	2	-8	0	1	2	-8	0	1	2	-8				
ST3	CP82	Staff to role model	0	1	2	-8	0	1	2	-8	0	1	2	-8				
CP1	CP79	FW: Stakeholders involved in development of wellness policy	0	1	2	-8	0	1	2	-8	0	1	2	-8				
CP2	CP85	Methods to solicit input	0	1	2	-8	0	1	2	-8	0	1	2	-8				
CP3	CP86	How to engage parents/community	0	1	2	-8	0	1	2	-8	0	1	2	-8				
MP1	CP84	Coordinated School Health Model	0	1	2	-8	0	1	2	-8	0	1	2	-8				
MP2	CP88	Marketing healthy choices	0	1	2	-8	0	1	2	-8	0	1	2	-8				
MP3	CP89	Restricted marketing	0	1	2	-8	0	1	2	-8	0	1	2	-8				
E1	E91	FW: Measuring implementation	0	1	2	-8	0	1	2	-8	0	1	2	-8				
E2	E92	Plan for implementation	0	1	2	-8	0	1	2	-8	0	1	2	-8				
E3	CP90	Ongoing health advisory committee	0	1	2	-8	0	1	2	-8	0	1	2	-8				
E4	PE68a	BMI	0	1	2	3	-8	0	1	2	3	-8	0	1	2	3	-8	
E5	E93	Plan for evaluation	0	1	2	-8	0	1	2	-8	0	1	2	-8				
E6	E94	Audience and frequency of a report	0	1	2	-8	0	1	2	-8	0	1	2	-8				
E7	E95	Funding support	0	1	2	-8	0	1	2	-8	0	1	2	-8				
E8	E96	Plan for revising the policy	0	1	2	-8	0	1	2	-8	0	1	2	-8				
E9	E97	Reporting frequency (fill in blank) -- NOT grade spec.																
E10	E98	Update frequency (fill in blank)--NOT grade specific																
E11	E99	Implementation review (fill in the blank) NOT grade sp																
E12	E100	Requires district to report to the state	0	1	2	-8	0	1	2	-8	0	1	2	-8				

DE Initials:      DE Date:      QA Initials:      QA Date:



New Variable	Old Variable	Label	ES							MS							HS							SY VAR	State +Dist	State Only	Notes/Citation Information
			0	1	2	3	4	-8	SD	0	1	2	3	4	-8	SD	0	1	2	3	4	-8	SD				
NG10	NG24	Vending machines	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8					
NG16vm	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG17vm		Limits candy	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8					
NG18vm	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG19vm		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG20vm	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG21vm	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG22vm	NG42	Sugar content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8					
NG23vm	NG44	Calorie content of beverages	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8					
NG24vm	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG25vm	NG46	Beverages other than soda	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8					
NG26vm	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG27vm	NG48	Fat content of milk	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8					
NG28vm	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG29vm	NG50	Caffeine content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8					
NG11	NG25	School Stores	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8					
NG16ss	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG17ss		Limits candy	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8					
NG18ss	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG19ss		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG20ss	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG21ss	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG22ss	NG42	Sugar content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8					
NG23ss	NG44	Calorie content of beverages	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8					
NG24ss	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG25ss	NG46	Beverages other than soda	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8					
NG26ss	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG27ss	NG48	Fat content of milk	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8					
NG28ss	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG29ss	NG50	Caffeine content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8					
NG12	NG26	A la carte	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8					
NG16al	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG17al		Limits candy	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8					
NG18al	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG19al		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG20al	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG21al	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG22al	NG42	Sugar content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8					
NG23al	NG44	Calorie content of beverages	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8					
NG24al	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG25al	NG46	Beverages other than soda	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8					
NG26al	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG27al	NG48	Fat content of milk	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8					
NG28al	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG29al	NG50	Caffeine content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8					

New Variable	Old Variable	Label	ES							SD	MS							SD	HS							SD	SY VAR	State +Dist	State Only	Notes/Citation Information	
			0	1	2	3	4	-8			0	1	2	3	4	-8			0	1	2	3	4	-8							
NG13	NG27	<b>Class Parties</b>	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8									
NG16cp	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8									
NG17cp		Limits candy	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8									
NG18cp	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8									
NG19cp		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8									
NG20cp	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8									
NG21cp	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8									
NG22cp	NG42	Sugar content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8									
NG23cp	NG44	Calorie content of beverages	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8									
NG24cp	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8									
NG25cp	NG46	Beverages other than soda	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8									
NG26cp	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8									
NG27cp	NG48	Fat content of milk	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8									
NG28cp	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8									
NG29cp	NG50	Caffeine content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8									
NG14	NG31	<b>Evening/community events</b>	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8									
NG16ev	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8									
NG17ev		Limits candy	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8									
NG18ev	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8									
NG19ev		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8									
NG20ev	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8									
NG21ev	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8									
NG22ev	NG42	Sugar content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8									
NG23ev	NG44	Calorie content of beverages	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8									
NG24ev	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8									
NG25ev	NG46	Beverages other than soda	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8									
NG26ev	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8									
NG27ev	NG48	Fat content of milk	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8									
NG28ev	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8									
NG29ev	NG50	Caffeine content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8									
NG15	NG32	<b>Food sold for fundraising</b>	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8									
NG16fr	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8									
NG17fr		Limits candy	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8									
NG18fr	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8									
NG19fr		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8									
NG20fr	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8									
NG21fr	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8									
NG22fr	NG42	Sugar content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8									
NG23fr	NG44	Calorie content of beverages	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8									
NG24fr	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8									
NG25fr	NG46	Beverages other than soda	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8									
NG26fr	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8									
NG27fr	NG48	Fat content of milk	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8									
NG28fr	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8									
NG29fr	NG50	Caffeine content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8									

New Variable	Old Variable	Label	ES				MS				HS				SY VAR	Notes
			0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE1	NE1	FW: goals for NE	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE2	NE2	Nutrition curriculum each grade	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE3		School Gardens	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE4	NE5	NE training for teachers	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE5	NE6	NE integrated into other subjects	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE6	NE7	NE teaches behavior focused skills	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE7	NE8	Number of NE courses or hours	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE7a		Amount of NE courses/hours/credits				-8				-8				-8		
US1	US10	FW: guidelines not less restrictive	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US2	US11	School Breakfast Program (USDA)	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US3	US13	Guidelines beyond USDA Diet Gdln minimum	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US4	US14	Low-fat versions/methods	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US5	US15	Strategies to increase participation	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US5a	US15a	Closed campus	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US6		Recess before lunch	0	1	2	-8										
US7	US17	Adequate time to eat	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US7a		Minutes of breakfast				day / wk				day / wk				day / wk		
US7b		Minutes of lunch				day / wk				day / wk				day / wk		
US8	US20	Training for food service staff	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US9	US22	Nutrition information	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US10	NG38a	Farm-to-school	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US11		Fat content of milk	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US12		Half of grains are whole grains	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US13		Specifies number of fruits/vegetables	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG1	NG23	FW: NG for ALL foods at school	0	1	2	-8	0	1	2	-8	0	1	2	-8		
						SD				SD				SD		
NG2	NG23b	Competitive food ban/cannot be sold	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG3	NG23c	Contracts must/should comply with NG	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG4		Bans fast food on campus	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG5		Meets IOM F&V and/or whole grain std	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG6	NG38	Whole, unprocessed, & fresh food	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG7	NG40	Food as a reward or punishment	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG8	NG41	Nutrition info for other foods	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG9	NG51	Free drinking water	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE1	PE52a	Goals for PE	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE2	PE52	PE curriculum for each grade	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE3	PE53	Time/week of PE for elementary	0	1	2	-8										
PE3a		minutes of PE for elementary				day / wk										
PE3b		days/week of PE for elementary														
PE4	PE54	Time/week of PE for middle					0	1	2	-8						
PE4a		minutes of PE for middle								day / wk						
PE4b		days/week of PE for middle														
PE5	PE55	Time/week of PE for high school									0	1	2	-8		
PE5a		minutes of PE for high school												day / wk		
PE5b		days/week of PE for high school														
PE6	PE56	Physically active lifestyle	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE7	PE57	Competency assessment	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE8	PE60	Addresses PE classes or credits									0	1	2	-8		
PE8a		Amount of PE courses/hours/credits														
PE9	PE61	Frequency of required PE	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE9a		daily PE waiver (state only)	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE10	PE62	Teacher-student ratio for PE	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE11	PE63	Safe/adequate equipment/facilities	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE12	PE64	Moderate to vigorous activity	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE12a		Percent or amount of time for MVPA				-8				-8				-8		
PE13	PE65	Qualifications for PE instructors	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE14	PE66	PE training for teachers	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE15	PE67	PE waiver requirements	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE16	PE68	Annual health assessment	0	1	2	-8	0	1	2	-8	0	1	2	-8		

New Variable	Old Variable	Label	ES				MS				HS				SY VAR	Notes	
			0	1	2	-8	0	1	2	-8	0	1	2	-8			
PA1	PA69	FW: goals for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8			
PA2	PA70	PA for every grade level	0	1	2	-8	0	1	2	-8	0	1	2	-8			
PA3		Amount of time for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8			
PA3a		Minutes of PA	day / wk				day / wk				day / wk						
PA3b		Definition of PA	PE: y / n				PE: y / n				PE: y / n						
PA3c		Definition of PA includes recess	Recess: y / n														
PA4	PA72	PA throughout the day	0	1	2	-8	0	1	2	-8	0	1	2	-8			
PA5	PA74	Community use facilities for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8			
PA6	PA75	Safe active routes to school	0	1	2	-8	0	1	2	-8	0	1	2	-8			
PA7	PA76	Not using PA as punishment	0	1	2	-8	0	1	2	-8	0	1	2	-8			
PA8	PA77	Recess freq or amt for elementary (daily)	0	1	2	-8											
PA9		Recess freq (less than daily) for elementary	0	1	2	-8											
PA8a		Minutes for recess for elementary	day / wk														
ST1	PA71	PA for school staff	0	1	2	-8	0	1	2	-8	0	1	2	-8			
ST2	CP80	Staff wellness programs	0	1	2	-8	0	1	2	-8	0	1	2	-8			
ST3	CP82	Staff to role model	0	1	2	-8	0	1	2	-8	0	1	2	-8			
CP1	CP79	FW: Stakeholders involved in development of wellness policy	0	1	2	-8	0	1	2	-8	0	1	2	-8			
CP2	CP85	Methods to solicit input	0	1	2	-8	0	1	2	-8	0	1	2	-8			
CP3	CP86	How to engage parents/community	0	1	2	-8	0	1	2	-8	0	1	2	-8			
MP1	CP84	Coordinated School Health Model	0	1	2	-8	0	1	2	-8	0	1	2	-8			
MP2	CP88	Marketing healthy choices	0	1	2	-8	0	1	2	-8	0	1	2	-8			
MP3	CP89	Restricted marketing	0	1	2	-8	0	1	2	-8	0	1	2	-8			
E1	E91	FW: Measuring implementation	0	1	2	-8	0	1	2	-8	0	1	2	-8			
E2	E92	Plan for implementation	0	1	2	-8	0	1	2	-8	0	1	2	-8			
E3	CP90	Ongoing health advisory committee	0	1	2	-8	0	1	2	-8	0	1	2	-8			
E4	PE68a	BMI	0	1	2	3	-8	0	1	2	3	-8	0	1	2	3	-8
E5	E93	Plan for evaluation	0	1	2	-8	0	1	2	-8	0	1	2	-8			
E6	E94	Audience and frequency of a report	0	1	2	-8	0	1	2	-8	0	1	2	-8			
E7	E95	Funding support	0	1	2	-8	0	1	2	-8	0	1	2	-8			
E8	E96	Plan for revising the policy	0	1	2	-8	0	1	2	-8	0	1	2	-8			
E9	E97	Reporting frequency (fill in blank) -- NOT grade spec.															
E10	E98	Update frequency (fill in blank)--NOT grade specific															
E11	E99	Implementation review (fill in the blank) NOT grade sp															
E12	E100	Requires district to report to the state	0	1	2	-8	0	1	2	-8	0	1	2	-8			
E13	E101	TA to district/LEA for wellness policy implementation	0	1	2	-8	0	1	2	-8	0	1	2	-8			
E14	E102	Monitor schools/LEA for compliance with state reqs.	0	1	2	-8	0	1	2	-8	0	1	2	-8			
E15	E103	Penalties for district failure to comply	0	1	2	-8	0	1	2	-8	0	1	2	-8			
E16	E104	Corrective action plan for schools/LEA for non-compliance	0	1	2	-8	0	1	2	-8	0	1	2	-8			
E17	E105	State evaluation and reporting requirement	0	1	2	-8	0	1	2	-8	0	1	2	-8			

New Variable	Old Variable	Label	ES							MS							HS							SY VAR	Notes/Citation Information
			0	1	2	3	4	-8	SD	0	1	2	3	4	-8	SD	0	1	2	3	4	-8	SD		
NG10	NG24	Vending machines	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG16vm	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG17vm		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG18vm	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG19vm		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG20vm	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG21vm	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG22vm	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG23vm	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG24vm	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG25vm	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG26vm	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG27vm	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG28vm	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG29vm	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG11	NG25	School Stores	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG16ss	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG17ss		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG18ss	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG19ss		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG20ss	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG21ss	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG22ss	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG23ss	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG24ss	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG25ss	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG26ss	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG27ss	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG28ss	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG29ss	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG12	NG26	A la carte	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG16al	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG17al		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG18al	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG19al		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG20al	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG21al	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG22al	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG23al	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG24al	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG25al	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG26al	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG27al	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG28al	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG29al	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			

New Variable	Old Variable	Label	ES						SD	MS						SD	HS						SD	SY VAR	Notes/Citation Information
			0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
<b>NG13</b>	<b>NG27</b>	<b>Class Parties</b>	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG16cp	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG17cp		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG18cp	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG19cp		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG20cp	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG21cp	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG22cp	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG23cp	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG24cp	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG25cp	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG26cp	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG27cp	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG28cp	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG29cp	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
<b>NG14</b>	<b>NG31</b>	<b>Evening/community events</b>	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG16ev	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG17ev		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG18ev	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG19ev		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG20ev	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG21ev	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG22ev	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG23ev	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG24ev	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG25ev	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG26ev	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG27ev	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG28ev	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG29ev	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
<b>NG15</b>	<b>NG32</b>	<b>Food sold for fundraising</b>	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG16fr	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG17fr		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG18fr	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG19fr		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG20fr	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG21fr	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG22fr	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG23fr	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG24fr	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG25fr	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG26fr	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG27fr	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG28fr	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG29fr	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			



**Bridging the Gap (BTG) Program**  
**SCHOOL DISTRICT WELLNESS POLICY CODING TOOL, v.4**  
**(For Use with Coding SY 10-11 policies)**

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In 2006, all school districts participating in the National School Lunch Program and other Child Nutrition Programs, including the School Breakfast Program and the Milk Program, were required to develop a written wellness policy. The original version of this coding system was designed by a group of researchers funded by the Robert Wood Johnson Foundation Healthy Eating Research Program to evaluate these policies. This instrument was designed to be a common and reliable method for evaluating the comprehensiveness and strength of wellness policies within and across states.

**UIC Notes:**

An original version of this tool was developed by the Robert Wood Johnson Foundation Healthy Eating Research Program, Working Group 1. The working group was chaired by Marlene Schwartz (Yale Rudd Center) and included Anne Lund and Mollie Greves (Washington), Elaine McDonnell and Claudia Probart (Pennsylvania), and Anne Samuelson and Leslie Lytle (Minnesota).

For a description of the development and reliability analyses of the original tool developed by the HER working group, please see:

Schwartz M, Lund A, Grow H, et al. "A Comprehensive Coding System to Measure the Quality of School Wellness Policies." *Journal of the American Dietetic Association*, 109(7): 1256-1262, July 2009.

This tool has been adapted to incorporate decision rules being employed by UIC under the BTG program. New variables have been added, additional decision rules and a Coding Appendix are incorporated, and, in some instances, alternative coding is identified. Note that all items labeled NG in the UIC scheme corresponds to identically numbered items in the HER scheme that start with NS [with the exception of items ending with a lower-case letter (e.g., US15a, NG23b) which are unique to UIC].

For additional information on the UIC coding adaptations or for a copy of a grade-specific coding sheet, please contact Jamie Chriqui at [jchriqui@uic.edu](mailto:jchriqui@uic.edu) or 312-996-6410



## UIC Notes/Guidance

1. Also refer to specific coding examples/scenarios included in the Appendix in conjunction with this coding tool.
2. BTG is conducting grade level-specific coding; as such, separate codes are created for each variable for each grade level (ES, MS, HS). Use the UIC-created grade-level score sheet to accompany this tool.
  - a. If the **grade-level distinctions are not clear in the policy**, check the district's web site to confirm the ES/MS/HS grades, as appropriate.
3. In cases where **similar policies are coded for districts within or across states**, review the policies and final coding across districts to ensure coding consistency before completing the consensus coding process and prior to submitting the coding for data entry.
4. If multiple districts within the same state all rely on the same **model policy**, code the model first and then apply the coding as appropriate across districts.
  - a. For policies with **CSPI and NANA model**-like provisions, review the CSPI and NANA master coding and code appropriately.
    - i. **Note on CSPI coding:** You will often find nuances and variations in the district policy language so you will need to review the language in the policy and the CSPI model to capture coding nuances accordingly.
    - ii. See also the CSPI and NANA model guidance in the attached Appendix.
5. If there are multiple policies from the same district with differing provisions, give credit for the stronger weaker language.

### Version Notes:

- v. 2 (5/5/09): Updated to allow for IOM standards and competitive food ban coding in NG items. Added # minutes/credits for a number of other variables. Added trans-fat ban to NG items.
- v.2 (6/25/09): Numbering was changed for all variables; numbers in parentheses reflect original coding scheme v.1 (SY 06-07 & 07-08).
- v.3 (11/16/10): Added variables US11, US12, & US13 to address specific nutrition standards for school meals beyond USDA NSLP and SBP minimum standards.
- v.4 (8/17/11): Added Section 10, variables R1 through 16, to address posting/access to the wellness policy and reporting on various aspects of wellness.

## Coding

Scoring of wellness policies is based on the coding of ten sections, containing a total of 111 primary policy items and 16 sub-items. The sections include:

- Section 1: Nutrition Education (page 5)
- Section 2: Standards for USDA Child Nutrition Programs and School Meals (page 8)
- Section 3: Nutrition Standards for Competitive and Other Foods and Beverages (page 13)
- Section 4: Physical Education (page 32)
- Section 5: Physical Activity (page 39)
- Section 6: Staff PA/Wellness/Modeling (page 42)
- Section 7: Stakeholder involvement/feedback (page 43)
- Section 8: Messaging, Marketing, & Promotion (page 45)
- Section 9: Evaluation & Implementation (page 46)
- Section 10: Reporting (page 53)

Unless otherwise noted, each policy item is coded as “0,” “1,” or “2,” using the definitions below. This coding manual lists each item followed by an explanation of the item and examples of “1” and “2” statements.

Code		Explanation
<b>0</b>	<b>= Not Mentioned</b>	The item is not included in the text of the policy.
<b>1</b>	<b>= Weak Statement</b>	<p>Code an item as a “1” when the item is mentioned, <i>but</i></p> <ul style="list-style-type: none"> <li>• the policy will be hard to enforce because the statement is <i>vague, unclear, or confusing</i></li> <li>• statements are listed as <i>goals, aspirations, suggestions, or recommendations</i></li> <li>• there are <i>loopholes</i> in the policy that weaken enforcement of the item</li> <li>• the policy mentions a <i>future plan to act</i> without specifying when the plan will be established</li> </ul> <p>Words often used include: <b>may, can, could, should, might, encourage, suggest, urge, some, partial, make an effort, and try</b></p> <p>An exception to this would be if the district is unable to enforce action on the item, such as teachers role modeling healthy behaviors (in this case the item would be coded as a “2”).</p>
<b>2</b>	<b>= Meets / Exceeds Expectations</b>	<p>Code an item as a “2” when the item is mentioned, and it is clear that the policy makers are committed to making the item happen because</p> <ul style="list-style-type: none"> <li>• the item is described using specific language (e.g., a concept followed by concrete plans or strategies for implementation) and</li> <li>• strong language is used to indicate that action or regulation is required, including: <b>shall, will, must, have to, insist, require, all, total, comply, and enforce</b></li> </ul>

### Coding hint

One method for deciding between a “1” and a “2” is to consider the scenario of a parent approaching a school district’s board of education to discuss something happening in a school. If the policy is written such that it is not clear exactly how the school should behave regarding the issue at hand, code the item as a “1.” If the policy is written such that the parent and board of education will have no trouble deciding if the school is or is not compliant with the policy, code the item as a “2.”

**State law** may regulate items in this coding tool. State law supersedes the authority of local wellness policies. Depending on how your study is structured, you may want to code according to the strength of state law when it exceeds standards in a policy or when it mentions items not included in a policy. For example, if state law prohibits soda in schools, but the policy does not, you might consider coding as if the policy explicitly prohibits soda.

**The federal wellness policy requirements** are incorporated into the beginning of each section, as appropriate, and are labeled “Federal Wellness.” The language for these items is taken from these federal requirements (Public Law 108-265, The Child Nutrition and WIC Reauthorization Act of 2004).

## Scoring

Policies are scored to determine Comprehensiveness and Strength. Comprehensiveness reflects the proportion of item topics that are simply mentioned. Strength reflects the proportion of items that are addressed with *specific* and *directive* language.

Score*	Explanation
<b>Comprehensiveness Score by section</b>	Comprehensiveness is calculated by counting the number of primary items in each section coded as “1,” “2,” “3,” or “4,” dividing this number by the number of primary policy items in the section, and multiplying this number by 100.
<b>Strength Score by section</b>	Strength is calculated by counting the number of primary items in each section coded as “2,” “3,” or “4,” dividing this number by the number of primary policy items in the section, and multiplying this number by 100.
<b>Total Comprehensiveness</b>	Total comprehensiveness is calculated by counting the number of primary items coded as “1,” “2,” “3,” or “4,” dividing this number by the total number of policy items (92) in all nine sections, and multiplying this number by 100.
<b>Total Strength</b>	Total strength is calculated by counting the number of primary items coded as “2,” “3,” or “4,” dividing this number by the total number of policy items (92) in all nine sections, and multiplying this number by 100.

\*You may want to count NG5 and PE1 (PE52a) for both the strength and comprehensiveness scores (they are 0/1 variables).

The example below shows the calculation of sample scores for Section 1.

Section 1. Nutrition Education		Code
NE1	Includes goals for nutrition education that are designed to promote student wellness in a manner that the local education agency determines is appropriate ( <i>Federal Requirement</i> )	2
NE2	Nutrition curriculum provided for each grade level	2
NE3	School has a <u>garden</u> (fruit and/or vegetable) that students participate in	0
NE4	District provides <u>nutrition education training for teachers</u>	1
NE5	Nutrition education is <u>integrated</u> into <u>other subjects</u> beyond health education	0
NE6	Nutrition education teaches <u>skills</u> that are behavior focused, interactive, and/or participatory	1
NE7	Specifies <u>number</u> of nutrition education <u>courses</u> or <u>contact hours</u>	0
<b>Subtotal for Section 1 Nutrition Education</b>		57
<b>Comprehensiveness Score</b> <i>Count the number of primary items coded as “1” or “2” and divide this number by 7. Multiply by 100. Do not count an item if the rating is “0.”</i>		57
<b>Strength Score</b> <i>Count the number of primary items coded as “2” and divide this number by 7. Multiply by 100.</i>		29

**Comprehensiveness Score** = There are two items coded as “1” and two items coded as “2,” for a total of four items. Four divided by seven equals 0.57, multiplied by 100 for a score of 57.

**Strength Score** = There are two items coded as “2.” Two divided by seven equals 0.29, multiplied by 100 for a score of 29.

## Section 1. Nutrition Education (Note: See Appendix for additional NE-related guidance)

#	Item	Coding Guidance
NE1	Federal Wellness: Includes goals for nutrition education that are designed to promote student wellness in a manner that the local education agency determines is appropriate	<p><b>0</b></p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>No goals for nutrition education are mentioned</li> <li>Policy clearly detracts from requirement</li> </ul>
		<p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Nutrition education goal is implied</li> <li>Policy <u>only</u> repeats the language of the federal wellness requirement regarding nutrition education</li> <li>Policy only mentions “total learning environment” language and no other NE-related language included.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The district is committed to nutrition education.”</li> <li>“Includes goals for nutrition education...designed to promote student wellness in a manner that the local educational agency determines is appropriate,” (and no other NE goals are stated).</li> <li>“Nutrition policies and guidelines for reimbursable meals will not be <u>more</u> restrictive than federal and state regulations.”</li> </ul>
		<p><b>2</b></p> <p><u>Any</u> nutrition education goal statement is mentioned</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Schools should provide nutrition education and engage in nutrition promotion.”</li> </ul>
NE2	Nutrition <u>curriculum</u> provided for each <u>grade level</u>	<p><b>UIC NOTE: Health education curriculum should only be coded for this item if there is some reference to nutrition or healthy eating being a component of the curriculum/lessons/topics, etc. A wellness curriculum that does not mention nutrition/healthy eating does not count.</b></p> <p><b>0</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned.</li> <li>Integrating nutrition education into other subjects beyond health education does not qualify for a “1” or “2” for NE2.</li> <li>Solely incorporating NE consistent with the state Dept of Ed. standards.</li> <li>Mentions “standards-based NE” without mentioning curriculum/program</li> <li>Addresses a “wellness curriculum” or health education curriculum without including nutrition/healthy eating as part of the curriculum components.</li> </ul>
		<p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Describes general <u>health</u> curriculum for “K-12” or “all levels,” and/or it is unclear if each grade will receive <u>nutrition</u> education</li> <li>Addresses NE quality or number of courses/hours but not clear that each grade will receive NE.</li> <li>Standards-based NE curriculum</li> <li>Addresses “sequential NE” without mentioning curriculum or grade levels</li> <li>Addresses “sequential-based NE curriculum” without mentioning grade levels</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Enable students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.” (Not clear that NE is actually taught at each grade level.)</li> <li>“Nutrition and physical activities lessons will be designed for integration into the curriculum and the health education program.”</li> </ul>
		<p><b>2</b></p> <p>Clear that district has a <u>nutrition</u> education curriculum in each grade</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Nutrition topics shall be integrated within the comprehensive health education curriculum taught at every grade level (K-12).”</li> </ul>
NE3	School has a <u>garden</u> (fruit and/or vegetable) that students participate in (includes garden club, kitchen classroom, integration into the curriculum)	<p><b>0</b></p> <p>Not mentioned</p>
		<p><b>1</b></p> <p>Vague, suggested</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“The NE program shall include enjoyable interactive activities such as contests, taste testing, field trips, and school gardens.”</li> </ul>
		<p><b>2</b></p> <p>School garden required/definitively in place</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Each school will establish a school garden to give students the opportunity to plant, harvest, prepare, cook and eat food they have grown.”</li> </ul>

## Section 1. Nutrition Education (*continued*)

NE4	District provides <u>nutrition education training for teachers</u>	0	Not mentioned. Training on school wellness policy does not qualify for a “1” or “2”
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Type of training is vague (even if required)</li> <li>Provision of training is suggested</li> <li>Specifies only health/nutrition education teachers will receive training</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“In-service training for health education teachers is encouraged.”</i></li> <li><i>“Training opportunities for staff in the area of food nutrition is encouraged.” (Count this as long as not in the food service section of the policy. This variable is for teachers/NE teachers; not food service staff.)</i></li> </ul>
		2	<p><b>All of the following:</b></p> <ul style="list-style-type: none"> <li>Provision of training is specific to nutrition education and required</li> <li>Policy implies that a broad set of teachers will receive training (not only health education teachers)</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li><i>“Professional development training will be offered in the area of nutrition education for all interested MPS faculty and staff.” (NOTE: This is different than the coding for US8=1 because the goal in US8 is that all food service staff will have professional development whereas NE4 seeks to ensure that all staff will be provided the opportunity for professional development.)</i></li> </ul>
NE5*	Nutrition education is <u>integrated</u> into <u>other subjects</u> beyond health education  *See Coding Appendix for additional clarification	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“...will encourage teachers to integrate nutrition education into the broader curriculum.”</i></li> <li><i>“Staff shall teach, encourage, and support healthy eating by students by providing NE and engaging in nutrition promotion for all grade levels throughout the school day in a number of different instructional settings. Instruction shall be integrated and include information about nutrition, exercise, and/or healthy choices that:....”</i></li> <li><i>Instructional staff are encouraged to integrate nutritional themes into daily lessons when appropriate.”</i></li> </ul>
		2	<p>Requires that nutrition education be integrated into other subjects</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“Nutrition education will be integrated into mathematics classes.”</i></li> <li><i>“Nutrition education will be integrated into the broader curriculum, where appropriate.”</i></li> <li><i>“The wellness committee is responsible for overseeing policy implementation in the following areas...integration of nutrition into overall curriculum.”</i></li> </ul>
NE6	Nutrition education teaches <u>skills</u> that are behavior-focused, interactive, and/or participatory	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Skill-based nutrition education is suggested</li> <li>Specific skills are mentioned, but none are required</li> <li>Skill-based nutrition education is suggested outside of the NE section of the policy</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices.” (This language was included in a policy with a weak NE section; this language fell under “other school based activities.”)</i></li> <li><i>“Schools will provide NE to foster lifelong habits of healthy eating.” (Key here is “habits”—we equated lifelong habits similar to skills)</i></li> <li><i>“Students will receive NE that fosters the adoption and maintenance of healthy eating behaviors.”</i></li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Skill-based nutrition education is required</li> <li>Specific skills or activities are identified and required (e.g., media awareness or understanding calorie balance, energy expenditure, and nutrition facts labels)</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li><i>“Nutrition education will provide the knowledge and skills necessary to promote student health.”</i></li> </ul>

## Section 1. Nutrition Education (*continued*)

NE7	Specifies <u>number</u> of nutrition education <u>courses</u> or <u>contact hours</u>	0	Not mentioned
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Amount of nutrition education is vague and/or suggested</li> <li>NE is included in HE, but it is unclear how many credits/hours are for NE</li> </ul> <p><b>Example:</b> • “An appropriate number of class hours should be designated for nutrition education.”</p>
		2	<p>Number of hours or courses are specified and required</p> <p><b>Example:</b> • “...will ensure that four hours of class time will be designated for nutrition education every month.”</p>
NE7a	<p>Amount of nutrition education courses, contact hours, or credits required (Specify)</p> <p>Note: must be specific to NE (not HE)</p>	<p>Specify the amount of nutrition education courses, contact hours, or credits required for graduation. Be sure to include the quantity and the unit. (e.g., 2 courses, 1 credit, 40 hours, 2 Carnegie units)</p> <p>_____ # hours/credits or _____ units (Fill in # or units)</p> <p><b>Note: ONLY COMPLETE if NE7=2; otherwise leave it blank.</b></p>	

## Section 2. Standards for USDA Child Nutrition Programs and School Meals

**Note:** This section relates to U.S. Department of Agriculture (USDA) school meals and NOT regulations for competitive foods. If the policy specifies regulations for “all foods” at school, and it is not clear whether the statement applies to either meals or competitive foods, apply those regulations to both this section (Standards for USDA Child Nutrition Programs and School Meals) and section 3 (Nutrition Standards for Competitive and Other Foods and Beverages).

US1	Federal Wellness: Assures that guidelines for reimbursable school meals shall not be less restrictive than USDA school meal regulations	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>No mention of district meeting federal/USDA school meal regulations/standards</li> <li>Guidelines clearly detract from federal/USDA school meal regulations/standards</li> <li>Just requires meal programs to meet the 2005 Dietary Guidelines</li> </ul>
		1	<p>Policy states that district “should” or “strives” to meet federal/USDA school meal regulations/standards</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Nutritional standards for the school breakfast and lunch program are established that typically exceed state and federal standards.”</li> <li>“Nutritional standards for reimbursable school meals will not be <u>more</u> restrictive than federal and state requirements.”</li> </ul>
		2	<p>Policy requires or assures that the district meet federal/USDA school meal regulations/standards</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The district shall provide school breakfasts and lunches that meet the nutritional standards required by the USDA School Breakfast and National School Lunch Programs.”</li> <li>“The district provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than USDA meal regulations and guidance.”</li> <li>“The Food Service Program shall provide healthy food choices for students...Meals shall meet or exceed federal nutrition standards.”</li> <li>“...the district will ensure that reimbursable school meals meet the federal program requirements.”</li> <li>“All food sold or served will comply with USDA guidelines.”</li> <li>Policy states that the district regulation/procedure “SHOULD” provide an assurance that guidelines for reimbursable meals shall not be less restrictive than the USDA regulations and guidance; <u>however</u>, the regulation goes on to state that: “All food made available in the federal program to students during the school day by the Office of Food Services will comply with or exceed the current federal and state requirements.” [The combination of the two statements—policy and then regulation—should be treated as a requirement]</li> </ul>
US2	Addresses access to and/or promotion of the <u>School Breakfast Program (USDA)</u>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Promotes a breakfast program without specifying the “School Breakfast Program” (USDA) or CFR Part 220</li> <li>Encourages or suggests participation in the School Breakfast Program</li> <li>Notifies parents of the availability of the School Breakfast Program</li> <li>Encourages students to start each day with a healthy breakfast</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The district shall make every effort to offer school breakfast.”</li> <li>“The Food Service Program shall provide healthy food choices for students. Breakfast and lunch meals shall meet or exceed federal nutrition standards.”</li> </ul>
		2	<p>Includes language to institutionalize the School Breakfast Program (i.e., specific reference to School Breakfast Program or CFR Part 220)</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“All schools will provide breakfast through the USDA School Breakfast Program.”</li> <li>“Food services include breakfast and lunches in all schools through participation in the National Child Nutrition Programs.”</li> <li>“All school breakfasts comply with USDA regulations.”</li> <li>“To the maximum extent possible, all schools in the district will participate in available federal school meal programs (including NSLP, SBP).”</li> </ul>

## Section 2. Standards for USDA Child Nutrition Programs and School Meals

US3	Addresses <u>nutrition standards</u> for school meals <u>beyond USDA</u> (National School Lunch Program / School Breakfast Program) minimum standards	<p><b>Note: U.S. Department of Health and Human Services (HHS) and U.S. Department of Agriculture (USDA) 2005 Dietary Guidelines for Americans exceed the minimum standards for the USDA school meals programs.</b></p>	
		0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Unless defined, ambiguous references to federal or USDA standards/guidelines/requirements (e.g., “federal nutrition standards,” “USDA standards,” or “USDA guidelines”) do not qualify for a “1” or “2” because it is not clear that these standards refer to anything other than the minimum legal requirements for USDA school meals programs</li> <li>• “Striving to meet” or “should meet” the 2005 Dietary Guidelines does not qualify for a “1” or “2”</li> <li>• Exploring increased use of whole grains or exploring including salads, yogurts and other healthy foods to the meal menu</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Vague and/or suggested</li> <li>• Specifies <u>the 2005 Dietary Guidelines for Americans</u> and no other standards. To receive a “1” for specifying the Dietary Guidelines for Americans, a policy must at least state that it will meet the “Dietary Guidelines”</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “...encourage the consumption and choice of nutrient dense food, such as whole grains, fruits, and vegetables.”</li> <li>• “...all meals will follow the food guide system developed by USDA.”</li> <li>• “...all foods sold/served on campus will meet USDA Dietary Guidelines.” (and no other mention about school meal programs in the policy that would alter the coding for this item)</li> <li>• “School meals promote fresh fruits, vegetables, whole grains, and low-fat items.”</li> <li>• “Four fruits and/or vegetables will be offered daily. Fruits and vegetables may be canned, frozen, fresh, or dried.”</li> </ul>
2	School meals are required to meet specific standards (e.g., 4 fruits and/or non-fried vegetables per day; only 1% and fat-free milk served; at least half of grains are whole grain; eliminates trans fats)		
US4	Specifies use of <u>low-fat versions</u> of foods and/or <u>low-fat methods</u> for preparing foods	0	Not mentioned. Low-fat food mandated by law does not qualify for “1” or “2”
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Cooking methods to reduce fat in school meals shall be used whenever possible.”</li> <li>• “Healthy food preparation for meals...”</li> <li>• “School meals promote fresh fruits, vegetables, and low fat items.”</li> <li>• “Final preparation method cannot be deep-fat fried.”</li> </ul>
		2	<p>Specific and required</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “All cooked foods offered as part of a meal will be baked or steamed.”</li> <li>• “Purchasing programs and preparation methods will be used to decrease fat, calorie, and sodium levels in food.”</li> <li>• “No deep fried foods shall be offered as part of school meals.”</li> </ul>



## Section 2. Standards for USDA Child Nutrition Programs and School Meals

US5	<p>Specifies <u>strategies to increase participation</u> in school meal programs</p> <p>“School meal programs” can be assumed to refer to breakfast and/or lunch</p> <p><b>UIC Note:</b> For now, continue coding closed campus here and in US5a (US15a).</p>	0	<p>Not mentioned or weak statement. Notifying parents of eligibility requirements for free/reduced price meals is a federal requirement and does not qualify for “1” or “2”</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Schools will provide meals that are culturally/ethnically diverse.”</li> <li>“Child Nutrition Services will collaborate with ES buildings to encourage the consumption of F&amp;B including opportunities for taste-testing among students.” (under NE in policy, taste-testing is used as a teaching tool and not for menu development)</li> </ul>
		1	<p>Mentions vague and/or suggested strategies</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“School meals shall be <u>made attractive</u> to students by appealing to their taste preferences.”</li> <li>“Meals shall be appealing...”</li> <li>“...bus schedules should be arranged to facilitate participation in the school breakfast program.”</li> <li>“The district has a closed campus policy unless the Principal provides permission for students to leave during the lunch period.”</li> <li>“To the extent possible, school and transportation schedules shall be designed to encourage participation in school meal programs.”</li> </ul>
		2	<p>Requires specific strategies such as promotional mailings or events, alternative breakfast systems, altered bus schedules, closed campus, student input on the menu, or “Grab and Go” or “Fun on the Run” promotions</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Students will have the opportunity to provide input on local, cultural, and ethnic favorites.”</li> <li>“...shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.”</li> <li>“Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.”</li> </ul>
US5a	<p><u>Closed campus</u></p>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Mentions vague and/or suggested strategies</li> <li>Suggests that students are not allowed to leave campus for lunch/encourages schools to have a closed campus OR closed campus is a goal</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“The district has a closed campus policy, unless the Principal provides permission for students to leave during the lunch period.”</li> </ul>
		2	<p>Required</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Students are prohibited from leaving campus for lunch.”</li> </ul>
US6	<p>Timing of recess in relation to lunch</p> <p><b>Note:</b> code for elementary school only</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Recess is scheduled <u>after</u> lunch</li> <li>PA is scheduled before lunch (PA is not defined and/or definition of PA does not include recess)</li> </ul>
		1	Suggests recess is scheduled <u>before</u> lunch
		2	Definitively requires recess to be scheduled <u>before</u> lunch
US7	<p>Ensures <u>adequate time to eat</u></p>	<p><b>If no standards are mentioned, code according to state law</b></p>	
		0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Schools are encouraged to permit all full-day students a daily lunch period of not less than 20 minutes.”</li> <li>“Personnel will schedule enough time so students do not have to spend too much time waiting in line.”</li> <li>“The school district will provide students with a minimum of 20 minutes to eat their meals.” (this gets a coding of “1,” because it is not clear whether “meals” includes lunch only or breakfast and lunch)</li> </ul>
2	<p>Requires meal periods to include ≥20 minutes for lunch and, if time for breakfast is mentioned, ≥10 minutes for breakfast</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“After obtaining food, students will have at least 20 minutes to eat lunch.”</li> <li>“Students will be provided adequate time (minimum of 20 minutes) to eat lunch.”</li> </ul>		

## Section 2. Standards for USDA Child Nutrition Programs and School Meals

US7a	Specifies minimum minutes for breakfast	_____ minutes for breakfast (circle day or week w/ red pencil) <b>Note: ONLY COMPLETE</b> If minutes for breakfast is specified in US7=1 or US7=2 (US17); otherwise leave it blank.						
US7b	Specifies minimum minutes for lunch	_____ minutes for lunch (circle day or week w/ red pencil) <b>Note: ONLY COMPLETE</b> If minutes for lunch is specified in US7=1 or US7=2 (US17); otherwise leave it blank.						
US8	Ensures <u>training or professional development</u> for <u>food service staff</u>	<table border="1"> <tbody> <tr> <td data-bbox="654 451 695 485">0</td> <td data-bbox="704 451 1502 485">Not mentioned</td> </tr> <tr> <td data-bbox="654 667 695 701">1</td> <td data-bbox="704 493 1502 877"> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Vague and/or suggested</li> <li>Only <u>food safety training</u> is addressed (food handling permit, HACCP, etc.)</li> <li>Only mentions <u>pre-service</u> training                             <ul style="list-style-type: none"> <li>"All food service personnel will have adequate training in food service operations."</li> <li>"Professional development training will be offered in the area of nutrition education for all interested MPS faculty and staff." (<b>NOTE:</b> This is different than the coding for NE4=2 because the goal here is that all food service staff will have professional development whereas NE4 seeks to ensure that all staff will be provided the opportunity for professional development in NE.)</li> <li>"...we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers according to their level of responsibility."</li> </ul> </li> </ul> <p><b>Examples:</b></p> </td> </tr> <tr> <td data-bbox="654 926 695 959">2</td> <td data-bbox="704 886 1502 1003"> <p><u>Nutrition</u> training is required for food service staff. Providing only food safety training does not qualify for a "2"</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...shall ensure that professional development in the area of food and nutrition is provided for food service staff."</li> </ul> </td> </tr> </tbody> </table>	0	Not mentioned	1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Vague and/or suggested</li> <li>Only <u>food safety training</u> is addressed (food handling permit, HACCP, etc.)</li> <li>Only mentions <u>pre-service</u> training                             <ul style="list-style-type: none"> <li>"All food service personnel will have adequate training in food service operations."</li> <li>"Professional development training will be offered in the area of nutrition education for all interested MPS faculty and staff." (<b>NOTE:</b> This is different than the coding for NE4=2 because the goal here is that all food service staff will have professional development whereas NE4 seeks to ensure that all staff will be provided the opportunity for professional development in NE.)</li> <li>"...we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers according to their level of responsibility."</li> </ul> </li> </ul> <p><b>Examples:</b></p>	2	<p><u>Nutrition</u> training is required for food service staff. Providing only food safety training does not qualify for a "2"</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...shall ensure that professional development in the area of food and nutrition is provided for food service staff."</li> </ul>
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US9	<u>Nutrition information</u> for school meals (e.g., calories, saturated fat, sugar) is available	<table border="1"> <tbody> <tr> <td data-bbox="654 1075 695 1108">0</td> <td data-bbox="704 1075 1502 1108">Not mentioned</td> </tr> <tr> <td data-bbox="654 1171 695 1205">1</td> <td data-bbox="704 1117 1502 1255"> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Vague and/or suggested</li> <li>Only available upon request</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...will provide nutrition information to parents <u>upon request</u>."</li> </ul> </td> </tr> <tr> <td data-bbox="654 1297 695 1331">2</td> <td data-bbox="704 1264 1502 1360"> <p>Specific and required</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...will share and publicize information about the nutritional content of meals with students and parents."</li> </ul> </td> </tr> </tbody> </table>	0	Not mentioned	1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Vague and/or suggested</li> <li>Only available upon request</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...will provide nutrition information to parents <u>upon request</u>."</li> </ul>	2	<p>Specific and required</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...will share and publicize information about the nutritional content of meals with students and parents."</li> </ul>
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1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Vague and/or suggested</li> <li>Only available upon request</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...will provide nutrition information to parents <u>upon request</u>."</li> </ul>							
2	<p>Specific and required</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...will share and publicize information about the nutritional content of meals with students and parents."</li> </ul>							
US10	Farm-to-school or farm-to-cafeteria program  *State coding: establishing a FTSP gets a "1"	<table border="1"> <tbody> <tr> <td data-bbox="654 1411 695 1444">0</td> <td data-bbox="704 1411 1502 1444">Not mentioned</td> </tr> <tr> <td data-bbox="654 1528 695 1562">1</td> <td data-bbox="704 1453 1502 1642"> <p>Suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Schools are encouraged to make available locally grown produce to students for all school meals and food items sold outside of the reimbursable school meal program."</li> <li>"Schools are encouraged to source fresh fruits and vegetables from local farmers where practicable."</li> </ul> </td> </tr> <tr> <td data-bbox="654 1684 695 1717">2</td> <td data-bbox="704 1650 1502 1743"> <p>Required/definitively in place</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Produce from area farms shall be sold/served at all locations where F&amp;B are sold/served."</li> </ul> </td> </tr> </tbody> </table>	0	Not mentioned	1	<p>Suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Schools are encouraged to make available locally grown produce to students for all school meals and food items sold outside of the reimbursable school meal program."</li> <li>"Schools are encouraged to source fresh fruits and vegetables from local farmers where practicable."</li> </ul>	2	<p>Required/definitively in place</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Produce from area farms shall be sold/served at all locations where F&amp;B are sold/served."</li> </ul>
0	Not mentioned							
1	<p>Suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Schools are encouraged to make available locally grown produce to students for all school meals and food items sold outside of the reimbursable school meal program."</li> <li>"Schools are encouraged to source fresh fruits and vegetables from local farmers where practicable."</li> </ul>							
2	<p>Required/definitively in place</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Produce from area farms shall be sold/served at all locations where F&amp;B are sold/served."</li> </ul>							

## Section 2. Standards for USDA Child Nutrition Programs and School Meals

US11	Addresses limiting fat content of milk (served as part of meals)	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Whole milk is allowed</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Limiting milk to only low-fat (1%) or non-fat/skim is specified but suggested</li> <li>Full-fat milk is prohibited, but reduced-fat milk (2%) is allowed</li> <li>Policy mentions that non-fat/skim, low-fat (1%), or reduced-fat (2%) is “allowed,” “offered,” “served,” or “provided” without specifying “only”</li> </ul> <p><b>Example:</b> • “All milk sold or served through school meals will be reduced fat (2%), low-fat (1%) or fat free milk.”</p>
		2	<ul style="list-style-type: none"> <li>Meets IOM standard: <u>Only</u> low-fat (1%) or non-fat/skim milk is allowed (i.e., reduced fat (2%) and full-fat is prohibited)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“All milk sold or served through school meals will be either low-fat (1%) or fat free milk.”</li> <li>“Only low-fat (1% or less) and fat-free milk will be offered in the school meal programs for all children above the age of two.”</li> </ul>
US12	Specifies at least half of grains are whole grains	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Example:</b> • “At least 50% of grains served as part of the reimbursable meals and snacks <u>should</u> be 100% whole grains.”</p>
		2	<p>Specific and required</p> <p><b>Example:</b> • “At least 50% of grains served as part of the reimbursable meals and snacks <u>will</u> be 100% whole grains.”</p>
US13	Specifies number of fruits and/or vegetables served	0	<p>Not mentioned</p> <p><b>Example:</b> • “Fruit and/or vegetables must be offered daily on all points of service.”</p>
		1	<p>Vague and/or suggested</p> <p><b>Example:</b> • “<b>Four</b> fruits and/or vegetables <u>should</u> be offered daily.”</p>
		2	<p>Specific and required</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“To help ensure variety, schools will offer at a minimum 3 different fruits in 1 week, <b>five</b> different non-fried vegetables, 1 serving of fruit or vegetable per day will be dark green or orange, 1 serving of fruit or vegetable will be fresh or raw.”</li> <li>“Schools will offer a three-quarter cup serving of two or more vegetables or fruits, or both, of which at least one-half cup serving a week shall be a fresh fruit or vegetable.”</li> <li>“<b>Four</b> fruits and/or vegetables will be offered daily. Fruits and vegetables may be canned, frozen, fresh, or dried.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

**Note:** This section relates to the sale or service of foods outside the USDA school meals. Do not count provisions in the USDA school meals section of the policy for items in this section. If the policy specifies regulations for “all foods” at school, and it is not clear whether the statement applies to either competitive foods or USDA school meals, apply those regulations to this section (Nutrition Standards for Competitive and Other Foods and Beverages) and to section 2 (Standards for USDA Child Nutrition Programs and School Meals).

- Some policies regulate foods “served” at school, while others only regulate foods “sold” at school. The distinction between “served” and “sold” is that “served” includes both foods that are “sold” and foods that are distributed without cost, such as foods served at birthday parties. Most items in this section refer to foods sold, but some refer to the broader category of foods served.
- For a policy to receive a minimum default code for mentioning U.S. Department of Health and Human Services (HHS) and U.S. Department of Agriculture (USDA) [2005 Dietary Guidelines for Americans](#), the policy must state “Dietary Guidelines.”
- A “time-specific” regulation is one that only applies during certain hours (e.g., when class is in session or during lunch).
- A “location-specific” regulation is one that only applies to certain places or grade levels (e.g., in cafeteria or certain grades within MS).

**UIC Note:** “NG” items correspond with the “NS” items in the HER-version of the coding scheme.

**\*See Coding Appendix for several NG-related items**

NG1*	<p>Federal Wellness: Includes nutrition guidelines selected by the local education agency for ALL foods available on each school campus during the school day with the objective of promoting student health and reducing childhood obesity</p> <p>*See Coding Appendix for additional clarification</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• No guidelines for competitive foods mentioned or language weaker than “1” code</li> <li>• Strives to/should meet the 2005 Dietary Guidelines for America</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Mentions districts guidelines but does not define them</li> <li>• Mentions plans to create guidelines</li> <li>• Only mentions federal law regarding the National School Lunch Program or Foods of Minimal Nutritional Value</li> <li>• Only repeats the language of the federal wellness requirement regarding nutrition guidelines for all foods during the school day</li> <li>• Indicates guidelines are limited only to <u>particular places</u> (e.g., cafeteria), <u>times during the school day</u> (e.g., 30 minutes before to 30 minutes after the school lunch is served), or <u>categories of items</u> (i.e., food but not beverage; beverage not food)</li> <li>• Guidelines are subject to principal’s discretion or weakened by other exceptions</li> <li>• Guidelines that require provision of healthy food choices to students <i>outside of the school meal program</i> and no other NG language included.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “<i>Nutritious meals served by the food services operation and other nutritious food choices served in district schools and district-sponsored events will comply with district guidelines and state and federal law.</i>” (and “district guidelines” are not defined in policy)</li> <li>• “<i>NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.</i>”</li> </ul>
		2	<p>Requires specific district guidelines (that are not time- or location- specific), even if only in reference to <a href="#">the 2005 Dietary Guidelines for Americans</a> and even if you feel the guidelines are weak (including guidelines that only apply to a %age of items)</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “<i>All foods served during the school day shall meet district guidelines, which include...ensuring the provision of whole grains and fruits and vegetables.</i>”</li> </ul>
SD	<p>Nutrition standards apply during the school day (SD)</p>	<p><b>Note:</b> The SD coding should be applied for each NG item, as appropriate, for each relevant grade level.</p> <p><b>Note2:</b> Code SD based on however the district defines SD. If SD is defined as only applying through the lunch period, that would count for SD coding. If SD is defined as also including before school, that would include SD.</p>	
		0	No mention of school day or NG apply at all times
		1	<p>NG item(s) limited to/applies only during the school day (SD)</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “<i>Beverages other than soda should/shall be limited to 100% juice drinks, water, and milk during the school day.</i>”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

NG2*	Competitive food ban/cannot be sold  *See Coding Appendix for additional clarification	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>No suggestion of competitive food ban/not mentioned</li> <li>Only prohibits sale of FMNVs in places where meals are served during mealtimes</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Competitive foods and beverages are prohibited from the start of breakfast until the end of the last lunch period <u>in places where school meals are served.</u>"</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Competitive food ban suggested/encouraged (CSPI/NANA ES model language; see Appendix for coding examples)</li> <li>Competitive food ban is limited to certain hours</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Competitive foods and beverages may not be sold from the time of arrival of the first student until thirty minutes after the lunch period."</li> </ul>
		2	<p>Bans the sale of competitive foods</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Competitive foods and beverages may not be sold on school campuses during the school day."</li> </ul>
NG3	Vending/competitive food contract compliance with NG	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>No mention of vending/competitive food contracts</li> <li>Vending/competitive food contracts do not have to follow NG</li> </ul>
		1	<p>Vague, suggested, location-specific, time-specific</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Upon expiration of the existing competitive food/vendor contracts, all such contracts are <u>encouraged</u> to follow the district's nutrition guidelines/standards."</li> <li>"Schools should pursue contracts that both encourage healthy eating by students and reduce school dependence on profits on sale of FMNVs."</li> <li>"Beverage contracts comply with the Dietary Guidelines for Americans."</li> </ul>
		2	<p>Vending/competitive food contracts required to follow NG</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"The superintendent shall continually evaluate vending contracts. Vending contracts that do not meet the intent of this policy shall be modified accordingly or not renewed."</li> <li>"Upon expiration of the existing vending/competitive food contracts, such contracts must be in accordance with the district's nutrition standards or not be renewed."</li> </ul>
NG4	Restricts fast food sales at school (includes cafeteria, school stores, and other venues)  Note: this is not prohibiting students from bringing fast food from outside	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Allows fast food &gt; 2 days per week</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Restricts access to fast food sold in the cafeteria/on school grounds to 1-2 days per week</li> <li>Vague, suggested, location-specific, time-specific</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...each school shall limit access to no more than one day each week to retail fast food in the cafeteria, whether sold by contract, commercial vendor, or otherwise."</li> </ul>
		2	<p>Prohibits fast food sales on school grounds at all times</p>
NG5	IOM Variable: Allows <u>only</u> fruit and/or vegetables and/or whole grains and/or related combination* products  *Combination products defined from IOM: must contain a total of one or more servings as packaged of fruit, vegetables, or whole grain products per portion  <b>Note:</b> In order to truly meet the IOM standards, the policy must get a 2 here <u>AND</u> must get a 3 or 4 on all items numbered NG16-29	0	<p>Not mentioned OR allows items other than F&amp;V, whole grains, and/or related combination products</p>
		1	<p>Suggestive of meeting IOM Standard: <u>Should</u> allow ONLY F&amp;V, whole grains, and/or related combination products</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"If available, food and beverages sold <u>should</u> be limited to low-fat and non-fat milk, fruits, and non-fried vegetables."</li> </ul>
		2	<p>Meets IOM Standard: Allows ONLY F&amp;V, whole grains, and/or related combination products</p> <ul style="list-style-type: none"> <li>The only F&amp;B that may be sold or served on campus during the school day are fruits and vegetables whole grains, and/or related combination products</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"If available, food and beverages sold <u>will</u> be limited to low-fat and non-fat milk, fruits, and non-fried vegetables."</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

NG6*	<p>Addresses increasing “whole foods:” whole grains, unprocessed foods, or fresh produce</p> <p>*See Coding Appendix for additional clarification</p>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Mentions only dried fruit, fruit juice, fruit roll-ups, etc.</li> <li>• Indicates that schools shall “<i>strive</i>” to meet or “<i>should</i>” meet the USDA Dietary Guidelines</li> <li>• Reference to whole grains, fresh fruits, etc., only relative to school meals</li> <li>• Mentions only high-fiber items or items high in fiber</li> </ul> <p><b>Example:</b>     • “...must include items that meet the 2005 Dietary Guidelines for Americans.”</p>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Encourages offering/consumption of whole grains, unprocessed foods, or fresh produce</li> <li>• Farm-to-school program is suggested</li> <li>• Specifies <u>the 2005 Dietary Guidelines for Americans</u> and no other standards</li> <li>• List of food items includes fruits/vegetables that may include, but are not limited to a list of items including non-fresh fruits/vegetables (e.g., dried/canned fruits/veg)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Schools are encouraged to make available locally grown produce to students for all school meals and food items sold outside of the reimbursable school meal program.”</li> <li>• “Schools are encouraged to source fresh fruits and vegetables from local farmers, where practicable.”</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Definitively offering whole grains, unprocessed foods, or fresh produce</li> <li>• Farm-to-school program is required or definitively in place</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “At least half of the grains served will be whole grains.”</li> <li>• “Only brown rice shall be served.”</li> <li>• “Produce from area farms shall be sold/served at all locations where F&amp;B are sold/served.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

NG7	Addresses food not being used as a <u>reward</u> and/or withheld as a <u>punishment</u>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Encourages the use of healthy food as a reward (not “ONLY” allowing)</li> <li>• Discourages using unhealthy food as a reward (e.g., donuts, FMNVs, etc.)</li> <li>• Only addresses withholding meals as punishment</li> <li>• Use of food as a reward in instructional programs shall require superintendent approval</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“The district will provide teachers with guidelines on the use of food as a reward without specifying guidelines.”</i></li> <li>• <i>“Staff are encouraged to limit the use of non-nutritious food as a reward/incentive and to promote nutritious options.”</i></li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Discourages food as a reward or punishment</li> <li>• Only allows healthy food as a reward</li> <li>• Prohibits or discourages food as a punishment but does not prohibit food as a reward</li> <li>• Strong language for food as a punishment but weaker language for food as a reward</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“No punitive or disciplinary action shall be taken that would deny a student lunch or snack time.”</i> (and policy does not address food as a reward)</li> <li>• <i>“...strongly discourage the use of food/beverages as a reward or punishment.”</i></li> <li>• <i>“...will encourage non-food alternatives as rewards.”</i></li> <li>• <i>“Only healthy foods will be used as a reward.”</i></li> <li>• <i>“Food shall not be withheld as punishment and should not be used as a reward.”</i></li> <li>• <i>“Schools are encouraged to not use food or beverages that do not meet the nutrition standards for F&amp;B sold individually as rewards, and will not withhold food or beverages as punishment.”</i></li> <li>• <i>“Teachers shall not use food as a reward, especially those that do not meet the nutrition standards.”</i></li> </ul>
		2	<p>Prohibits food as a reward (even if using food as a punishment is not mentioned) Prohibition of food as a reward with the exception of Individual(ized) Academic Plans (IAP) or Individual(ized) Education Plans (IEP) still qualifies for a “2”</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior.”</i></li> <li>• <i>“The use of food or candy as a classroom reward for any school is prohibited.”</i></li> </ul>
NG8	<u>Nutrition information</u> (e.g., calories, saturated fat, sugar) available for foods <u>other than school meals</u>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• “Nutrition information and education shall be offered throughout the school campus and based on the USDA Dietary Guidelines” (Not clear that this is specific to actual F&amp;B items sold/served)</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Vague and/or suggested</li> <li>• Only available upon request</li> </ul>
		2	<p>Required</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“...shall provide parents and students a list of detailed nutrition information on all foods and beverages sold at school.”</i></li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (*continued*)

NG9	<u>Addresses access to (free) drinking water</u>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Policy only addresses the sale of bottled water</li> <li>• Providing access to drinking water/fountains only during meal periods/in the cafeteria</li> <li>• Allowing students to bring in bottled water from home</li> <li>• Only addresses water available in the context of PE/PA</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Schools should ensure that students have access to appropriate hydration and are encouraged to make use of it during PA.”</li> </ul>
		1	<p>Availability of free drinking water is suggested or encouraged</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Water shall be accessible during hours of school operation through choices such as drinking fountains or vending machines.”</li> <li>• “Schools are encouraged to provide drinking fountains throughout the school campus...”</li> </ul>
		2	<p>Free water is always available</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Students and staff will have access to free, safe, and fresh drinking water throughout the school day.”</li> <li>• “Drinking water fountains will be made available to students and staff throughout the school building.”</li> <li>• “Students will be provided access to drinking water throughout the day.”</li> </ul>



## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (*continued*)

### Notes for Year 3 Coding:

1. Use Nutrition Guideline Coding Supplement for detailed coding of NG10-NG15 and NG16-NG29
2. Each of the food/beverage restrictions NG16-NG29 are coded separately for each location of sale/provision NG10-NG15; the coding instructions are identical for each location and are not reported below

Places food is available NG10-NG15

		Note: If policy regulates "all foods" or "competitive foods," code according to the strength of that statement.
NG10*	Regulates <u>vending machines</u>  *See Coding Appendix for additional clarification	<p>0</p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• No mention of vending machine regulations or umbrella statement regulating "all foods" or "competitive foods"</li> <li>• Language such as: "The district shall <i>monitor</i> all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs. (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)</li> <li>• Language such as "should strive to sell only healthy foods in VM"</li> <li>• Efforts to minimize sale of FMNVs</li> <li>• Strives to/should meet the 2005 Dietary Guidelines for Americans</li> <li>• Mentions regulating F&amp;B in vending machines/all F&amp;B without specifying guidelines or mentions plans to create guidelines</li> </ul>
		<p>1</p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Vending machine regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions</li> <li>• The 2005 Dietary Guidelines for Americans and no other standards are mentioned to regulate vending machines or "all (competitive) foods"</li> <li>• Regulations only apply to a very limited group of foods (e.g., prohibiting FMNVs in vending machines)</li> <li>• Restrictions only apply to a %age of food and/or beverage items or a limited set of items (e.g., fat content and soda)</li> <li>• (Note: if NG2=1 and there are no other nutrition guidelines, code 10-12=1)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Vending machines shall include items which are healthful."</li> <li>• "Vending machines shall be unplugged during lunch hour."</li> <li>• "FMNVs shall not be sold on school grounds at any time."</li> <li>• "F&amp;B sales in vending machines will support healthy eating."</li> <li>• "...all food and beverages sold will strive to support the district's healthy eating guidelines."</li> <li>• "The sale of food items during the school day shall be restricted to those items in categories of food that meet minimal nutritional value."</li> <li>• "The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students."</li> <li>• "...75% of F&amp;B sold in VM must meet district nutrition standards."</li> <li>• "A minimum of 20% of snacks in vending, stores, concession, and a la carte will be considered health snack offerings."</li> <li>• "NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's nutrition services department or contracted vendors."</li> </ul>
		<p>2</p> <p>Requires regulation of ALL vending machine items or umbrella statement regulating "all (competitive) foods." For a "2," the regulation must meet <b>one of the following:</b></p> <ul style="list-style-type: none"> <li>• Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, and saturated fat content of <u>ALL</u> items sold)</li> <li>• Provide a specific and <u>restricted</u> list of food items allowed to be sold in vending machines or at all times (e.g., limiting vending to only water, fruits, vegetables, whole grains, and nuts) OR</li> <li>• Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) in vending machines or at all times</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Foods sold through vending machines shall be limited to water, 100% juice, and fresh fruits and/or vegetables."</li> <li>• "All items sold through vending machines shall contain no more 35% of total calories from fat and sugars and no trans fats."</li> </ul>
		<p>4</p> <p>Bans vending machines and/or bans all competitive food sales during the school day</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "The sale of F&amp;B is limited to F&amp;B sold through the school meal program."</li> <li>• "Vending machines are prohibited on school grounds."</li> <li>• "No competitive foods or beverages may be sold during the school day."</li> <li>• "Only water is allowed to be sold in vending machines."</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (*continued*)

NG11*	<p style="text-align: center;">Regulates <u>school stores</u></p> <p>*See Coding Appendix for additional clarification</p> <p><b>Note:</b> If policy only mentions concessions or snack bars, do not code for school stores, unless policy defines concessions and/or snack bars as including school stores.</p>		<p><b>Note: If policy regulates “all foods” or “competitive foods,” code according to the strength of that statement.</b></p>
		0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>No mention of school store regulations or umbrella statement regulating “all (competitive) foods”</li> <li>Language such as: “The district shall <i>monitor</i> all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)</li> <li>Any language such as “...should strive to sell healthy F&amp;B in school stores”</li> <li>Efforts to minimize sale of FMNVs</li> <li>Strives to/should meet the 2005 Dietary Guidelines for Americans</li> <li>Mentions regulating F&amp;B/all F&amp;B in school stores without specifying guidelines or mentions plans to create guidelines</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>School store regulations or umbrella statement regulating “all (competitive) foods” is vague, suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate school stores or “all (competitive) foods”</li> <li>Regulations only apply to a very limited group of foods (e.g., prohibiting Foods of Minimal Nutritional Value [FMNV] in school stores)</li> <li>Restrictions only apply to a %age of food and/or beverage items or a limited set of items (e.g., fat content and soda)</li> <li>(Note: if NG2=1 and there are no other nutrition guidelines, code 10-12=1)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“...ensure some healthy options are sold at school stores.”</li> <li>“Sales of F&amp;B in school stores must comply with state Public School Nutrition Policy.”</li> <li>“...school stores shall strive to include healthy choices for sale...”</li> <li>“All food and beverages sold will strive to support the district’s healthy eating guidelines.”</li> <li>“The sale of food items during the school day shall be restricted to those items in categories of food that meet minimal nutritional value.”</li> <li>“The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</li> <li>“...50% of F&amp;B sold in stores must meet the district nutrition standards.”</li> <li>“NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.”</li> </ul>
		2	<p>Requires regulation of ALL school store items or umbrella statement regulating “all (competitive) foods”</p> <p>For a “2,” the regulation must meet <b>one of the following:</b></p> <ul style="list-style-type: none"> <li>Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, and saturated fat content of <u>ALL</u> items sold)</li> <li>Provide a specific and <u>restricted</u> list of food items allowed to be sold school stores or at all times (e.g., limiting food sales to only water, fruits, vegetables, whole grains, and nuts)</li> <li>Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) in school stores or at all times</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Foods sold through school stores shall be limited to water, 100% juice, and fresh fruits and/or vegetables.”</li> <li>“All items sold through school stores shall contain no more 35% of total calories from fat and sugars and no trans fats.”</li> </ul>
		4	<p>Bans food/beverage sales in school stores and/or bans all competitive food sales during the school day</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The sale of F&amp;B is limited to F&amp;B sold through the school meal program.”</li> <li>“District XYZ does not allow food/beverages to be sold at school stores.”</li> <li>“No competitive foods or beverages may be sold during the school day.”</li> </ul>

**Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)**

<p>NG12*</p>	<p>Regulates <u>food service a la carte OR food sold as an alternative to the reimbursable school meal program (if not defined as to what this means)</u></p> <p>*See Coding Appendix for additional clarification</p>	<p><b>Note:</b> If policy regulates “all foods” or “competitive foods,” code according to the strength of that statement; if policy addresses food and/or beverage sold by food service program /child nutrition programs etc. but the policy is silent on a la carte, give credit for a la carte.</p>
	<p>0</p>	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>No mention of a la carte regulations or umbrella statement regulating “all (competitive) foods”</li> <li>Language such as: “The district shall <i>monitor</i> all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs” (i.e., a la carte, vending, student stores, etc.)</li> <li>Language such as: “...should strive to sell healthy a la carte F&amp;B.”</li> <li>Efforts to minimize sale of FMNVs</li> <li>Strives to/should meet the 2005 Dietary Guidelines for Americans</li> <li>Mentions regulating a la carte/all F&amp;B without specifying guidelines or mentions plans to create guidelines</li> </ul>
	<p>1</p>	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>A la carte regulations or umbrella statement regulating “all (competitive) foods” is vague, suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate food service a la carte or “all (competitive) foods”</li> <li>Regulations only apply to a limited group of foods (e.g., prohibiting FMNVs)</li> <li>Restrictions only apply to a %age of food and/or beverage items or a limited set of items (e.g., fat content and soda)</li> <li>Prohibits FMNVs during meals (also code NG17a1=1 and NG24a1=2)</li> <li>(Note: if NG2=1 and there are no other nutrition guidelines, code 10-12=1)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“...all food and beverages sold will strive to support the district’s healthy eating guidelines.”</li> <li>“Food service shall strive to include some healthy choices (choices listed) for all a la carte food sales.”</li> <li>“The sale of food items during the school day shall be restricted to those items in categories of food that meet minimal nutritional value.”</li> <li>“The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</li> <li>“...50% of a la carte F&amp;B items must meet district nutrition standards.”</li> <li>“NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.”</li> </ul>
	<p>2</p>	<p>Requires regulation of ALL a la carte items or umbrella statement regulating “all (competitive) foods”</p> <p>For a “2,” the regulation must meet <b>one of the following:</b></p> <ul style="list-style-type: none"> <li>Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, or saturated fat content of <u>ALL</u> items sold)</li> <li>Provide a specific and <u>restricted</u> list of food items allowed to be sold a la carte or at all times (e.g., limiting food sales to only fruits, vegetables, and whole grains)</li> <li>Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) sold through a la carte or at all times</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“A la carte F&amp;B sales shall be limited to water, 100% juice, and fresh fruits and/or vegetables.”</li> <li>“All items sold through school stores shall contain no more 35% of total calories from fat and sugars and no trans fats.”</li> </ul>
	<p>4</p>	<p>Bans a la carte food sales or bans all competitive food sales</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The sale of F&amp;B is limited to F&amp;B sold through the school meal program.”</li> <li>“District XYZ does not allow a la carte food/beverage sales.”</li> <li>“No competitive foods or beverages may be sold during the school day.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

NG13*	Regulates food served at <u>class parties</u> and other school <u>celebrations</u>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Regulations for class parties or umbrella statement regulating “all (competitive) foods” <u>served/distributed/available</u> is vague, suggested, time- or location-specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate class parties or “all (competitive) foods <u>served/distributed/available</u>”</li> <li>Regulations only apply to a very limited group of foods (e.g., prohibiting Foods of Minimal Nutritional Value [FMNV] at all times)</li> <li>Regulations for class parties are required but weakened (e.g., by allowing one traditional party food) <ul style="list-style-type: none"> <li>“District encourages healthy snacks at parties.”</li> <li>“Celebrations involving food during the school day shall be at the discretion of the school principal.”</li> <li>“The school food environment (including celebrations) on balance and over time should be consistent with healthy food guidelines.”</li> <li>“...permits only one birthday party per month.”</li> <li>“The district shall provide parents with a list of foods that meet the Board’s snack standards for healthy celebrations/ parties, rewards, and fundraising activities...” (and no other mention of celebrations/parties included in the policy)</li> </ul> </li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The district should regulate all food and beverages sold/served as part of classroom activities.”</li> <li>“Classroom parties will offer minimal amounts of foods (maximum 2-3 items) that contain added sugar as the first ingredient and will provide the following: fresh fruits and vegetables, water, 100% fruit juice or milk.”</li> <li>“...classroom parties, celebrations, etc. shall be limited to one snack and one beverage (100% juice, water, or milk).”</li> <li>“The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</li> <li>“NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.”</li> <li>“All F&amp;B available will meet the 2005 Dietary Guidelines for Americans.”</li> </ul>
		2	<p>Requires regulation of ALL foods <u>served/distributed/available</u> at class parties or umbrella statement regulating “all foods <u>served/distributed/available</u>”</p> <p>For a “2,” the regulation must apply to food <u>served/distributed/available</u> and meet <b>one of the following criteria:</b></p> <ul style="list-style-type: none"> <li>Regulate nutritional quality of each individual item <u>served/distributed/available</u> (e.g., regulating maximum calorie, sugar, or saturated fat content of ALL items)</li> <li>Provide a specific and <u>restricted</u> list of food items allowed to be <u>served/distributed/available</u> at class parties or at all times (e.g., limiting to fruits and whole grains)</li> <li>Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) from being <u>served/distributed/available</u> at class parties/celebrations or at all times</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Foods and beverages <u>served</u> at school celebrations must meet the District’s Nutritional Standards.” (and standards are defined)</li> </ul>
		4	<p>Competitive food ban</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Competitive foods and beverages may not be sold or served on school campuses during the school day.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

NG14	Regulates food sold at <u>evening and community events on school grounds</u>  (e.g., concessions at athletic events, dances, or performances)  <b>Note:</b> If policy only mentions concessions, without mentioning evening or community events, do not code	<p><b>Note:</b> Unless otherwise defined, “<u>at all times</u>” refers to all times students are in the custody of the school. Because evening and community events are open to the public, and children attending are no longer in the custody of the school, only the phrase, “<u>at all times on school grounds</u>” is specific enough to include evening and community events on school grounds.</p>
		<p style="text-align: center;">0</p> <ul style="list-style-type: none"> <li>• No mention of nutrition standards for food at evening or community events</li> <li>• Policy references nutrition guidelines only applying to athletic events/ concession sales <u>during the school day</u></li> <li>• Policy only addresses “events” without indicating “evening,” “community,” “all times on school grounds,” “athletic events,” etc.</li> <li>• Strives to/should meet the 2005 Dietary Guidelines for Americans</li> </ul>
		<p style="text-align: center;">1</p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Regulations of food sold at evening and community events are vague, suggested, location-specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>• The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate food sold at evening and community events</li> <li>• Regulations of food at evening and community events only apply to a limited group of foods (e.g. prohibiting FMNVs) or a %age of items sold</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Will promote availability of nutritional snacks at athletic events.”</li> <li>• “Local wellness policy goals will be considered in planning all school-based activities.” (e.g., school events, field trips, dances, and assemblies)</li> <li>• “Encourage that healthy food and beverage options are included at concessions at school-related events outside of the school day.”</li> <li>• “All F&amp;B made available on campus, including concessions and a la carte items, will be consistent with the USDA 2005 Dietary Guidelines for Americans.”</li> </ul>
		<p style="text-align: center;">2</p> <p>Requires specific nutrition standards that apply to food sold at evening and community events on school grounds and the standards meet <b>one of the following criteria:</b></p> <ul style="list-style-type: none"> <li>• Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, or saturated fat content of ALL items sold)</li> <li>• Provide a specific and <u>restricted</u> list of food items allowed to be sold (e.g., limiting sales to water fruits, vegetables, whole grains, and nuts)</li> <li>• Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) from being sold at evening and community events</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “School sponsored events (such as, but not limited to, athletic events, dances and performances). Foods and beverages offered or sold at school-sponsored events outside the school day will meet the district nutrition standards for foods and beverages sold individually.”</li> </ul>
		<p style="text-align: center;">4</p> <p>Competitive food ban</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• Competitive foods and beverages may not be sold or served on school campuses.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (*continued*)

NG15	Regulates food sold for <u>fundraising</u>	<p><b>Note: Must specifically address “fundraising” for a code of a “1” or “2”</b>  <b>Regulating “all foods” during “the school day” or “at all times on school grounds” does not qualify because fundraising can occur off school grounds. (e.g., catalogue orders selling candy or cookies)</b></p>	
		0	<p><b>Any of the following</b></p> <ul style="list-style-type: none"> <li>• No mention of nutrition standards for food sold for fundraising</li> <li>• Strives to/should meet the 2005 Dietary Guidelines for Americans</li> <li>• Mentions regulating F&amp;B sold for fundraising/all F&amp;B without specifying guidelines</li> <li>• Mentions plans to establish guidelines for school-sponsored fundraising that involves selling food without mentioning guidelines, healthy food, etc.</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Regulations of food sold for fundraising are vague, suggested, time- or location-specific subject to principal’s discretion, or weakened by other exceptions</li> <li>• The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate food sold for fundraising</li> <li>• Regulations of food sold for fundraising only apply to a limited group of foods (e.g., prohibiting FMNVs) or a %age of items sold</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “...strongly encouraging the use of only non-food items to raise funds.”</li> <li>• “...requiring administrative approval for all fundraisers.”</li> <li>• “The district shall provide parents with a list of foods that meet the Board’s snack standards for healthy celebrations/ parties, rewards, and fundraising activities...” (and no other language related to fundraising included in the policy)</li> <li>• “...fundraising activities will strive to support healthy eating and wellness.”</li> </ul>
		2	<p>Requires specific nutrition standards that apply to food sold for fundraising and the standards meet <b>one of the following criteria:</b></p> <ul style="list-style-type: none"> <li>• Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, or saturated fat content of ALL items sold)</li> <li>• Provide a specific and <u>restricted</u> list of food items allowed to be sold (e.g., limiting sales to water fruits, vegetables, whole grains, and nuts)</li> <li>• Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) from being sold for fundraising</li> <li>• Prohibits the sale of food for fundraising</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Foods purchased to raise funds must also meet the District’s nutrition standards.” (and standards are defined in the policy)</li> </ul>
		4	<p>Competitive food ban</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• Competitive foods and beverages may not be sold or served on school campuses during the school day.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

**Notes for Year 3 Coding:**

1. Use Nutrition Guideline Coding Supplement for detailed coding of NG10-NG15 and NG16-NG29
2. Each of the food restrictions NG16-NG21 are coded separately for each location of sale/provision NG10-NG15; the coding instructions are identical for each location and are not reported below

Nutrition standards for competitive and other foods NG16-21

NG16*	Addresses limiting <u>sugar</u> content of foods  *See Coding Appendix for additional clarification	0	Not mentioned If policy specifies <u>the 2005 Dietary Guidelines for Americans</u> and <u>no other standards</u> , code as a "0" Only regulating/limiting candy does not qualify for a "1" or "2"
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Limit is not quantified</li> <li>Limit is suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions</li> <li>Restrictions on sugar only apply to a %age of food items                             <ul style="list-style-type: none"> <li>"Dry snacks sold at the K-8 level shall follow District Nutrition Standards <u>minimizing</u> the content of...sugar."</li> <li>"Prohibits foods listing sugar, corn syrup, or other caloric sweeteners as the first ingredient."</li> <li>"Schools shall discourage consumption of sugary foods."</li> </ul> </li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"The district will encourage students to make nutritious food choices and will ensure that...schools regulate the sale of foods high in...added sugars."</li> <li>"The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students."</li> <li>"...50% of food items sold must prohibit sugar as the first ingredient."</li> <li>"NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's nutrition services department or contracted vendors."</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Quantified and required limit but is &gt;35% of total calories/total weight from sugar</li> <li>Quantified and required limits but allows exceptions for certain items                             <ul style="list-style-type: none"> <li>"F&amp;B sold outside the school meal program must contain no more than 40% of total calories/weight from sugar."</li> </ul> </li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Calories from sugar shall not exceed 35% by weight; this limit shall not apply to fresh, frozen, <u>canned</u> or <u>dried</u> fruits and vegetables."</li> </ul>
		3	Meets IOM standard: ≤35% of total calories/weight from sugar  <b>Example:</b> <ul style="list-style-type: none"> <li>"K-12 school food service, school store, and school vending machines sale of individual snack items per package shall include no more than 35% total calories from sugar."</li> </ul>
		4	Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate  <b>Example:</b> <ul style="list-style-type: none"> <li>"Competitive foods and beverages may not be sold on school campuses during the school day."</li> </ul>
NG17	Addresses limiting candy	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Encourages minimizing candy on school campuses</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Candy is limited but not prohibited</li> <li>Prohibition of candy is suggested, time- or location-specific, or overridden by principal's discretion</li> <li>Prohibits FMNVs on campus and/or during the school day (<b>note:</b> FMNVs does not include all types of candy)</li> <li>Prohibits FMNVs during meals (code a la carte only (NG17a))</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Candy is prohibited</li> <li>Candy is prohibited except for use by the school nurse</li> </ul>
		4	Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate  <b>Example:</b> <ul style="list-style-type: none"> <li>"Competitive foods and beverages may not be sold on school campuses during the school day."</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

NG18*	Addresses limiting <u>fat</u> content of foods  *See Coding Appendix for additional clarification	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Indicates that schools shall “<i>strive to</i>” or “<i>should</i>” meet the Dietary Guidelines</li> </ul> <p><b>Example:</b>     • “...<i>must include items that meet the 2005 Dietary Guidelines for Americans.</i>”</p>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Limit is not quantified</li> <li>Limit is suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>Specifies <u>the 2005 Dietary Guidelines for Americans</u> and no other standards (applies to all food items)</li> <li>Restrictions on fat content only apply to a %age of food items</li> <li>Quantified limit for saturated fat but no mention of total fat</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“<i>All food and beverages available to students at school are recommended to be food items low in fat...</i>”</li> <li>“<i>The district will encourage students to make nutritious food choices and will ensure that...schools regulate the sale or serving of foods high in fat, sodium, or added sugars.</i>”</li> <li>“<i>The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.</i>”</li> <li>“<i>50% of food items must contain no more than 40% of total calories from fat.</i>”</li> <li>“<i>NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors:</i>”</li> <li>“<i>No individual food can exceed 10% of calories from saturated fat (no limit on total fat).</i>”</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Quantified and required limit but is &gt;35% total calories from fat</li> <li>Quantified and require limits but allows exceptions for certain items</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“<i>F&amp;B sold outside the school meal program must contain no more than 40% of total calories/weight from fat.</i>”</li> <li>“<i>No individual food item can exceed 8 grams of fat per serving.</i>”</li> <li>“<i>Calories from fat shall not exceed 30%, excluding reduced fat (2%) <u>cheese</u>, nuts, seeds and nut butters.</i>”</li> </ul>
		3	<p>Meets IOM standard: ≤35% of total calories from fat</p> <p><b>Example:</b>     • “<i>K-12 school food service, school store, and school vending machine sale of individual snack items per package shall include no more than 35% of calories from fat and nine grams maximum per serving with the exception of nuts.</i>”</p>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b>     • “<i>Competitive foods and beverages may not be sold on school campuses during the school day.</i>”</p>
NG19	Limits the amount of trans fats	0	Not mentioned
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Discourages use of trans fats/encourage use of products that are trans-fat free</li> <li>Limit is suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“<i>The level of trans fats will be as low as possible.</i>”</li> <li>“<i>Products containing trans-fats are discouraged.</i>”</li> <li>“<i>Encouraged to use only products that are trans-fat free.</i>”</li> </ul>
		2	<p>Limits the amount of trans fats but not a complete ban on trans fats</p> <p><b>Example:</b>     • “<i>...shall contain no more than 2 g/serving of saturated and trans fat combined.</i>”</p>
		3	<p>Meets IOM standard: Trans fat free or no more than 0.5g of trans fat</p> <p><b>Example:</b>     • “<i>All foods sold/available at school must be trans-fat free.</i>”</p>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b>     • “<i>Competitive foods and beverages may not be sold on school campuses during the school day.</i>”</p>



## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

NG20*	Addresses limiting <u>sodium</u> content of foods  *See Coding Appendix for additional clarification	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Indicates that schools shall “<i>strive to</i>” or “<i>should</i>” meet the Dietary Guidelines</li> </ul> <p><b>Example:</b>     • “...<i>must include items that meet the 2005 Dietary Guidelines for Americans.</i>”</p>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified</li> <li>• Limit is suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>• Specifies <u>the 2005 Dietary Guidelines for Americans</u> and no other standards (applies to all food items)</li> <li>• Restrictions on sodium only apply to a %age of food items</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “<i>Foods to avoid—consume only occasionally: high sodium foods.</i>” <i>(luncheon meats, cheeses, salty popcorn, pickles)</i></li> <li>• “<i>The district will encourage students to make nutritious food choices and will ensure that...schools regulate the sale or serving of foods high in fat, sodium, or added sugars.</i>”</li> <li>• “...<i>50% of food items must contain no more than 600mg of sodium.</i>”</li> <li>• “<i>NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.</i>”</li> </ul>
		2	<p>Quantified and required limit but is &gt; 200 mg/portion</p> <p><b>Example:</b>     • “<i>A snack food item sold individually shall contain no more than 240mg of sodium per serving.</i>”</p>
		3	<p>Meets IOM Standard: ≤ 200 mg/portion for snacks</p> <p><b>Example:</b>     • “<i>A snack food item sold individually shall contain no more than 200mg of sodium per serving.</i>”</p>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b>     • “<i>Competitive foods and beverages may not be sold on school campuses during the school day.</i>”</p>
NG21*	Addresses limiting <u>calorie content per serving size</u> of foods  *See Coding Appendix for additional clarification	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Policy specifies <u>the 2005 Dietary Guidelines for Americans</u> and <u>no other standards</u></li> <li>• Limiting calories from fat, sugar, or any other group of nutrients does not qualify for a “1” or “2.” Provisions related to limiting “additional caloric sweeteners” also do not qualify for a “1” or “2”</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified</li> <li>• Limit is suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>• Restrictions only apply to a %age of food items</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “<i>Foods sold outside of the National School Lunch Program shall contain a <u>reasonable</u> number of calories per package.</i>”</li> <li>• “...<i>50% of food items must contain no more than 300 calories/serving.</i>”</li> </ul>
		2	<p>Quantified and required limit but is &gt;200 calories/per serving</p> <p><b>Example:</b>     • “<i>Individually sold snack items shall not exceed 240 calories per package.</i>”</p>
		3	<p>Meets IOM standard: ≤200 calories/serving</p> <p><b>Example:</b>     • “<i>Individually sold snack items shall not exceed 200 calories per package.</i>”</p>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b>     • “<i>Competitive foods and beverages may not be sold on school campuses during the school day.</i>”</p>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

### Notes for Year 3 Coding:

1. Use Nutrition Guideline Coding Supplement for detailed coding of NG10-NG15 and NG16-NG29
2. Each of the beverage restrictions NG22-NG29 are coded separately for each location of sale/provision NG10-NG15; the coding instructions are identical for each location and are not reported below.

### Nutrition standards for competitive and other beverages NG22-NG29

NG22*	<p>Addresses limiting <u>sugar</u> content of beverages</p> <p>*See Coding Appendix for additional clarification</p> <p><b>Note:</b> There is no level 2 code for this variable</p>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Indicates that competitive beverages “should include” specific beverage items.</li> <li>• Fruit juice/drinks contain less than 50% juice</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Competitive beverages should include milk, water, and 100% juice.”</li> <li>• “Sale of beverages is limited to 100% fruit/veg juice and fruit/veg juice with at least 10% fruit/veg juice.”</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified/specific</li> <li>• Limit is suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions</li> <li>• Restriction only applies to a %age of beverages</li> <li>• Indicates that competitive beverages “must/shall include” specific beverage items (which includes 100% juice)</li> <li>• Fruit /juice drinks containing at least 50% juice</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “... prohibits beverages that contain sugar, corn syrup, or any other caloric sweetener as the first ingredient.”</li> <li>• “...discourages sugar-laden beverages.”</li> <li>• “...shall prohibit soda and allow only water and beverages that are at least <u>50%</u> juice.”</li> <li>• “...allows water and beverages that are less than 100% juice.”</li> <li>• “...50% of beverages must contain no caloric sweeteners.”</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</li> <li>• “Competitive beverages must include 100% juice, milk, water, noncarbonated drinks, and electrolyte replacement drinks.”</li> <li>• “Beverages are limited to water, milk, 50% juice with no added sweeteners, and electrolyte replacement drinks.”</li> <li>• “50% of beverages must be 100% juice, milk, water, and electrolyte replacement drinks.”</li> </ul>
		3	<p>Meets IOM Standard: Prohibits beverages with added sugars</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Beverages with added sugars are not allowed.”</li> <li>• “Only water and 100% juice will be allowed at school.”</li> <li>• “Prohibits the sale of beverages with additional caloric sweeteners.”</li> </ul>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>
NG23*	<p>Addresses limiting <u>calorie content</u> per serving size of beverages</p> <p>*See Coding Appendix for additional clarification</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Language referring to limiting “additional caloric sweeteners” and no other mention of calories</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified</li> <li>• Limit is suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions</li> <li>• Restriction only applies to a %age of beverages</li> </ul>
		2	<p>Quantified and required maximum number of calories permitted per beverage or serving size</p>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (*continued*)

<p>NG24*</p>	<p>Addresses limiting <u>regular (sugar-sweetened) soda</u></p> <p>*See Coding Appendix for additional clarification</p>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Indicates that FMNVs should not be used as a source of revenue for the food service program</li> <li>• Encourages minimizing FMNVs on school campuses</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“The food service program shall strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of FMNVs.”</i></li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Regular soda is limited but not prohibited</li> <li>• Prohibition of regular soda is suggested, time- or location-specific, or subject to principal’s discretion</li> <li>• Restriction only applies to a %age of beverages</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“If available, food and beverages sold individually <u>should</u> be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.”</i></li> <li>• <i>“(NANA model see Appendix)</i></li> <li>• <i>“50% of beverages must be 100% juice, milk, water, and electrolyte replacement drinks.”</i></li> </ul>
		2	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Regular soda is prohibited</li> <li>• Foods of Minimal Nutritional Value (FMNV) are prohibited at all times on school grounds. Prohibiting FMNV qualifies as a “2” because the definition of FMNV includes soda</li> <li>• Soda is prohibited except for use by the school nurse</li> <li>• Prohibits FMNVs during meals (code a la carte only (NG24a1))</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“Soda will not be available on school grounds.”</i></li> <li>• <i>“FMNVs may not be served/sold in the school cafeteria during lunch periods.”</i></li> </ul>
		3	<p>Meets IOM Standard: Beverages with added caloric sweeteners are prohibited</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Only milk, water, and 100% juice will be available at school.”</i></li> <li>• <i>“Approved beverages: milk, milk products, 100% juice, and water.”</i></li> </ul>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“Competitive foods and beverages may not be sold on school campuses during the school day.”</i></li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (*continued*)

NG25*	Addresses limiting <u>beverages other than soda containing added caloric sweeteners</u> such as sweetened teas, juice drinks, energy drinks and sports drinks	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Only bans FMNVs</li> <li>• Allows beverages with added caloric sweeteners at all times</li> <li>• %age of beverages must meet the nutrition guidelines and allows electrolyte replacement drinks/isotonic/sports drinks</li> <li>• Indicates that competitive beverages “must/shall include” beverages beyond milk, 100% juice, and water (includes noncarbonated drinks, electrolyte replacement drinks/isotonic/sports drinks)</li> <li>• Fruit juice/drinks contain less than 50% juice</li> <li>• Allows <u>more than</u> one sugar sweetened beverage</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “50% of beverages must be 100% juice, milk, water, and electrolyte replacement drinks.”</li> <li>• “Allowed beverages include milk, water, 100% juice, and electrolyte replacement drinks.”</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Other beverages with caloric sweeteners are limited but not prohibited</li> <li>• Prohibition is suggested, time- or location-specific, or item-specific (e.g., isotonic drinks, teas, etc.) subject to principal’s discretion, or weakened by other exceptions</li> <li>• Restriction applies to a %age of beverages</li> <li>• Indicates that competitive beverages “must/shall include” specific beverage items that are limited to 100% juice, milk, and water</li> <li>• Fruit/juice drinks containing at least 50% juice</li> <li>• Allows <u>only</u> one sugar sweetened beverage</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Allowed beverages are limited to milk, water, 100% juice, and sports drinks.”</li> <li>• “If available, food and beverages sold individually <u>should</u> be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.” (NANA model see Appendix)</li> <li>• “...50% of beverages will be water, 100% juice, and milk.”</li> <li>• “All beverage machines must/shall include 100% juice, milk, and water.”</li> <li>• “Beverages are limited to water, milk, and 50% juice with no added sweeteners.”</li> </ul>
		3	<p>Meets IOM Standard: Other beverages with added caloric sweeteners are prohibited</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Only milk, water, and 100% juice will be available at school.”</li> <li>• “Approved beverages: milk, milk products, 100% juice and water.”</li> </ul>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>
NG26	Addresses limiting <u>sugar/calorie content of flavored milk</u>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified</li> <li>• Limit is suggested, time- or location-specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>• %age of beverages must meet sugar/calorie provisions for milk</li> </ul>
		2	<p>Quantified limit for sugar or calories that is &gt;22g of total sugars/8 oz. serving</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Milk shall contain no more than 25g of sugars/8 oz serving.”</li> <li>• “Milk may contain no more than 4g of sugar/oz.”</li> <li>• Milk shall contain no more than 150 calories/8 oz. serving.”</li> </ul>
		3	<p>Meets IOM Standard: Flavored milk shall contain no more than 22g of total sugars/8 oz. portion</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Milk shall contain no more than 22g of sugars. 8 oz. portion.”</li> <li>• “All milk sold is low fat and/or skim milk with 35% or less of weight from total sugar (or less than 9 grams per 100 calories).”</li> </ul> <p>Note: 8 oz skim=90 cal, 1%=104 cal, 2%=120cal, and whole=150cal</p>
4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>		

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

NG27*	Addresses limiting <u>fat content of milk</u>	*See Coding Appendix for additional clarification  <b>Note:</b> There is no level 2 code for this variable	0	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Mentioning nonfat or low-fat dairy <u>products/foods (must specifically mention milk)</u> does not qualify for a “1” or “2”</li> <li>If policy explicitly allows whole milk, code as a “0”</li> </ul>
			1	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>Limiting milk to only low-fat (1%) or non-fat/skim is specified but suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>Full-fat milk is prohibited, but reduced-fat (2%) milk is allowed</li> <li>Policy mentions that non-fat/skim, low-fat (1%), or reduced-fat (2%) milk are “allowed,” “offered,” or “provided” without specifying <u>“only”</u></li> <li>Restrictions on fat content of milk only applies to a %age of beverages                             <ul style="list-style-type: none"> <li>“In high school, reduced fat, low-fat or skim milk may be sold.”</li> <li>“Schools shall offer fat-free milk where beverages are sold.”</li> <li>“At least 50% of beverage selections...shall be 100% fruit juice, <u>low fat or fat free milk</u>, and unflavored or unsweetened water.”</li> </ul> </li> </ul> <b>Examples:</b>
			3	Meets IOM Standard: <u>Only</u> low-fat (1%) or non-fat/skim milk is allowed (i.e., reduced-fat [2%] <b>AND</b> full-fat are <b>prohibited</b> )  <b>Example:</b> <ul style="list-style-type: none"> <li>“Beverages sold will be limited to low-fat or fat-free milk, 100% juice, and water.”</li> </ul>
			4	Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate  <b>Example:</b> <ul style="list-style-type: none"> <li>“Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>
			NG28	Addresses <u>servicing size</u> limits for beverages
1	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Limit for drinks other than water is greater than 12 ounces</li> <li>Limit is suggested, time- or location-specific, subject to principal’s discretion, or weakened by other exceptions                             <ul style="list-style-type: none"> <li>“All beverages other than water and milk shall be 12oz or less.”</li> <li>“The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</li> </ul> </li> </ul> <b>Examples:</b>			
2	Limit for drinks other than water is > IOM standards but <u>no more than</u> 12 ounces/serving			
3	Meets IOM Standards (must meet ALL standards to be coded as a “3” for a given grade level): <ul style="list-style-type: none"> <li>Water any size; AND</li> <li>8 oz./serving for milk (including flavored milk); AND</li> <li>ES/MS Juice: 4 oz./serving for 100% juice; OR (based on grade level)</li> <li>HS Juice: 8 oz./serving for 100% juice</li> </ul>			
4	Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate  <b>Example:</b> <ul style="list-style-type: none"> <li>“Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>			

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

NG29*	<p><u>Addresses limiting caffeine</u> content of beverages (with the exception of trace amounts of naturally occurring caffeine substances)</p> <p>*See Coding Appendix for additional clarification</p> <p><b>Note:</b> There is no level 2 code for this variable</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Indicates that %age of beverage items must meet the nutrition guidelines and allows electrolyte replacement drinks/isotonic/sports drinks</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified</li> <li>• Limit is suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions</li> <li>• Restrictions apply to a %age of beverages</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>"Flavored water shall be caffeine-free."</i></li> <li>• <i>"50% of all beverages offered shall be milk, water, and 100% juice."</i></li> <li>• <i>"100% of all beverages should be limited to milk, water, and 100% juice."</i></li> </ul>
		3	<p><b>Meets IOM Standard:</b></p> <ul style="list-style-type: none"> <li>• Beverages with added caffeine are prohibited</li> <li>• All allowable beverages are caffeine-free</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>"All beverages shall be caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances."</i></li> <li>• <i>"Allows only low-calorie beverages including flavored, non-caffeinated water."</i></li> <li>• <i>"100% of all beverages offered shall be milk, water, and 50%-100% juice."</i></li> </ul>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>"Competitive foods and beverages may not be sold on school campuses during the school day."</i></li> </ul>

## Section 4. Physical Education (Note: See Appendix for additional PE-related guidance)

Many states list National Association for Sport & Physical Education (NASPE) standards or the American Alliance for Health, Physical Education, Recreation and Dance standards (of which NASPE standards are a part). Only code a "2" for items with NASPE defaults if district actually requires schools to follow NASPE standards, and it is clear from the context of the statement that NASPE standards apply to those items. If NASPE standards are suggested, code as a "1."

PE1*	PE mentioned	0	No mention of PE anywhere in the policy
	*See Coding Appendix for further clarification	1	Any mention of PE
PE2	Addresses physical education <u>curriculum/program</u> for <u>each grade level</u>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>PE is included in the HE curriculum</li> </ul> <p><b>Example:</b> • "Division HE curriculum standards and guidelines address both nutrition and PE."</p>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Unclear if each grade has a physical education curriculum/program</li> <li>A curriculum is identified but limited to only some grade levels</li> <li>Addresses minimum amount of time for physical education but does not mention <u>curriculum/program</u></li> </ul> <p><b>Example:</b> • "Physical education will be provided in K-8." (in a district that extends beyond 8<sup>th</sup> grade)</p>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Clear that district has a PE curriculum/program for each grade (e.g., policy describes a general PE curriculum/program for "K-12," "all levels," or "all students")</li> <li>Clear that PE program is provided for "K-12," "all levels," or "all grades" and mention time requirements (without using the word "curriculum")</li> </ul> <p><b>Example:</b> • "The PE Committee will submit for approval a K-12 comprehensive curriculum/program. All students in grades 1-5 will be scheduled for PE instruction in accordance with state law. All students in grades 6-8 and 9-11 shall participate in the instructional program of PE. PE in 12<sup>th</sup> grade is an elective."</p>
PE3	Addresses <u>time</u> per week of physical education for <u>elementary school</u> students	0	<ul style="list-style-type: none"> <li>Not mentioned</li> <li>Suggests that schools follow "national PE standards" or "nationally recognized guidelines for PE and PA" without mentioning NASPE standards</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Suggests but does not require 150 minutes/week</li> <li>Specifies total amount of physical education, but it is less than 150 minutes/week</li> <li><u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>Specifies number of times per week without duration</li> <li>Time is specified for overall physical activity that specifically includes physical education</li> <li>Requires schools to follow "national PE standards" or "nationally recognized guidelines for PE and PA" without mentioning NASPE standards</li> </ul> <p><b>Example:</b> • "All students in ES will receive 150 minutes of physical activity/week. This will be accomplished with regular PE class and recess." (also code PA3=2)</p>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Requires 150 minutes/week or more of physical education</li> <li><u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul>

## Section 4. Physical Education (*continued*)

PE3a	Specifies <u>minutes</u> of physical education for <u>elementary</u> school students	<p>_____ minutes (circle day or week w/ red pencil)  <b>Note: ONLY COMPLETE</b> If minutes/week is specified in PE3=1 or PE3=2; otherwise leave it blank.</p>						
PE3b	Specifies <u>days</u> per week of physical education for <u>elementary</u> school students	<p>_____ days per week  <b>Note: ONLY COMPLETE</b> If days/week is specified in PE3=1 or PE3=2; otherwise leave it blank.</p>						
PE4	Addresses <u>time</u> per week of physical education for <u>middle school</u> students	<table border="1"> <tbody> <tr> <td data-bbox="652 504 691 604">0</td> <td data-bbox="698 504 1495 604"> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> </td> </tr> <tr> <td data-bbox="652 613 691 898">1</td> <td data-bbox="698 613 1495 898"> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggests but does not require 225 minutes/week</li> <li>• Specifies total amount of physical education, but it is less than 225 minutes/week</li> <li>• <u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Specifies number of times per week without duration</li> <li>• Time is specified for overall physical activity that specifically includes physical education</li> <li>• Requires schools to follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> </td> </tr> <tr> <td data-bbox="652 907 691 1029">2</td> <td data-bbox="698 907 1495 1029"> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Requires 225 minutes/week or more of physical education</li> <li>• <u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul> </td> </tr> </tbody> </table>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul>	1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggests but does not require 225 minutes/week</li> <li>• Specifies total amount of physical education, but it is less than 225 minutes/week</li> <li>• <u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Specifies number of times per week without duration</li> <li>• Time is specified for overall physical activity that specifically includes physical education</li> <li>• Requires schools to follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul>	2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Requires 225 minutes/week or more of physical education</li> <li>• <u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul>
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PE4a	Specifies <u>minutes</u> of physical education for <u>middle school</u> students	<p>_____ minutes (circle day or week w/ red pencil)  <b>Note: ONLY COMPLETE</b> If minutes/week is specified in PE4=1 or PE4=2; otherwise leave it blank.</p>						
PE4b	Specifies <u>days</u> per week of physical education for <u>middle school</u> students	<p>_____ days per week  <b>Note: ONLY COMPLETE</b> If days/week is specified in PE4=1 or PE4=2; otherwise leave it blank.</p>						
PE5	Addresses <u>time</u> per week of physical education for <u>high school</u> students	<table border="1"> <tbody> <tr> <td data-bbox="652 1289 691 1390">0</td> <td data-bbox="698 1289 1495 1390"> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> </td> </tr> <tr> <td data-bbox="652 1398 691 1684">1</td> <td data-bbox="698 1398 1495 1684"> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggests but does not require 225 minutes/week</li> <li>• Specifies total amount of physical education, but it is less than 225 minutes/week</li> <li>• <u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Specifies number of times per week without duration</li> <li>• Time is specified for overall physical activity that specifically includes physical education</li> <li>• Requires schools to follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> </td> </tr> <tr> <td data-bbox="652 1692 691 1814">2</td> <td data-bbox="698 1692 1495 1814"> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Requires 225 minutes/week or more of physical education</li> <li>• <u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul> </td> </tr> </tbody> </table>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul>	1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggests but does not require 225 minutes/week</li> <li>• Specifies total amount of physical education, but it is less than 225 minutes/week</li> <li>• <u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Specifies number of times per week without duration</li> <li>• Time is specified for overall physical activity that specifically includes physical education</li> <li>• Requires schools to follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul>	2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Requires 225 minutes/week or more of physical education</li> <li>• <u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul>
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## Section 4. Physical Education (*continued*)

PE5a	Specifies <u>minutes</u> of physical education for <u>high</u> school students	_____ minutes (circle day or week w/ red pencil) <b>Note: ONLY COMPLETE</b> If minutes/week is specified in PE5=1 or PE5=2; otherwise leave it blank.
PE5b	Specifies <u>days</u> per week of physical education for high school students	_____ days per week <b>Note: ONLY COMPLETE</b> If days/week is specified in PE5=1 or PE5=2; otherwise leave it blank.
PE6	Physical education promotes a <u>physically active lifestyle</u>	<p><b>0</b></p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggests that physical education classes promote a physically active lifestyle</li> <li>• Suggests that physical education programs focus on self-assessment</li> <li>• Suggests that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Requires schools to follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Physical education programs should promote an active lifestyle.”</i></li> <li>• <i>“...schools will take a wellness approach to PE.”</i></li> <li>• <i>“Health education will complement PE by reinforcing knowledge, skills, etc....needed to maintain a physically active lifestyle.”</i></li> </ul> <p><b>2</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Requires physical education to teach lifetime activities</li> <li>• <b>Requires</b> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Focuses on self-assessment through a “Fitnessgram” or “Activitygram”</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Physical education shall focus on personal fitness.”</i></li> <li>• <i>“...shall provide all students physical education that teaches them the skills needed for lifelong physical fitness.”</i></li> <li>• <i>“Schools will provide PE and NE for all students to foster lifelong habits of healthy eating and physical activity.”</i></li> </ul>
PE7	Specifies <u>competency assessment</u> (i.e., knowledge, skills, or practice)	<p><b>Note: This item refers to an assessment that is part of the regular physical education curriculum to determine whether students are learning the skills and other content appropriate for their grade (e.g., sports rules). President’s Challenge Fitness Test does not qualify for a “1” or “2.”</b></p> <p><b>0</b></p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• A competency assessment or assessment of knowledge, skills, or practice is suggested and/or vague</li> <li>• Suggests that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Requires schools to follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“...will promote rubrics that objectively evaluate and encourage active participation in physical education in all classes K-12.”</i></li> <li>• <i>“Students should be able to demonstrate [physical education] competency through application of knowledge, skill development, and practice.”</i></li> </ul> <p><b>2</b></p> <p>Requires a competency assessment or assessment of knowledge, skill, or practice as part of the physical education curriculum. NASPE standards do not qualify for a “2”</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“Students shall be able to demonstrate [physical education] competency through application of knowledge, skill development, and practice.”</i></li> </ul>

## Section 4. Physical Education (*continued*)

PE8	Addresses <u>physical education classes, courses, or credits</u> as an important part of the curriculum (i.e., on same par as other academic subjects)	0	Not mentioned
		1	Suggested that physical education classes, courses, or credits count toward graduation and/or GPA
		2	Required that physical education classes or credits count toward graduation and/or GPA
PE8a	Specifies number of physical education classes, courses, or credits specified	_____ PE classes, courses or credits toward graduation or GPA (Fill in # or unit) <b>Note: ONLY COMPLETE if PE8=2; otherwise leave it blank.</b>	
PE9	Addresses <u>frequency of required physical education</u> (daily)	0	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Frequency required/suggested but LESS than daily</li> </ul> <b>Example:</b> <ul style="list-style-type: none"> <li>"The equivalent of 1 class period/day of PE for <u>one semester</u> is required for K-8 students."</li> </ul>
		1	Suggested that students will receive daily physical education "Physical education should be provided every day." <b>Example:</b> <ul style="list-style-type: none"> <li>"Physical education should be provided every day."</li> </ul>
		2	Required that all students receive daily physical education <b>Example:</b> <ul style="list-style-type: none"> <li>"Physical education will be provided on a daily basis."</li> </ul>
PE9a	Addresses daily PE waiver  <b>*state level coding only</b>	0	Not mentioned
		1	School districts may apply for a waiver from the state-level daily PE requirement <b>Example:</b> <ul style="list-style-type: none"> <li>Refer to 105ILCS 5/27-6 and 105ILCS 5/2-3.25 for examples of daily PE waiver</li> </ul>
PE10	Addresses <u>teacher-student ratio</u> for physical education	0	Not mentioned or clearly states that PE classes are not subject to the same maximum class size or student-to-teacher ratios as other courses
		1	Vague and/or suggested <b>Examples:</b> <ul style="list-style-type: none"> <li>"For PE classes, the district shall staff those classes to provide for student safety and maximize student participation."</li> <li>"PE classes will have student/teacher ratios similar to those used in other classes."</li> <li>"PE class size is consistent with the requirement of good instruction and standing."</li> </ul>
		2	Specific and required <b>Example:</b> <ul style="list-style-type: none"> <li>"PE classes will have student/teacher ratios of 1:25."</li> </ul>

## Section 4. Physical Education (continued)

PE11	Addresses <u>safe and adequate equipment and facilities</u> for physical education	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Generic statements about safe environment/facilities that do not mention PE or indicative of equipment used for PE</li> <li>• Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“Creating a positive environment for PA – All schools in the district will provide a physical and social environment that encourages safe and enjoyable activity for all students.”</i></li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggested or encouraged</li> <li>• <u>Mentions</u> NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Requires schools to follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> <li>• Indicates that play areas, facilities, and equipment used for PA shall meet accepted standards</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Physical activity facilities (and/or equipment) on school grounds shall be safe.”</i></li> <li>• <i>“Pursuant to district XYZ, PE is required to be offered to all pupils, therefore, schools are required to provide adequate facilities and instructional resources for the institution.”</i></li> </ul>
		2	<p>Ensures that equipment and facilities specifically used for PE are safe and adequate NASPE standards do not qualify for a “2”</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“The physical education program shall be provided adequate space and equipment and conform to all applicable safety standards.”</i></li> </ul>
PE12	Addresses amount of time devoted to <u>moderate to vigorous activity</u> in physical education	0	<p>Not mentioned Recess and other physical activities do not qualify; must be PE specific</p>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggested</li> <li>• Duration is not specified</li> <li>• Duration is less than 50% of class time</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“The physical education program shall devote <u>as much class time as possible</u> to moderate and vigorous activity.”</i></li> <li>• <i>“All students shall have opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs ,and extracurricular programs.”</i></li> </ul>
		2	<p>At least 50% of class time is designated for moderate to vigorous activity</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“All physical education classes to include at least 50% of moderate to vigorous activity in all or most lessons.”</i></li> </ul>
PE12a	Specifies percent or amount of time allotted for moderate to vigorous activity		<p>_____ % or amount of time for moderate to vigorous activity (fill in % or amount of time) <b>Note: ONLY COMPLETE if PE12=1 or 2 and amount of MVA time is specified; otherwise leave it blank.</b></p>

## Section 4. Physical Education (*continued*)

PE13	<p>Addresses <u>qualifications</u> for physical education <u>instructors</u></p> <p><b>Note:</b> This item assesses whether PE must be taught by someone with a state or national PE endorsement (e.g., licensure or certification). This is <b>not</b> measuring whether the state has specific criterion for someone seeking to receive an endorsement in PE (e.g., minimum # hours) or to become a PE educator.</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned or not suggestive of credentials/qualifications</li> <li>Suggests that schools follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“PE instructors and PE teacher assistants, under the direction of the PE instructor, will teach PE classes.”</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Credentials are vaguely referred to or suggested</li> <li>Suggests NASPE Standards or the standards of the American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>Requires schools to follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Physical education shall be taught by <u>appropriate staff</u>.”</li> <li>“When possible, physical education will be taught by a licensed instructor.”</li> <li>“Certified teachers will teach all PE and health classes.”</li> <li>“...PE shall be taught by <u>highly qualified staff</u>...”</li> <li>“...PE will be taught by <u>competent staff</u>...”</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Requires that physical education be taught by a licensed instructor</li> <li><u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Physical education will be taught by a licensed instructor.”</li> <li>“Health and PE classes will be taught by certified health and PE instructors at the secondary levels, 7-12.” (code this for MS/HS)</li> </ul>
PE14	<p>District provides <u>physical education training</u> for physical education <u>teachers</u></p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Staff only receive training/professional development related to PA without mention of PE</li> </ul>
		1	<p>Suggested that all staff or PE staff receive PE-related training/professional development</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“All staff involved in PE <u>should</u> be provided with opportunities for professional development.”</li> </ul>
		2	<p>Provision of PE training is required for PE teachers If PE-specific training is provided for a broader set of staff or teachers, it is assumed that PE teachers are included and will also receive PE training</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Ensures PE staff will receive professional development on a yearly basis.”</li> <li>“...shall provide staff with adequate training in PE.”</li> </ul>

## Section 4. Physical Education (*continued*)

PE15	Addresses <u>physical education waiver requirements</u> (e.g., substituting physical education requirement with other activities)	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Waivers for physical education are explicitly allowed in all instances</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li><i>“Unless otherwise exempted, all students will be required to engage in the physical education program.”</i> (An exemption could include physical education waivers.)</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Waivers for physical education are discouraged</li> <li>Waivers for physical education are prohibited with the exception of substituting physical activities (e.g., team sports) for physical education</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li><i>“Academic activities shall not take the place of physical education. However, students on the school’s sports teams may substitute participation for physical education credits.”</i></li> </ul>
		2	Prohibits substituting physical education with other activities, including physical activities. If waivers are prohibited with the exception of Individual(ized) Academic Plans (IAP) or Individual(ized) Education Plans (IEP), code as a “2” If the policy coding is grade level-specific, code as a “2” for the elementary level when the policy prohibits recess from taking the place of physical education
PE16*	Requires students to participate in an <u>annual health assessment</u> (e.g., fitness, fitnessgram,, or Body Mass Index [BMI], body composition)  *See Coding Appendix for additional clarification on Fitnessgram/BMI/body composition)	<b>Note: This item refers to a district-wide, systematic assessment after which parents are typically notified about their child’s results</b>	
		0	<p><b>Either of the following</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Only mentions self-assessment for physical fitness</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Vague, suggested, and/or unclear how often</li> <li>Assessment is specific and required, but a positive approach to communicating results is not mentioned</li> <li>Fitnessgram-type of language without including reporting language (see Appendix for sample language)</li> <li>Annual health assessment is required, but only for certain grade levels</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“...shall introduce developmentally appropriate components of Connecticut Physical Fitness Assessment.”</i></li> <li><i>“Schools will sponsor jointly w/the local health department the screening of students for vision, hearing, and height/weight/body mass index for age.”</i></li> <li><i>“During the months of Feb., March, or May, students in grades 5, 7, and 9 shall undergo the physical performance testing by the state BOE. Students shall be provided with their individual results after completing the physical performance testing.”</i></li> </ul>
2	Type of assessment is specified and required, assessment is annual, and a positive approach to communicating results is mentioned	<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“Confidential health reports will be sent directly to parents and will include additional resources.”</i></li> <li><i>“Physical education teachers will assist students in interpreting their personal attainments and compare them to national physical activity recommendations.”</i></li> </ul>	

## Section 5. Physical Activity

PA1	<p><u>Federal Wellness</u>: Includes goals for physical activity that are designed to promote student wellness in a manner that the local education agency determines is appropriate</p> <p><b>Note:</b> state coding – PA must be specific to Wellness Policy</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Physical activity is not mentioned</li> <li>Policy clearly detracts from requirement</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Physical activity goal is implied</li> <li>Policy <u>only</u> repeats the language of the federal wellness requirement regarding physical activity</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"The district is committed to physical activity."</li> <li>"Includes goals for physical activity designed to promote student wellness in a manner that the local educational agency determines is appropriate." (and no physical activity goals are stated)</li> </ul>
		2	<p>Any physical activity goal is mentioned</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Schools should provide regular physical activity."</li> </ul>
PA2	Physical activity provided for <u>every grade level</u>	0	Not mentioned
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Suggested</li> <li>Mentions provision of physical activity to "students," but it is unclear that each grade will receive physical activity outside of physical education</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...provide adequate time for students to be engaged in physical activity, which includes physical education, recess, and co-curricular activities."</li> </ul>
		2	<p>Clear that each grade will receive physical activity outside of physical education</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Physical activity will be integrated across the curricula for all grades (K-12) and throughout the school day."</li> <li>"All students will have opportunities, encouragement and support to engage in physical activity on a regular basis."</li> <li>"All students shall have opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, and extracurricular programs."</li> </ul>
PA3	Amount of time for PA	0	Amount of time for PA is not mentioned
		1	<p>Amount of time for PA throughout the SD is suggested/encouraged</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Students should be given a minimum of 30 minutes/day for PA through PE classes, daily recess periods in ES, and the integration of PA into the academic curriculum."</li> </ul>
		2	<p>Requires specific amount of time for PA</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Students in K-5 will receive a minimum of 30 minutes daily of PA including recess and/or physical education."</li> </ul>
PA3a	Specifies number of minutes of physical activity		<p>_____ minutes (circle day or week w/ red pencil)</p> <p><b>Note: ONLY COMPLETE</b> If amount of time is specified in PA3=1 or PA3=2; otherwise leave it blank.</p>
PA3b	PA definition includes PE		<p>The definition of PA produced in PA3 includes PE? <b>yes/no</b> (circle yes/no w/ red pencil)</p> <p><b>Example:</b> "PA will be included in a school's daily education program. PA will include regular instructional PE as well as co-curricular activities and recess."</p>
PA3c	PA definition includes recess (ES only)		<p>The definition of PA produced in PA3 includes recess? <b>yes/no</b> (circle yes/no w/ red pencil)</p> <p><b>Example:</b> "PA will be included in a school's daily education program. PA will include regular instructional PE as well as co-curricular activities and recess."</p>

## Section 5. Physical Activity

PA4*	Regular physical activity opportunities are <u>provided throughout the day</u> (NOT including recess)  *See Appendix for additional clarification.	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Only addresses physical activity <u>before</u> or <u>after</u> school</li> </ul> <p>Only addresses physical activity breaks relative to testing periods</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Students will be given opportunities for PA on a regular/daily basis. Opportunities for PA shall be provided through before and after school programs and extracurricular/interscholastic activities and programs.”</li> <li>• “When mandatory school-wide testing makes it necessary for students to be inactive for extended periods of time, schools will give students periodic breaks to stand and be moderately active”.</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Vague and/or suggested</li> <li>• Addresses PA for all students in the classroom setting w/o addressing frequency</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “All students will have opportunities, encouragement and support to engage in physical activity on a regular basis.”</li> <li>• “Classrooms shall incorporate, where possible, appropriate, short breaks that include physical movement.”</li> <li>• “The district will encourage teachers to integrate PA into the curriculum where appropriate.”</li> <li>• “PA will be integrated into the classroom setting.” (into the classroom setting is vague and does not specify throughout the school day)</li> <li>• “Students do not have periods of two or more hours of inactivity.”</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Regular physical activity throughout the day is required</li> <li>• Policy requires training for teachers on activities that incorporate physical activity throughout the day</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Physical activity opportunities shall be offered daily during the school day.”</li> <li>• “Shall provide Take 10! training to all teachers.”</li> <li>• “All students will have opportunities, encouragement and support to engage in physical activity throughout the school day/on a daily basis.”</li> <li>• “For students to receive the nationally recommended 60 minutes of daily PA and for students to fully embrace PA as a personal behavior, students need opportunities for PA beyond PE classes. Toward that end: opportunities for PA will be incorporated into other subject areas.”</li> <li>• “Students shall be provided physical activity breaks throughout the school day.”</li> </ul>
PA5	Addresses <u>community use of school facilities</u> for physical activity outside of the school day	0	Not mentioned
		1	<p>Availability of school facilities for physical activity is suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The district should allow community-based organizations to use facilities outside school hours.”</li> <li>• “The district shall encourage community access to and student use of the school’s PA facilities outside the school day.”</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• States effort to <u>promote</u> the use of facilities</li> <li>• Ensures that facilities will be available</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The district shall promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations.”</li> <li>• “Schools shall provide an environment that includes school facilities that support PA/PE...schools shall also provide an environment that enforces...shared/joint use agreements.”</li> </ul>

## Section 5. Physical Activity (continued)

PA6	Addresses <u>safe active routes</u> to school	0	Not mentioned
		1	Vague and/or suggested <b>Example:</b> <ul style="list-style-type: none"> <li>“The school district may consider programs such as promoting safe and walkable routes to school.”</li> </ul>
		2	Ensures effort to promote safe active routes to school (e.g., by seeking funding, working with local transit, organizing walking school bus, or ensuring safe walking paths) <b>Example:</b> <ul style="list-style-type: none"> <li>“Each school is responsible for working with community groups to facilitate and promote walking and biking to school by students and staff using safe routes and safe practices.”</li> </ul>
PA7	Addresses not using physical activity (extra or restricted) as <u>punishment</u>	0	Not mentioned
		1	Discouraged <b>Example:</b> <ul style="list-style-type: none"> <li>“Students <u>should</u> not be pulled out of physical education for any other content area instruction or punishment.”</li> </ul>
		2	Prohibited. Prohibition with exceptions for Individual(ized) Academic Plans (IAP) or Individual(ized) Education Plans (IEP) qualifies for a “2” <b>Example:</b> <ul style="list-style-type: none"> <li>“Staff members shall not deny participation in recess or other physical activity opportunities as a form of discipline or punishment unless the safety of students is in question.”</li> </ul>
PA8	Addresses <u>daily recess</u> in elementary school	0	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Less than daily recess specified</li> </ul>
		1	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Daily recess frequency suggested</li> <li>Recess is included in a list of possible activities where a frequency is specified (i.e., “daily”)</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>“Students will be given opportunities...to be physically active through developmentally appropriate <u>daily</u> activities such as recess, PE, etc....”</li> <li>“Supervised recess time should be provided to all students <u>within each school day</u> at all elementary schools.”</li> </ul>
		2	Specific and required <u>daily</u> recess <b>Examples:</b> <ul style="list-style-type: none"> <li>“All elementary school students shall have <u>daily</u> recess...”</li> <li>“Elementary students in grades 1 through 6 will be provided a time for supervised, outdoor recess <u>daily</u>, weather permitting.”</li> <li>“Students will be given opportunities to be physically active during the SD through <u>daily</u> recess, PE classes, and integration of PA into the classroom.”</li> </ul>
PA9	Addresses <u>recess frequency or amount (less than daily)</u> in elementary school	0	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Daily recess specified</li> </ul>
		1	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Frequency of recess is vague and/or suggested</li> <li>Recess is included in a list of possible activities where a frequency is specified but less than daily</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>“Students will be given opportunities...to be physically active through developmentally appropriate activities such as recess, PE, etc....”</li> <li>“Supervised recess time should be provided to all students at all elementary schools.”</li> </ul>
		2	Specific and required recess but less than daily <b>Examples:</b> <ul style="list-style-type: none"> <li>“All elementary school students shall have recess...”</li> <li>“Elementary students in grades 1 through 6 will be provided a time for supervised, outdoor recess, weather permitting.”</li> <li>“Students will be given opportunities to be physically active during the SD through recess, PE classes, and integration of PA into the classroom.”</li> </ul>
PA8a	Specifies number of minutes for recess		_____ minutes (circle day or week w/ red pencil) <b>Note: If PA8 or PA9=1 or 2, fill in # of minutes specified for recess. If # minutes is not addressed, leave blank.</b>



## Section 6. Staff PA/Wellness/Modeling

ST1	Includes physical activity opportunities for school staff	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Training for teachers in PA to promote enjoyable lifelong PA for themselves and students</li> </ul> <p><b>Example:</b> • "...will incorporate PA into 1 of 3 professional days for school staff."</p>
		1	<p>Provision is suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "...should promote periodic and ongoing programs to increase the activity choices for faculty and staff."</li> <li>• "School district will encourage school staff to participate in PA..."</li> <li>• "The district desires to provide a comprehensive program promoting healthy eating and PA for district students and staff."</li> </ul>
		2	Provision is required
ST2	Includes <u>staff wellness</u> programs specifically addressing the health of staff	<p><b>Note: The focus of this variable is on staff wellness generally so the policy does not have to address both nutrition education and PA to get credit; either one will suffice for credit.</b></p>	
		0	<p>Not mentioned</p> <p>If policy encourages staff health but does not offer any programs or education</p> <p><b>Example:</b> • "School staff will be encouraged to improve their own health and wellness in relation to nutrition and physical activity."</p>
		1	<p>Program suggested or suggestion of staff wellness council/committee</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "...will <u>promote</u> periodic and ongoing programs to increase nutritional knowledge and activity for faculty and staff."</li> <li>• "...the school district highly values the health and well being of staff members with plans and policies that support personal efforts by staff to maintain a healthy lifestyle."</li> <li>• "Employee wellness education and involvement will be promoted at suitable school activities."</li> <li>• "The district desires to provide a comprehensive program promoting healthy eating and PA for district students and staff."</li> </ul>
2	<p>Program required</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Presentations on nutrition will be provided to staff."</li> <li>• "Activity programs will be available for staff, and gym memberships will be subsidized."</li> <li>• "Health and wellness classes will be offered to staff."</li> </ul>		
ST3	Encourages staff to <u>role model healthy behaviors</u>	0	Not mentioned
		1	<p>Suggested that staff be encouraged to model healthy behavior</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Each school in the district <u>should</u> encourage staff to model..."</li> <li>• "It will be necessary for not only the staff, but also the parents and the public to be involved in a community-wide effort to promote, support, and <u>model</u> such healthy eating behaviors."</li> </ul>
		2	<p>Required that staff shall be encouraged to model healthy behavior</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Staff <u>will be</u> encouraged to model health eating and physical activity as a valuable part of daily life."</li> </ul>

## Section 7. Stakeholder Involvement/Feedback

CP1*	Federal Wellness: Involve parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy	<p><b>Note:</b> This should have happened in the past because it deals exclusively with policy DEVELOPMENT; however since language may not have been updated, code future orientation (i.e., “shall form a committee”) the same as present orientation.</p>					
		0	Neither policy nor supporting documentation specifies who was on policy development team or only specifies who shall be involved in revising the policy, monitoring implementation, or developing additional policies Participating in the wellness planning process mentioned in the policy does not count for this item				
		1	Policy (or supporting documentation) specifies who was on policy development team, but not all required groups were represented Even if only one of the stakeholder categories is missing, code as a “1”				
		2	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Policy (or supporting documentation) specifies who was on policy development team, and <u>all</u> required groups were represented</li> <li>Names of individuals are listed on the cover of the WP and it clearly states that these individuals were involved with development of the WP and <u>all</u> required groups are represented</li> <li>The WP states that the Board adopted the policy and indicates that all required participants are involved in developing the district wellness plan (implementation regulations)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The school district will engage students, parents, administrators, food service professionals, school board, and other interested community members in developing, implementing, monitoring, reviewing, and revising district nutrition and PA policies.”</li> <li>“A district-wide wellness advisory committee has been established for the purpose of assessing nutrition and PA environment throughout the district and is in compliance w/ current laws and regs.” (and all required groups are listed)</li> </ul> <table border="0"> <tr> <td>• Parents</td> <td>• School Board</td> </tr> <tr> <td>• Students</td> <td>• School administrators</td> </tr> <tr> <td>• School food authority</td> <td>• Public</td> </tr> </table>	• Parents	• School Board	• Students	• School administrators
• Parents	• School Board						
• Students	• School administrators						
• School food authority	• Public						

  

CP2	Addresses <u>methods</u> to solicit or encourage <u>input</u> from stakeholder groups (e.g. two-way sharing)	0	Not mentioned
		1	Specific methods suggested  <b>Example:</b> <ul style="list-style-type: none"> <li>“The Superintendent or designee shall recommend for Board approval specific quality indicators...to measure implementation. These measure shall include feedback from food service personnel, school administrators, the school health council, parents/guardians, students and other appropriate persons.”</li> </ul>
		2	Required to solicit input from stakeholders, and specific methods are named  <b>Examples:</b> <ul style="list-style-type: none"> <li>“Students <u>will</u> be given the opportunity to provide input on local, cultural, and favorite ethnic foods.”</li> <li>“The school will consider student needs in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys and attention will be given to their comments.”</li> <li>“Shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.”</li> <li>“The food service director will be available to speak with parents during open house.”</li> <li>“The school food service program shall involve students, parents,..in the selection of competitive food items to be sold in the schools.”</li> <li>“Food services <u>will</u> provide families opportunities for input and monitoring of their children’s food purchases at the K-8 level.”</li> <li>“Student satisfaction surveys will be completed to assess satisfaction with meal service in the cafeteria.”</li> </ul>

## Section 7. Stakeholder Involvement/Feedback

CP3	<p>Specifies <u>how</u> district will engage parents or community to meet district wellness goals</p> <p>(e.g., through website, email, parent conferences, or events)</p>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Methods are vague</li> <li>• Specific methods are mentioned but not required</li> <li>• Specific methods are mentioned but it is unclear if school will engage parents or community</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>"Nutrition information should be provided to parents and staff through newsletters, publications, health fairs, and other activities..."</i></li> <li>• <i>"Nutrition education may be provided in the form of handouts, the school website, articles and information provided in district or school newsletters, presentations that focus on nutrition and healthy lifestyles, a communication sent home, and through any other appropriate means available to reach parents."</i> (See NOTE in "2" coding below.)</li> </ul>
		2	<p>Clear that the district or schools will engage parents or community, and specific methods are listed</p> <p>Even if it is unclear that each method listed will be used, as long as engaging parents or community is required, code as a "2"</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>"Nutrition education <u>will</u> be provided to parents. Nutrition education may be provided in the form of handouts, the school website, articles and information provided in district or school newsletters, presentations that focus on nutrition and healthy lifestyles, a communication sent home, and through any other appropriate means available to reach parents."</i> (<b>NOTE: It is the combination of the two sentences that warrant the "2" coding. The second sentence by itself would only warrant a "1" coding.</b>)</li> </ul>

## Section 8. Messaging, Marketing, & Promotion

MP1	<p>Specifies district using Centers for Disease Control and Prevention's <u>(CDC) Coordinated School Health Program (CSHP) model</u> or other coordinated/comprehensive method</p> <p>The CSHP model consists of 8 interactive components: (1) health education, (2) family/community involvement, (3) health promotion for staff, (4) healthy school environment, (5) counseling, psychological and social services, (6) physical education, (7) health services, and (8) nutrition services</p>	0	<p>Not mentioned OR</p> <p>Components of CSHP are included in the policy but there is no mention of the CSHP by name in any way</p>
		1	<p>Mentions that district is considering use or working toward use of a coordinated school health model. Must say "coordinated school health"</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"We will strive toward integrating nutrition into a coordinated school health approach."</li> </ul>
		2	<p>Includes language to institutionalize a coordinated school health model</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Schools <u>will</u> link nutrition education activities with the coordinated school health program."</li> <li>"The coordinated school health council will develop, monitor, and implement administrative guidelines and improvement plans in the following eight areas [lists 8 CSHP areas]..."</li> </ul>
MP2	<p>Specifies <u>marketing (including social marketing/PSAs)</u> to promote healthy choices/strategies to encourage healthy choices</p>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Indication that food and beverages sold by the food service program must be sold at "reasonable prices"</li> <li>Only addresses restricting marketing of unhealthy choices MP2 (CP89)</li> <li>The food service staff will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings</li> </ul>
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"It is recommended that organizations operating concessions at school functions market healthy food choices at a lower profit margin to encourage student selection."</li> <li>"Nutrition education materials, such as the Food Guide Pyramid, will be displayed where appropriate."</li> <li>"Healthy food options <u>should</u> be comparably priced."</li> <li>"Nutrition education will be conducted in the cafeteria through posters, campaigns, etc."</li> </ul>
		2	<p>Specific (posters, pricing structures, etc.) and required</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Schools shall label/mark healthy food items available so students know which are healthy items."</li> <li>"Snacks and beverages that meet the nutritional parameters for Balanced Choices are prominently identified with the signature Balanced Choices icon on menu signs and serving lines, in snack bars, and in vending machines. Balanced Choices snack and beverage signage is placed at eye-level as a strategy to encourage students to choose these items."</li> <li>"The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeterias to encourage students to make healthy choices."</li> <li>"Healthy food options <u>will</u> be comparably priced."</li> </ul>
MP3	<p>Specifies <u>restricting marketing/ advertising of unhealthful choices</u></p>	0	<p>Not mentioned or policy only addresses marketing of healthy choices</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Advertising associated with product and vending shall be limited to signage on equipment, paper cups, and a banner at booster sale locations."</li> </ul>
		1	<p>Restrictions are suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Display and advertising of FMNVs is strongly discouraged on school grounds."</li> <li>"School-based marketing will follow district nutrition standards." (the standards are not detailed)</li> <li>"...requires food service providers to be sensitive to the nutrition environment when displaying logos/trademarks on school grounds by encouraging healthy eating."</li> </ul>
		2	<p>Required</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Education materials shall be free of brands and illustrations of unhealthful foods."</li> <li>"Soft drink logos are not allowed on school materials or school property."</li> <li>"No vending machine front may display any product that does not contain fruit juice or water."</li> <li>"School-based marketing will be limited to the promotion of healthy items."</li> <li>"School-based marketing shall be consistent with the district's nutrition standards." (the standards are clearly specified)</li> </ul>

## Section 9. Evaluation

E1	<p><u>Federal Wellness</u>: Establish a plan for measuring implementation of the local wellness policy, including designation of one or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy</p>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>A plan is implied</li> <li>Describes a plan but does not designate one or more persons charged with ensuring compliance</li> <li>Describes a plan, but the person or group responsible for compliance is vague (e.g., “the school,” “school officials,” or “the district”)</li> <li><u>Only</u> repeats the language of the federal wellness requirement regarding a plan for measuring implementation</li> </ul>
		2	<p>Describes a plan and designates &gt;=1 person(s) charged with ensuring compliance</p> <ul style="list-style-type: none"> <li><i>“A district-wide Wellness Committee shall be established for the purpose of monitoring the implementation of the district’s Wellness Policy and its nutrition and physical activity components through the Superintendent or his/her designee.”</i></li> <li><i>“The Superintendent or designee shall ensure compliance with established district wide nutrition and physical activity policies. In each school, the building administrator or designee shall ensure compliance with those policies in his or her school.”</i></li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“The superintendent shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.”</i></li> <li><i>“The school district will form a wellness committee comprised of...to oversee development, implementation, monitoring, and reviewing of district-wide nutrition and PA policies.”</i></li> <li><i>“The superintendent or designee shall provide periodic implementation data and/or reports to the board concerning this policy’s implementation sufficient to allow the Board to monitor and adjust the policy.”</i></li> </ul>
E2	<p>Addresses a <u>plan for policy implementation</u>, including a person or group responsible (initial or ongoing)</p>	0	Not mentioned
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Identifies having or developing a plan without strong language or without identifying a person or group responsible</li> <li>Identifies a plan, but the person or group responsible is vague (e.g., “the school,” “school officials,” or “the district”)</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li><i>“The district will strive to implement the policy by...”</i></li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Uses strong language, identifies having or developing a plan for implementation and identifies a person or group responsible</li> <li>Policy mentions a plan for implementation of specific activities, such as, “the principal shall ensure that vending machines are in compliance with district standards</li> </ul> <ul style="list-style-type: none"> <li><i>“The Superintendent or designee shall ensure compliance with established district wide nutrition and physical activity policies. In each school, the building administrator or designee shall ensure compliance...”</i></li> <li><i>“The superintendent shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.”</i></li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“The school district will form a wellness committee...to oversee development, implementation, monitoring, and reviewing of district-wide nutrition/PA policies.”</i></li> <li><i>“The superintendent or designee shall provide periodic implementation data and/or reports to the board concerning this policy’s implementation sufficient to allow the Board to monitor and adjust the policy.”</i></li> </ul>

## Section 9. Evaluation (continued)

E3	<p>Establishes a <u>health advisory committee</u> or school health council that is <u>ongoing</u> beyond policy development</p> <p>*See Coding Appendix for additional clarification</p>	0	Not mentioned
		1	<p>Suggested and/or not clear that the committee will be ongoing</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "A wellness policy committee will be formed in district XYZ."</li> </ul>
		2	<p>Committee is required and clearly ongoing</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "The Nutrition and Physical Activity Advisory Council shall include stakeholders) and shall meet a minimum of two times annually to monitor and evaluate the implementation of the policy."</li> <li>• "Review of this policy shall occur every 5 years, by a committee appointed by the Board, consisting of representative(s) of the Board, the administration, the food service provider, the parents, the students, and the public. The committee shall provide the Board with any recommended changes to the policy."</li> <li>• "The health advisory committee is responsible for implementation, evaluation and revisions of the wellness policy"</li> <li>• "The health advisory committee will meet periodically to review, assess and revise the wellness policy."</li> </ul>
E4	<p>Body Mass Index (BMI)/body composition/measurement</p> <p>*See Coding Appendix for additional clarification on Fitnessgram/BMI/body composition/ height and weight</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Health assessment/screening not specific to BMI</li> <li>• Only assesses height/weight without calculating BMI</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Statue requires the County Health Dept. w/ the School District Board to develop a plan that includes provisions for Growth and Development Screening."</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• BMI/body composition/fitnessgram assessment suggested/encouraged (not required) with or without parental reporting</li> <li>• Body composition assessment required (but does not specify BMI)</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• BMI/body composition/fitnessgram assessment required for some but not all grades within the grade range (e.g., ES, MS, or HS) with or without parental reporting</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Schools will sponsor jointly w/the local health department the screening of students for vision, hearing, and height/weight/body mass index for age."</li> </ul>
		3	BMI/body composition/fitnessgram assessment required <u>no parental reporting required</u>
		4	BMI/body composition/fitnessgram assessment required <u>with parental reporting required</u>

## Section 9. Evaluation (continued)

E5	Addresses a plan for policy <u>evaluation</u> , including a person/group responsible for tracking outcomes	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Implementation language mentions “monitor” or “review” without suggesting some type of assessment or evaluation</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Some kind of pre-post assessment is <u>implied</u></li> <li>An evaluation plan is required, but the person or group responsible is vague (e.g., “the school,” “school officials,” or “the district”)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The district shall conduct an assessment of the health and fitness policy.”</li> <li>“The superintendent shall measure how well this policy is being implemented, managed, and enforced.”</li> <li>In the section on adopting/implementing health and PE curriculum, the following statement was included: “Evaluation procedures will utilize classroom-based assessment strategies...”</li> </ul>
		2	<p><b>ALL of the following:</b></p> <ul style="list-style-type: none"> <li>An evaluation plan is required</li> <li>A person/group responsible for tracking evaluation is identified</li> </ul> <p>Specific outcomes to be measured are stated (i.e., health impact, fiscal impact, student learning, School Health Index)</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“The <u>Advisory Council</u> shall meet at least annually to review nutrition and physical activity policies, <u>evidence on student health impact</u>, and effective programs and program elements.”</li> </ul>
E6	Addresses the <u>audience</u> and <u>frequency</u> of a <u>report</u> on compliance and/or evaluation	0	Not mentioned
		1	Some kind of report on compliance or evaluation is implied
		2	<p><b>ALL of the following:</b></p> <ul style="list-style-type: none"> <li>Reporting on compliance or evaluation is <u>required</u></li> <li><u>Specific items</u> are stated (e.g., compliance with nutrition guidelines, listing of activities and programs conducted to promote nutrition and physical activity, recommendations for policy and/or program revisions, feedback received from stakeholders)</li> <li>It is clear that a report will be made to a <u>specific audience</u> (e.g., board of education, administration, Parent Teacher Association [PTA] / Parent Teacher Organization [PTO], and the public)</li> <li><u>Frequency</u> of reporting is stated</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“The advisory council shall prepare a report annually for the Superintendent evaluating the implementation of the policy and regulations and include any recommended changes or revisions.”</li> </ul>
E7	Identifies <u>funding support</u> for wellness activities or policy evaluation	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Adequate funding will be provided.”</li> <li>“Funding for wellness activities should be made available through the local budget process.”</li> <li>“Major fitness opportunities will be added through Grant purchases.”</li> </ul>
		2	<p>Ensures that funding will be provided, and identifies a specific source</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Funding for the school wellness evaluation will be allocated from the general operations budget.”</li> </ul>

## Section 9. Evaluation (continued)

E8	Identifies a plan for <u>revising the policy</u>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Implementation language mentions “monitor” or “review” without suggesting some type of revision or review for the purpose of revising the policy</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Future orientation in making a decision to revise</li> <li>• Revision is mentioned, but it is unclear if it refers to the <u>policy</u></li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “...<u>may</u> meet to discuss revisions to policy.”</li> <li>• “...<u>may</u> suggest changes.”</li> <li>• “...<u>shall</u> implement <u>program</u> changes.”</li> <li>• “...it is the goal of the district to review the policy to make necessary changes, as appropriate...”</li> </ul>
		2	<p>Discusses revision to policy in any way by any person or group</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “...<u>will</u> meet to discuss revisions to policy.”</li> <li>• “The policy shall be revised as necessary.”</li> <li>• “...the school district will engage...in developing, implementing, monitoring, reviewing, and revising district nutrition and physical activity policies.”</li> </ul>

E9	Reporting Frequency	NA	Not Applicable – use this when E6=0
		NS	Not Specified—use this when E6=1 or 2 but frequency not specified
		<p>Fill in the Blank: How often/frequent is reporting on policy implementation/compliance supposed to occur?</p> <p>Notes on this item: -If frequency is mentioned for multiple reports, default to the generalized report -Give credit for weak language if frequency is mentioned</p> <p><b>Examples:</b></p> <p>Annual</p> <ul style="list-style-type: none"> <li>• “Wellness Program coordinators will report to the board <u>annually</u>.”</li> <li>• “The Superintendent will be responsible for reporting to the Board on an <u>annual</u> basis the progress of the School District in implementing this policy.”</li> </ul> <p>Triennial</p> <ul style="list-style-type: none"> <li>• “The Superintendent or designee will develop a summary report every <u>three years</u> on district-wide compliance with the district’s established nutrition and physical activity wellness policies. That report will be provided to the school board.”</li> </ul>	



## Section 9. Evaluation (continued)

E10	Update Frequency	NA	Not Applicable—use this if E8=0
		NS	Not Specified—use this if E8=1 or 2 but frequency not specified
		Fill in the Blank: How often is the policy scheduled to be reviewed for changes/updates?	
		Notes on this item: -Give credit for recommended revisions that have specific frequency. -No credit if meet annually to review implementation -No credit for assessing compliance	
		<b>Examples:</b>	
	Annual	<ul style="list-style-type: none"> <li>“The HR Director is responsible for implementation of the wellness policy and will recommend policy changes as necessary. The wellness program coordinators will meet <u>annually</u>, or as necessary, to review Missouri Eat Smart Guidelines.”</li> <li>“An ongoing school health advisory council will review the wellness policies on a <u>yearly</u> basis. They will make suggestions to the board for approval changes to policies.”</li> </ul>	
	Biannual	<ul style="list-style-type: none"> <li>“The committee will meet <u>2 times a year</u> to review the policy. This will include assessing the school using the Healthy School Index.”</li> </ul>	
	Triennial	<ul style="list-style-type: none"> <li>“The district will conduct an assessment of the school's existing nutrition and physical activity policies. Assessments will be repeated <u>every three years</u> to help review policy compliance, assess progress, and determine areas in need of improvement.”</li> </ul>	
E11	Evaluation/implementation Review Frequency	NA	Not applicable—use this if E5=0
		NS	Not specified—use this if E5=1 or 2 but frequency not specified
		Fill in the blank: How often is a review/assessment/evaluation of implementation/compliance scheduled to occur?	
		<b>Examples:</b>	
			Biannual
	Triennial	<ul style="list-style-type: none"> <li>“The district will conduct an assessment of the school's existing nutrition and physical activity policies. Assessments will be repeated <u>every three years</u> to help review policy compliance, assess progress, and determine areas in need of improvement.”</li> </ul>	

## Section 9. Evaluation (continued)

E12	Requires district to report to the state	0	Does not address district reporting to the state
		1	Encourages district to report to the state OR requires reporting to the state but does not specify what they are to report on <b>Example:</b> <ul style="list-style-type: none"> <li>“...require that goals and objectives for nutrition and PA be incorporated into the annual school planning and reporting process.”</li> </ul>
		2	Requires district to report to the state with a copy of the policy, implementation progress, compliance, evaluation results, etc. <b>Examples:</b> <ul style="list-style-type: none"> <li>“Each school district shall submit to the DOE a copy of its school wellness policy. Each school district shall annually review its wellness policy...and provide a procedure for public input and revisions. Each school district shall send an updated copy of its wellness policy to the Dept. when a change or revision is made.”</li> <li>“Each local school administrative unit shall collect baseline data at the individual school level and report the baseline data to the Dept. of Public Instruction for Analysis. At minimum, the baseline data will include: minutes of PE, number of PE classes/week, BMI...”</li> <li>“Each school year, a school district board shall determine whether the school district is in compliance w/ the standards required by law [for food and beverages sold in school] and report the results of that determination to the DOE.”</li> </ul>
E13	TA to district/LEA for wellness policy implementation  *state level coding	0	Not mentioned
		1	Encourages the state DOE to post on its website resources and other materials to facilitate development and implementation of school policy requirements <b>Example:</b> <ul style="list-style-type: none"> <li>“The state DOE shall employ a health and PE coordinator who shall be responsible...to provide TA to public schools and school systems as needed.”</li> </ul>
		2	Requires the state DOE to post on its website resources and other materials to facilitate development and implementation of school policy requirements <b>Examples:</b> <ul style="list-style-type: none"> <li>“The [state] Nutrition and Physical Activity Advisory Committee will assist in the development of local policies...including, but not limited to the following...Assist with implementation of nutrition and physical activity standard development by the Committee..., integrate nutrition and PA into the overall curriculum.”</li> <li>“The DOE and Dept. of Workforce Education will provide TA in helping schools integrate health education curricula that will include the nutrition components.”</li> </ul>
E14	Monitor schools/LEA for compliance with state requirements  *state level coding	0	Not mentioned
		1	Vague and/or suggested <b>Example:</b> <ul style="list-style-type: none"> <li>“The DOE may monitor whether school districts are in compliance with the standards required by law [standards for food and beverages sold in school].”</li> </ul>
		2	Requires state to monitor schools/LEA for compliance with state requirements <b>Examples:</b> <ul style="list-style-type: none"> <li>“The statewide Health Advisory Council’s responsibilities will include monitoring and evaluating current PE and PA programs...”</li> <li>“All complaints received by state regarding competitive foods violations, regardless of source, will be forwarded to the local school food service supervisor for initial investigations.”</li> <li>“The PA coordinator shall present a state physical activity plan each year to the Governor’s Commission on Physical Fitness and Sports...”</li> <li>“Each sponsor’s implementation of the Free and Reduced Price Policy and the Model School Nutrition Policy shall be reviewed and evaluated by the Division on a continuing basis.”</li> </ul>

## Section 9. Evaluation (continued)

E15	Penalties for district failure to comply  *state level coding	0	Not mentioned
		1	Vague and/or suggested  <b>Example:</b> <ul style="list-style-type: none"> <li>“Federal and State child nutrition program funds <i>may</i> be withheld and/or fiscal action taken against sponsors found not in compliance w/ applicable Federal regulations and the Department’s Model School Nutrition Policy.”</li> </ul>
		2	Requires penalties for district failure to comply with state requirements  <b>Example:</b> <ul style="list-style-type: none"> <li>“Any public school that violates min. nutritional standards for foods sold outside school lunch programs shall be subject to a penalty to be assessed by the commissioner of education.”</li> </ul>
E16	Corrective action plan for schools/LEA for non-compliance  *state level coding	0	Not mentioned
		1	Vague and/or suggested
		2	Requires a corrective action plan for schools/LEA for non-compliance with state requirements  <b>Example:</b> <ul style="list-style-type: none"> <li>“A School district that the Superintendent finds to be noncompliant with the mandatory provisions of this article [Pupil Nutrition, Health, and Achievement Act] shall adopt and provide to the Sup., a corrective action plan that sets forth the actions taken by the school district...”</li> </ul>
E17	State evaluation and reporting required  *state level coding	0	Not mentioned
		1	Vague and/or suggested
		2	Requires state evaluation and reporting by schools/LEA  <b>Examples:</b> <ul style="list-style-type: none"> <li>“The Department...shall annually report on progress in implementing the nutrition and PE standards to the ...[state legislature].”</li> <li>“The [state] taskforce shall report its evaluation of the effectiveness of school wellness policies to the General Assembly and the Governor...”</li> <li>“The DOE shall submit a written report to the Senate and House committees on education...regarding the status of health and physical education in the public elementary and secondary schools in the state, including findings and recommendations.”</li> </ul>

## Section 10. Reporting

R1	Public posting/access to WP on district website	0	Not mentioned
		1	Vague and/or suggested <b>Examples</b> <ul style="list-style-type: none"> <li>• "The district will ensure school and community awareness of this policy through various means, <u>such as</u> publication in District newsletters, website, and/or the District calendar."</li> </ul>
		2	Requires district to post its WP on its district website <b>Examples</b> <ul style="list-style-type: none"> <li>• "All public schools and public charter schools shall promote their local wellness policy to faculty, staff, parents, and students. A copy shall be: posted on each school's website."</li> </ul>
R2	Public posting/access to WP non-website	0	Not mentioned
		1	Vague and/or suggested <b>Examples</b> <ul style="list-style-type: none"> <li>• "The district will ensure school and community awareness of this policy through various means, <u>such as</u> publication in District newsletters, website, and/or the District calendar."</li> </ul>
		2	Requires district to post its WP (other than district website) <b>Examples</b> <ul style="list-style-type: none"> <li>• "Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas."</li> </ul>
R3	District reporting of WP to state	0	Not mentioned
		1	Vague and/or suggested <b>Examples</b>
		2	Requires district to report its WP to the state <b>Examples</b> <ul style="list-style-type: none"> <li>• "By September 1, 2006, each school district shall submit to the Department of Education a copy of its school wellness policy."</li> </ul>
R3s*	State DOE/BOE posting district wellness policies on its website *state level coding	0	Not mentioned
		1	Vague and/or suggested
		2	Requires state DOE/BOE to post district wellness policies on its website
R4	Reporting to public	0	Not mentioned
		1	Encourages district to report to the public
		2	Requires district to report to the public
R5	Reporting to district	0	Not mentioned
		1	Encourages district to report to the district (e.g., board, superintendent)
		2	Requires district to report to the district (e.g., board, superintendent)

## Section 10. Reporting (continued)

R6	Reporting to state	0	Not mentioned
		1	Encourages district to report to the state
		2	Requires district to report to the state
R7	Reporting to other/NS	0	Not mentioned
		1	Encourages reporting (other or group not specified)
		2	Requires reporting (other or group not specified)
R8	Reporting on food safety inspections	0	Not mentioned
		1	Vague and/or suggested <b>Example</b> • <i>"In accordance with Federal Law, the Cafeteria Mangers will take such necessary action to obtain a minimum of 2 food safety inspections per school year...The report of the most recent inspection will be posted in a publicly visible location and a copy of the report will be available <u>upon request</u>."</i>
		2	Requires district to report on food safety inspections
R9	Reporting on local WP compliance	0	Not mentioned <b>Examples</b> • <i>"Building administrators will annually report to the district the steps taken to improve wellness in their building."</i>
		1	Vague and/or suggested <b>Example</b> • <i>"The Superintendent or designee shall measure implementation of the wellness policy by conduction periodic reviews or receiving periodic reports."</i>
		2	Requires district to report on local WP compliance <b>Examples</b> • <i>"The advisory council shall prepare a report annually for the Superintendent evaluating the implementation of the policy and regulations and include any recommended changes or revisions."</i>
R10	Reporting on meal program participation	0	Not mentioned
		1	Vague and/or suggested
		2	Requires district to report on meal program participation rates <b>Examples</b> • <i>"The wellness committee will be responsible for preparing an annual report by June 15 of each year that includes: monthly district menus and meal counts."</i>

## Section 10. Reporting (continued)

R11	Reporting on nutritional quality of program meals	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Example</b> •“The report may include: Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.”</p>
		2	<p>Requires district to report on the nutritional quality of program meals</p> <p>•“School food service staff, at the school or district level, will ensure compliance with nutrition policies within food service areas and will report on this matter to the Food Service Director [and the district WP addresses nutritional content of school meals].”</p> <p>•“The superintendent shall require the school FSD to complete the assessment of the nutrition program required under KRS 158.856 (KY) and to issue an annual report at least 60 days prior to the public hearing required by that statute. The nutrition assessment report may be issued via posting on the District web site. [from KRS 158.8560] (1) Each school food service director shall annually assess school nutrition in the district and issue a written report to parents, the local school board, and school-based decision making councils. The report shall include: (a) An evaluation of compliance with the National School Breakfast and National School Lunch programs.”</p> <p>•“The director of Food and Nutrition Service will provide an annual report to the superintendent setting forth the nutrition guidelines and procedures for selection of all foods made available through the Food Service Program.”</p> <p>•“The Superintendent or designee shall report to the Board at least every two year on the implementation of this policy and any other Board policies related to nutrition and physical activity. To determine whether the policy is being effectively implemented districtwide and at each district school, the following indicators shall be use: An analysis of the nutritional content of meals served based on a sample of menus”</p>
R12	Reporting on competitive F&B available/sold	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Examples</b></p> <ul style="list-style-type: none"> <li>• “The superintendent will annually report to the board on the district’s compliance with laws and policies related to student wellness. The report <u>may</u> include: review of all F&amp;Bs sold in schools for compliance with established NGs.”</li> <li>• “The FSD will conduct on-site audits at each school a minimum of 2 times a year to ensure compliance with nutrition requirements stated in this policy. Audit results will be shared with cafeteria managers and principals for review and modifications as required.”</li> <li>• “The report may include: Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.”</li> </ul>
		2	<p>Requires district to report on competitive F&amp;B available and/or sold</p> <p>• “The wellness committee will be responsible for preparing an annual report by June 15 of each year that includes: listing of all a la carte, vending, and competitive foods sold by school food service; listing of all other sales of foods throughout the district including vending machines, school stores, culinary and special ed. Programs, in-school and in-class fundraisers etc.”</p> <p>• “The district food service program administrator will provide an annual report to the superintendent, setting forth the nutrition guidelines and procedures for selection of all foods made available to campus, to ensure compliance with the wellness policy.”</p> <p>• “The Superintendent or designee shall report to the Board at least every two year on the implementation of this policy and any other Board policies related to nutrition and physical activity. To determine whether the policy is being effectively implemented districtwide and at each district school, the following indicators shall be use: Any sales of non-nutritious foods an beverages in fundraisers or other venues outside of the district’s meal program.”</p>

## Section 10. Reporting (continued)

R13	Reporting on PE/PA requirements	0	Not mentioned
		1	Vague and/or suggested
		2	<p>Requires district to report on PE/PA requirements</p> <p><b>Examples</b></p> <ul style="list-style-type: none"> <li>• <i>“The superintendent or designee will report the following annually: implementation of PE and PA minutes for students K-5.”</i></li> <li>• <i>“The district will report to SDE by June 15<sup>th</sup> (each year) the daily PE/PA activity for students by school, grade, and class.”</i></li> <li>• <i>“The council will assist the superintendent in creating an annual report which includes minutes of PA and PE and/or healthful living education received by students in the district each school year.”</i></li> <li>• <i>“The school district will report to the community...the percentage of students participating in PE classes...”</i></li> </ul>
R14	Reporting on Fitness Assessments	0	Not mentioned
		1	Vague and/or suggested
		2	<p>Requires district to report on fitness assessments</p> <p><b>Examples</b></p> <ul style="list-style-type: none"> <li>• <i>Students' health-related fitness reports will be shared with parents/legal guardians at grades 5, 8, and high school.</i></li> </ul>
R15	Reporting on BMI	0	Not mentioned
		1	Vague and/or suggested
		2	<p>Requires district to report on BMI</p> <p><b>Examples</b></p> <ul style="list-style-type: none"> <li>• <i>“Beginning with kindergarten and then in even numbered grades, schools will be required to include, as a part of a student health report to parents, a BMI percentile by age for each student in a private and confidential manner.”</i></li> </ul>
R16	Reporting on other/SHI	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Example</b></p> <ul style="list-style-type: none"> <li>• <i>“District PA/health and fitness programs will be monitored and assessed regularly in conjunction with district academic and health-related programs using tools like the Physical Best Program, Healthy Youth Survey, CDC SHI, or OSPI approved assessment. Results of the surveys will be reported to the Board, school sites, and made available to parents, and community members on an annual basis.”</i></li> <li>• <i>“Data for the report is available from the following sources: School Lunch Program data.”</i></li> <li>• <i>“The report may include: Evaluation of food service program.”</i></li> </ul>
		2	<p>Requires district to report on other items (such as results of School Health Index [SHI], School Meals Initiative [SMI], PA opportunities)</p> <p><b>Examples</b></p> <ul style="list-style-type: none"> <li>• <i>“The wellness committee will be responsible for preparing an annual report by June 15 of each year that includes: listing of PA programs and opportunities for students throughout the school year.”</i></li> <li>• <i>“The student nutrition supervisor at the school or district level will ensure compliance with nutrition policies in the school nutrition services program and will report to the superintendent or designee on this matter.”</i></li> <li>• <i>“In addition, the district will report on the most recent USDA school meals initiative (SMI) review findings and any resulting changes.”</i></li> </ul>

## UIC WELLNESS POLICY CODING TOOL APPENDIX

This appendix provides specific examples of wellness policy language included in model policies and actual district policies along with the corresponding coding clarifications. Following the coding examples are a series of decision rules to accompany the codebook.

Item/Question	Answer
How do you code header language? (2/28/08)	If a <b>provision of interest is in the header</b> (e.g., Daily Recess; Nutritional Guidelines for All F&B Sold or Served During the School Day) we are going to give them the benefit of the doubt and count it because of their intent. However, if the text of the policy that is below the provisions varies from the header or weakens the header, code based on the text.
How do you code goal language?	<p>If the entire policy is a set of goals such as the following, code everything as a “goal” and not a requirement, assign a “1” where appropriate:</p> <ul style="list-style-type: none"> <li>• The wellness policy goals for XYZ district are: <ul style="list-style-type: none"> <li>○ To provide nutrition education...</li> <li>○ To offer low-fat foods at school meals</li> <li>○ To participate in the School Breakfast program</li> <li>○ To minimize the amount of sugar, fat, sodium in competitive food sales, etc.</li> </ul> </li> </ul> <p>If the entire policy is specified as a goal and then specifies what will be done/required, assign a “2” as appropriate (see the following example language):</p> <ul style="list-style-type: none"> <li>• The overall goal for NE for XYZ school district is to promote the integration of NE into all curriculum areas. We will: <ul style="list-style-type: none"> <li>○ Integrate NE throughout the curriculum</li> <li>○ Provide NE for all grade levels, etc.</li> </ul> </li> </ul> <p>If the policy has the word “Goals” at the top but then follows typical wellness language that is not considered goal language, code as appropriate (either “1” or “2”). For example:</p> <p><b>GOALS:</b> Nutrition education. The XYZ schools aim to teach....Staff members shall teach healthy living skills as part of the regular instructional program...</p> <p>The district shall adopt and implement a comprehensive standards-based health and fitness curriculum...All students in PK-12 will receive regular PE....</p> <p>If the policy provides “Guidelines” and then provides additional “Goals,” code the guidelines as the requirements (i.e., level 2, as appropriate) and the goals as non-requirements (i.e., level 1 as appropriate).</p>
How and when do we code for cross-referenced documents included in the wellness policy?	<p>We only need to code the cross-referenced non-state law documents (e.g., curricula frameworks, Action For Healthy Kids, etc.) if the document is specifically mentioned within the policy as a document that the district is following/should follow for X,Y, Z. For example:</p> <ul style="list-style-type: none"> <li>• School district A encourages the sale of healthy food choices. To this end, all schools in the district must follow the state Action for Healthy Kids guidelines for the sale of competitive foods. In this case, you would incorporate the state Action for Healthy Kids competitive food guidelines into your coding for the district. (See below for specific guidance on coding a cross-referenced document that contains recommendation/“should” language.)</li> </ul> <p>You do NOT have to code for cross-referenced documents that are simply listed as cross-references at the end of the policy. For example:</p> <ul style="list-style-type: none"> <li>• CROSS-REF: <ul style="list-style-type: none"> <li>○ State X Model Wellness Policy</li> <li>○ State X School Board Association Competitive Food Guidelines</li> </ul> </li> </ul> <p><i>Unless these cross-referenced items are specifically mentioned in the policy as something that the district is following/should follow, then they do not need to be coded for the given district.</i></p>
How do you code cross-referenced documents that contain recommendations/provisions that “should” be followed?	<p>If the wellness policy states that District XYZ follows/adheres to/will follow (etc.) [MODEL/ ORGANIZATION NAME ABC]’s nutrition guidelines..and the nutrition guidelines are written as “may” or “should,” count as a “1” because the district is requiring that “weak” model policy be followed (i.e., that contains “should” or “encourage” type language). Typical language may read as follows:</p> <ul style="list-style-type: none"> <li>• “The food service program will comply with current USDA and state Action for Healthy Kids guidelines” for all foods sold/served on campus” (The state AFHK language is full of “should” statements.”</li> </ul>
How do you code language that “strives to meet” weak state policy?	If the policy indicates that the district will “strive to/aim to/goal is to” meet state law that is weak (i.e., a “1” or “0”), then assign a “0” for the district on that item. (upd. 8/19/08)



Item/Question	Answer
<p>How do you code NG items for a policy that simply sets “goals” for developing nutrition guidelines for competitive foods (including or such as) vending machines, school stores, a la carte, etc.?</p>	<p>If the policy simply states that is the “goal” of the district to develop guidelines for competitive foods...including/such as, vending machines, a la carte, etc...and no other language is included, <b>ONLY</b> code NG1=1; do not code any other NG item for this language.</p>
<p>How to code NGs when only a la carte is allowed (and specific guidelines for a la carte are defined) and all other competitive foods are banned (i.e., vending, school stores). *typically this language is seen at the ES level</p>	<p>Example:</p> <p>“An ES may not serve competitive foods to students on school premises throughout the SD until the end of the last scheduled class. This does not pertain to food items made available by the food service department .” (in this case, includes a la carte, and they have specific guidelines for a la carte)</p> <p>NG1=2  NG2=1  NG10=4 (vending ban)  NG11=4 (school store ban)  NG12=2 (code as appropriate, according to the strength of the a la carte guidelines)  All other NGs will be coded “1” or “2” as appropriate, depending on the strength of the a la carte guidelines.</p>
<p>How to code school year variance, when mentions nutrition guidelines will be implemented by a specific date.</p>	<p>For example:</p> <p>“By Sept 1, 2007 <b>ONLY</b> milk, water and 100% juice may be sold on school grounds.”  This wellness policy was adopted Sept 18, 2006, so it is suggestive that these guidelines <u>should</u> be implemented within the 2006-2007 school year and <u>will</u> be implemented by the 2007-2008 school year.  Thus, code NG22, NG24, NG25, NG29=1 for 2006-2007 (and code NG22, 24, 25, 29=2 for 2007-2008)</p>

Item/Question	Answer
<p><b>How do you code NG2 and other NG items for CSPI model/like and NANA model/like language?</b></p>	<ul style="list-style-type: none"> <li>• <b>CSPI-like Model:</b> Elementary Schools. The school food service program will approve and provide all food and beverage sales to students in the elementary grades. Given young children's limited nutrition skills, food in elementary grades <u>will</u> be sold as balanced meals. If available, foods and beverages sold individually <u>will be limited to</u> low-fat, and non-fat milk, fruits, and non-fried vegetables. <ul style="list-style-type: none"> <li>○ <b>If this were the <u>only</u> language for ES for this district for the NG items, you would also code as follows:</b> <ul style="list-style-type: none"> <li>▪ NG1=2</li> <li>▪ NG2=2</li> <li>▪ NG5=2</li> <li>▪ NG6=2</li> <li>▪ NG10-12=4</li> <li>▪ NG16=4</li> <li>▪ NG17=4</li> <li>▪ NG18=4</li> <li>▪ NG19=4</li> <li>▪ NG20=4</li> <li>▪ NG22=4</li> <li>▪ NG24=4</li> <li>▪ NG25=4</li> <li>▪ NG27=4</li> <li>▪ NG29=4</li> </ul> </li> </ul> </li> <li>• <b>CSPI/NANA Model:</b> Elementary Schools. The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools <u>should</u> be sold as balanced meals. If available, foods and beverages sold individually <u>should be limited to</u> low-fat and non-fat milk, fruits, and non-fried vegetables. <ul style="list-style-type: none"> <li>○ <b>If this were the <u>only</u> language for ES for this district for the NG items, you would also code as follows:</b> <ul style="list-style-type: none"> <li>▪ NG1=1</li> <li>▪ NG2=1</li> <li>▪ NG5=1</li> <li>▪ NG6=1</li> <li>▪ NG10-12=1</li> <li>▪ NG16=1</li> <li>▪ NG17=1</li> <li>▪ NG18=1</li> <li>▪ NG19=1</li> <li>▪ NG20=1</li> <li>▪ NG22=1</li> <li>▪ NG24=1</li> <li>▪ NG25=1</li> <li>▪ NG27=1</li> <li>▪ NG29=1</li> </ul> </li> <li>○ <b>The difference here is the “should” language rather than the “will” language above.</b></li> </ul> </li> </ul> <p><b>NOTE TO CODERS:</b> Be <u>very careful</u> when coding following the CSPI/NANA models. We have seen several “slightly” revised versions of the language that could have coding implications. Also, the distinction between the two examples is entirely the “will” vs. “should.” We felt that even for NG1, the distinction was enough to warrant a differential coding for the two scenarios. (upd. 8/19/08)</p> <ul style="list-style-type: none"> <li>• <b>District Policy modified CSPI/NANA Model:</b> Elementary Schools. <i>The school food service program shall manage all food and beverage sales to students in elementary schools. Foods and beverages sold individually in elementary schools <u>shall be limited to water, 100% juice with no added sweeteners (4 oz.), 1% or fat-fat milk (8 oz.), fruits, and non-fried vegetables.</u></i> <ul style="list-style-type: none"> <li>○ <b>If this were the <u>only</u> language for ES for this district for the NG items, you would code as follows:</b> <ul style="list-style-type: none"> <li>▪ NG1=2</li> <li>▪ NG2=1</li> <li>▪ NG5=2</li> <li>▪ NG6=2</li> <li>▪ NG10-12=2</li> <li>▪ NG16=4</li> <li>▪ NG17=4</li> <li>▪ NG18=4</li> <li>▪ NG19=4</li> <li>▪ NG20=4</li> <li>▪ NG22=3</li> <li>▪ NG24=3</li> <li>▪ NG25=3</li> <li>▪ NG27=3</li> <li>▪ NG28=3</li> <li>▪ NG29=3</li> </ul> </li> <li>○ <b>The difference here is the addition of 100% juice.</b></li> </ul> </li> </ul>

Item/Question	Answer
<p><b>Please clarify the distinction between PE1 and PE2.</b></p>	<p>PE1 was created by UIC to capture situations where the district mentions that they have some type of PE but the language included in the policy is not enough to warrant any coding on any of the PE variables. PE1, therefore, was created as a dummy variable to capture the presence/absence of any PE component. PE2 captures information specifically on PE curriculum requirements.</p>
<p><b>Why do we downgrade for “when possible” or “where appropriate” for PA4 but <u>not</u> for NE5?</b></p>	<p><b>CONCEPTUALLY:</b></p> <ul style="list-style-type: none"> <li>• NE5 is an item that is DIRECTLY measuring the incorporation of nutrition education into other subjects, PA4 is an item examining the opportunities for PA outside of PE during the school day <ul style="list-style-type: none"> <li>○ PA4 language such as “<i>classrooms shall incorporate short breaks that include physical movement, when possible,</i>” is just one component of a broader concept being evaluated and should be coded as a “1”</li> <li>○ NE5 language such as, “<i>nutrition education will be integrated into the broader curriculum, where appropriate,</i>” is directly addressing what the item is referencing and should be coded as a “2”</li> </ul> </li> <li>• <b>Bottom line:</b> The students may or may not be experiencing PA breaks in the classroom during the school day based on the above language, BUT NE is definitely being offered in classes other than health/nutrition, it is not clear which courses the NE is being integrated or which classes within the course that NE is being addressed (which is not necessary for a “2” coding).</li> </ul> <p><b>LITERALLY:</b></p> <ul style="list-style-type: none"> <li>• NE can only easily/appropriately be integrated into the curriculum where it fits (i.e., Basic Math or Science) and does not easily fit into other topics (i.e., English, French, Geometry)...also NE will not be the topic addressed in each lesson of a course b/c otherwise it would be a nutrition course and NOT a Science course...so the language above fits with what NE5 is addressing...stating that NE will be incorporated into other courses BUT only the ones that it fits into appropriately OR NE will be addressed in other classes (e.g., science) BUT NE will be incorporated only in appropriate science lessons.</li> <li>• PA can be incorporated into every classroom...so it is possible to provide it in all classes therefore stating that it will only be incorporated “when possible” weakens the overall statement...and does not DEFINITELY indicate the PA is being offered in classes OR during the school day outside of PE...</li> </ul>

Item/Question	Answer
<p><b>Clarification on E3 coding where E3=2</b></p> <p>(See below for E3=1 language)</p>	<p><b>The following language, in its entirety (i.e., the sum of the parts), would warrant a level 2 code for E3 because of the “package” of language and the fact that it mentions “periodic.” You do <u>not</u> have to have specific time periods mentioned to code “2” for E3.</b></p> <p>GUIDELINES WELLNESS COMMITTEE</p> <p>The Board shall appoint a Wellness Committee comprised of at least one (1) of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, member of the public, teacher, school nurse, school counselor, physical education teacher or coach, health professional, representative of community organization, and any other individuals chosen by the Board.</p> <p>The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with law to recommend to the Board for adoption.</p> <p>The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.</p> <p>The Wellness Committee may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.</p> <p>The Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.</p> <p><b>An additional example of E3=2 language that is suggestive of an ongoing council (From NANA):</b></p> <p>“The school district and/or individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)”</p>
<p><b>Clarification on E3 coding where E3=1</b></p> <p>(See prior example for E3=2 language)</p>	<p><b>The following language (obtained from the PBSA template dated 9/07) would be coded as a 1 for E3 (CP90) because the whole section is “may” be established (even though the Council is to provide periodic reports):</b></p> <p>Advisory Health Council</p> <ul style="list-style-type: none"> <li>• An Advisory Health Council may be established by the Superintendent to study student health issues and to assist in organizing follow-up programs.</li> <li>• The Advisory Health Committee may examine related research, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues.</li> <li>• The Advisory Health Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.</li> <li>• The Advisory Health Council may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.</li> <li>• The Advisory Health Council shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.</li> <li>• Individuals who conduct student medical and dental examinations shall submit to the Advisory Health Council annual reports and later reports on the remedial work accomplished during the year.</li> </ul>
<p><b>How do you code Fitnessgram and Fitnessgram-like language (i.e., body composition, height/weight, etc.) for PE16 and E4?</b></p>	<p>“The fitnessgram <b>shall</b> be used to assess student health and fitness.” → Code: PE16=1, E4=2</p> <p>“The fitnessgram <b>shall</b> be used to assess student health. Results will be reported to parents.” → Code: PE16=2, E4=3</p> <p>“The fitnessgram shall be used in grades 4-10 to assess student health. Students will be notified of their results.” →Code: PE16ES=1 16MS=2 16HS=1 E4ES=1 5E4MS=2 E4HS=1</p> <p><i>For examples using body composition or height/weight, just trade out Fitnessgram and replace it with body composition or height/weight in the above examples.</i></p>

Item/Question	Answer
	<p><b>Fitnessgram's relation with body composition is below, taken directly from the Fitnessgram website. The assessment items are as follows:</b></p> <p><b>Aerobic Capacity</b></p> <ul style="list-style-type: none"> <li>• PACER test</li> <li>• One-mile run/walk</li> <li>• Walk test (ages 13 or greater)</li> </ul> <p><b>Body Composition</b> (may select one option)</p> <ul style="list-style-type: none"> <li>• Percent body fat (calculated from triceps and calf skinfolds)</li> <li>• Body mass index (calculated from height and weight)</li> </ul> <p><b>Muscular Strength, Endurance, and Flexibility</b></p> <ul style="list-style-type: none"> <li>• Abdominal strength and endurance (curl-up)</li> <li>• Trunk extensor strength and endurance (trunk lift)</li> <li>• Upper body strength and endurance (choose from push-up, modified pull-up, and flexed arm hang)</li> <li>• Flexibility (choose from back-saver sit-and-reach and shoulder stretch)</li> </ul>

New Variable	Old Variable	Label	ES				MS				HS				SY VAR	State +Dist	State Only	Notes
			0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE1	NE1	FW: goals for NE	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE2	NE2	Nutrition curriculum each grade	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE3		School Gardens	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE4	NE5	NE training for teachers	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE5	NE6	NE integrated into other subjects	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE6	NE7	NE teaches behavior focused skills	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE7	NE8	Number of NE courses or hours	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE7a		Amount of NE courses/hours/credits				-8				-8				-8				
US1	US10	FW: guidelines not less restrictive	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US2	US11	School Breakfast Program (USDA)	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US3	US13	Guidelines beyond USDA Diet Gdln minimum	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US4	US14	Low-fat versions/methods	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US5	US15	Strategies to increase participation	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US5a	US15a	Closed campus	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US6		Recess before lunch	0	1	2	-8												
US7	US17	Adequate time to eat	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US7a		Minutes of breakfast				-8				-8				-8				
US7b		Minutes of lunch				-8				-8				-8				
US8	US20	Training for food service staff	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US9	US22	Nutrition information	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US10	NG38a	Farm-to-school	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US11		Fat content of milk	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US12		Half of grains are whole grains	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US13		Specifies number of fruits/vegetables	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG1	NG23	FW: NG for ALL foods at school	0	1	2	-8	0	1	2	-8	0	1	2	-8				
						SD				SD				SD				
NG2	NG23b	Competitive food ban/cannot be sold	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG3	NG23c	Contracts must/should comply with NG	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG4		Bans fast food on campus	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG5		Meets IOM F&V and/or whole grain std	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG6	NG38	Whole, unprocessed, & fresh food	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG7	NG40	Food as a reward or punishment	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG8	NG41	Nutrition info for other foods	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG9	NG51	Free drinking water	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE1	PE52a	Goals for PE	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE2	PE52	PE curriculum for each grade	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE3	PE53	Time/week of PE for elementary	0	1	2	-8												
PE3a		minutes of PE for elementary				-8												
PE3b		days/week of PE for elementary				-8												
PE4	PE54	Time/week of PE for middle					0	1	2	-8								
PE4a		minutes of PE for middle								-8								
PE4b		days/week of PE for middle								-8								
PE5	PE55	Time/week of PE for high school									0	1	2	-8				
PE5a		minutes of PE for high school												-8				
PE5b		days/week of PE for high school												-8				
PE6	PE56	Physically active lifestyle	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE7	PE57	Competency assessment	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE8	PE60	Addresses PE classes or credits									0	1	2	-8				
PE8a		Amount of PE courses/hours/credits												-8				
PE9	PE61	Frequency of required PE	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE10	PE62	Teacher-student ratio for PE	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE11	PE63	Safe/adequate equipment/facilities	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE12	PE64	Moderate to vigorous activity	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE12a		Percent or amount of time for MVPA				-8				-8				-8				
PE13	PE65	Qualifications for PE instructors	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE14	PE66	PE training for teachers	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE15	PE67	PE waiver requirements	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE16	PE68	Annual health assessment	0	1	2	-8	0	1	2	-8	0	1	2	-8				

New Variable	Old Variable	Label	ES				MS				HS				SY VAR	State +Dist	State Only	Notes
			0	1	2	-8	0	1	2	-8	0	1	2	-8				
PA1	PA69	FW: goals for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PA2	PA70	PA for every grade level	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PA3		Amount of time for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PA3a		Minutes of PA	day / wk				day / wk				day / wk							
PA3b		Definition of PA	PE: y / n n/a				PE: y / n n/a				PE: y / n n/a							
PA3c		Definition of PA includes recess	Recess: y / n n/a															
PA4	PA72	PA throughout the day	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PA5	PA74	Community use facilities for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PA6	PA75	Safe active routes to school	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PA7	PA76	Not using PA as punishment	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PA8	PA77	Recess freq or amt for elementary (daily)	0	1	2	-8												
PA9		Recess freq (less than daily) for elementary	0	1	2	-8												
PA8a		Minutes for recess for elementary	day / wk															
ST1	PA71	PA for school staff	0	1	2	-8	0	1	2	-8	0	1	2	-8				
ST2	CP80	Staff wellness programs	0	1	2	-8	0	1	2	-8	0	1	2	-8				
ST3	CP82	Staff to role model	0	1	2	-8	0	1	2	-8	0	1	2	-8				
CP1	CP79	FW: Stakeholders involved in development of wellness policy	0	1	2	-8	0	1	2	-8	0	1	2	-8				
CP2	CP85	Methods to solicit input	0	1	2	-8	0	1	2	-8	0	1	2	-8				
CP3	CP86	How to engage parents/community	0	1	2	-8	0	1	2	-8	0	1	2	-8				
MP1	CP84	Coordinated School Health Model	0	1	2	-8	0	1	2	-8	0	1	2	-8				
MP2	CP88	Marketing healthy choices	0	1	2	-8	0	1	2	-8	0	1	2	-8				
MP3	CP89	Restricted marketing	0	1	2	-8	0	1	2	-8	0	1	2	-8				
E1	E91	FW: Measuring implementation	0	1	2	-8	0	1	2	-8	0	1	2	-8				
E2	E92	Plan for implementation	0	1	2	-8	0	1	2	-8	0	1	2	-8				
E3	CP90	Ongoing health advisory committee	0	1	2	-8	0	1	2	-8	0	1	2	-8				
E4	PE68a	BMI	0	1	2	3	4	-8	0	1	2	3	4	-8				
E5	E93	Plan for evaluation	0	1	2	-8	0	1	2	-8	0	1	2	-8				
E6	E94	Audience and frequency of a report	0	1	2	-8	0	1	2	-8	0	1	2	-8				
E7	E95	Funding support	0	1	2	-8	0	1	2	-8	0	1	2	-8				
E8	E96	Plan for revising the policy	0	1	2	-8	0	1	2	-8	0	1	2	-8				
E9	E97	Reporting frequency (fill in blank) -- NOT grade spec.																
E10	E98	Update frequency (fill in blank)--NOT grade specific																
E11	E99	Implementation review (fill in the blank) NOT grade sp																
E12	E100	Requires district to report to the state	0	1	2	-8	0	1	2	-8	0	1	2	-8				
R1		Public posting/access WP website	0	1	2	-8	0	1	2	-8	0	1	2	-8				
R2		Public posting/access WP non-website	0	1	2	-8	0	1	2	-8	0	1	2	-8				
R3		District reporting WP to state	0	1	2	-8	0	1	2	-8	0	1	2	-8				
R4		Reporting to public	0	1	2	-8	0	1	2	-8	0	1	2	-8				
R5		Reporting to district	0	1	2	-8	0	1	2	-8	0	1	2	-8				
R6		Reporting to state	0	1	2	-8	0	1	2	-8	0	1	2	-8				
R7		Reporting to other/NS	0	1	2	-8	0	1	2	-8	0	1	2	-8				
R8		Reporting on food safety inspections	0	1	2	-8	0	1	2	-8	0	1	2	-8				
R9		Reporting on local WP compliance	0	1	2	-8	0	1	2	-8	0	1	2	-8				
R10		Reporting on meal program participation	0	1	2	-8	0	1	2	-8	0	1	2	-8				
R11		Reporting on nutritional quality of program meals	0	1	2	-8	0	1	2	-8	0	1	2	-8				
R12		Reporting on competitive F&B available/sold	0	1	2	-8	0	1	2	-8	0	1	2	-8				
R13		Reporting on PE/PA requirements	0	1	2	-8	0	1	2	-8	0	1	2	-8				
R14		Reporting on Fitness Assessments	0	1	2	-8	0	1	2	-8	0	1	2	-8				
R15		Reporting on BMI	0	1	2	-8	0	1	2	-8	0	1	2	-8				
R16		Reporting on other/SHI	0	1	2	-8	0	1	2	-8	0	1	2	-8				

New Variable	Old Variable	Label	ES							MS							HS							SY VAR	State +Dist	State Only	Notes/Citation Information
			0	1	2	3	4	-8	SD	0	1	2	3	4	-8	SD	0	1	2	3	4	-8	SD				
NG10	NG24	Vending machines	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG16vm	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG17vm		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG18vm	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG19vm		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG20vm	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG21vm	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG22vm	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG23vm	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG24vm	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG25vm	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG26vm	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG27vm	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG28vm	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG29vm	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG11	NG25	School Stores	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG16ss	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG17ss		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG18ss	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG19ss		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG20ss	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG21ss	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG22ss	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG23ss	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG24ss	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG25ss	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG26ss	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG27ss	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG28ss	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG29ss	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG12	NG26	A la carte	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG16al	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG17al		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG18al	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG19al		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG20al	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG21al	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG22al	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG23al	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG24al	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG25al	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG26al	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG27al	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG28al	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG29al	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					



New Variable	Old Variable	Label	ES							MS							HS							SY VAR	State +Dist	State Only	Notes/Citation Information
			0	1	2	3	4	-8	SD	0	1	2	3	4	-8	SD	0	1	2	3	4	-8	SD				
<b>NG13</b>	<b>NG27</b>	<b>Class Parties</b>	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG16cp	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG17cp		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG18cp	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG19cp		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG20cp	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG21cp	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG22cp	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG23cp	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG24cp	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG25cp	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG26cp	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG27cp	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG28cp	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG29cp	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
<b>NG14</b>	<b>NG31</b>	<b>Evening/community events</b>	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG16ev	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG17ev		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG18ev	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG19ev		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG20ev	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG21ev	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG22ev	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG23ev	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG24ev	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG25ev	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG26ev	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG27ev	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG28ev	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG29ev	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
<b>NG15</b>	<b>NG32</b>	<b>Food sold for fundraising</b>	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG16fr	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG17fr		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG18fr	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG19fr		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG20fr	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG21fr	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG22fr	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG23fr	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG24fr	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG25fr	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG26fr	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG27fr	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG28fr	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					
NG29fr	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8					

New Variable	Old Variable	Label	ES				MS				HS				SY VAR	Notes
			0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE1	NE1	FW: goals for NE	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE2	NE2	Nutrition curriculum each grade	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE3		School Gardens	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE4	NE5	NE training for teachers	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE5	NE6	NE integrated into other subjects	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE6	NE7	NE teaches behavior focused skills	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE7	NE8	Number of NE courses or hours	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE7a		Amount of NE courses/hours/credits				-8				-8				-8		
US1	US10	FW: guidelines not less restrictive	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US2	US11	School Breakfast Program (USDA)	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US3	US13	Guidelines beyond USDA Diet Gdln minimum	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US4	US14	Low-fat versions/methods	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US5	US15	Strategies to increase participation	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US5a	US15a	Closed campus	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US6		Recess before lunch	0	1	2	-8										
US7	US17	Adequate time to eat	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US7a		Minutes of breakfast				day / wk -8				day / wk -8				day / wk -8		
US7b		Minutes of lunch				day / wk -8				day / wk -8				day / wk -8		
US8	US20	Training for food service staff	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US9	US22	Nutrition information	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US10	NG38a	Farm-to-school	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US11		Fat content of milk	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US12		Half of grains are whole grains	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US13		Specifies number of fruits/vegetables	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG1	NG23	FW: NG for ALL foods at school	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG2	NG23b	Competitive food ban/cannot be sold	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG3	NG23c	Contracts must/should comply with NG	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG4		Bans fast food on campus	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG5		Meets IOM F&V and/or whole grain std	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG6	NG38	Whole, unprocessed, & fresh food	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG7	NG40	Food as a reward or punishment	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG8	NG41	Nutrition info for other foods	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG9	NG51	Free drinking water	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE1	PE52a	Goals for PE	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE2	PE52	PE curriculum for each grade	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE3	PE53	Time/week of PE for elementary	0	1	2	-8										
PE3a		minutes of PE for elementary				day / wk -8										
PE3b		days/week of PE for elementary				-8										
PE4	PE54	Time/week of PE for middle					0	1	2	-8						
PE4a		minutes of PE for middle								day / wk -8						
PE4b		days/week of PE for middle														
PE5	PE55	Time/week of PE for high school									0	1	2	-8		
PE5a		minutes of PE for high school												day / wk -8		
PE5b		days/week of PE for high school														-8
PE6	PE56	Physically active lifestyle	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE7	PE57	Competency assessment	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE8	PE60	Addresses PE classes or credits									0	1	2	-8		
PE8a		Amount of PE courses/hours/credits														-8
PE9	PE61	Frequency of required PE	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE9a		daily PE waiver (state only)	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE10	PE62	Teacher-student ratio for PE	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE11	PE63	Safe/adequate equipment/facilities	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE12	PE64	Moderate to vigorous activity	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE12a		Percent or amount of time for MVPA				-8										-8
PE13	PE65	Qualifications for PE instructors	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE14	PE66	PE training for teachers	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE15	PE67	PE waiver requirements	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE16	PE68	Annual health assessment	0	1	2	-8	0	1	2	-8	0	1	2	-8		

New Variable	Old Variable	Label	ES				MS				HS				SY VAR	Notes
			0	1	2	-8	0	1	2	-8	0	1	2	-8		
PA1	PA69	FW: goals for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PA2	PA70	PA for every grade level	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PA3		Amount of time for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PA3a		Minutes of PA	day / wk				day / wk				day / wk					
PA3b		Definition of PA	PE: y / n				PE: y / n				PE: y / n					
PA3c		Definition of PA includes recess	Recess: y / n													
PA4	PA72	PA throughout the day	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PA5	PA74	Community use facilities for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PA6	PA75	Safe active routes to school	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PA7	PA76	Not using PA as punishment	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PA8	PA77	Recess freq or amt for elementary (daily)	0	1	2	-8										
PA9		Recess freq (less than daily) for elementary	0	1	2	-8										
PA8a		Minutes for recess for elementary	day / wk													
ST1	PA71	PA for school staff	0	1	2	-8	0	1	2	-8	0	1	2	-8		
ST2	CP80	Staff wellness programs	0	1	2	-8	0	1	2	-8	0	1	2	-8		
ST3	CP82	Staff to role model	0	1	2	-8	0	1	2	-8	0	1	2	-8		
CP1	CP79	FW: Stakeholders involved in development of wellness policy	0	1	2	-8	0	1	2	-8	0	1	2	-8		
CP2	CP85	Methods to solicit input	0	1	2	-8	0	1	2	-8	0	1	2	-8		
CP3	CP86	How to engage parents/community	0	1	2	-8	0	1	2	-8	0	1	2	-8		
MP1	CP84	Coordinated School Health Model	0	1	2	-8	0	1	2	-8	0	1	2	-8		
MP2	CP88	Marketing healthy choices	0	1	2	-8	0	1	2	-8	0	1	2	-8		
MP3	CP89	Restricted marketing	0	1	2	-8	0	1	2	-8	0	1	2	-8		
E1	E91	FW: Measuring implementation	0	1	2	-8	0	1	2	-8	0	1	2	-8		
E2	E92	Plan for implementation	0	1	2	-8	0	1	2	-8	0	1	2	-8		
E3	CP90	Ongoing health advisory committee	0	1	2	-8	0	1	2	-8	0	1	2	-8		
E4	PE68a	BMI	0	1	2	3	4	-8	0	1	2	3	4	-8		
E5	E93	Plan for evaluation	0	1	2	-8	0	1	2	-8	0	1	2	-8		
E6	E94	Audience and frequency of a report	0	1	2	-8	0	1	2	-8	0	1	2	-8		
E7	E95	Funding support	0	1	2	-8	0	1	2	-8	0	1	2	-8		
E8	E96	Plan for revising the policy	0	1	2	-8	0	1	2	-8	0	1	2	-8		
E9	E97	Reporting frequency (fill in blank) -- NOT grade spec.														
E10	E98	Update frequency (fill in blank)--NOT grade specific														
E11	E99	Implementation review (fill in the blank) NOT grade sp					DE Initials:				DE Date:				QA Initials: QA Date:	
E12	E100	Requires district to report to the state	0	1	2	-8	0	1	2	-8	0	1	2	-8		
E13	E101	TA to district/LEA for wellness policy implementation	0	1	2	-8	0	1	2	-8	0	1	2	-8		
E14	E102	Monitor schools/LEA for compliance with state reqs.	0	1	2	-8	0	1	2	-8	0	1	2	-8		
E15	E103	Penalties for district failure to comply	0	1	2	-8	0	1	2	-8	0	1	2	-8		
E16	E104	Corrective action plan for schools/LEA for non-compliance	0	1	2	-8	0	1	2	-8	0	1	2	-8		
E17	E105	State evaluation and reporting requirement	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R1		Public posting/access WP website	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R2		Public posting/access WP non-website	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R3		District reporting WP to state	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R4		Reporting to public	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R5		Reporting to district	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R6		Reporting to state	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R7		Reporting to other/NS	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R8		Reporting on food safety inspections	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R9		Reporting on local WP compliance	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R10		Reporting on meal program participation	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R11		Reporting on nutritional quality of program meals	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R12		Reporting on competitive F&B available/sold	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R13		Reporting on PE/PA requirements	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R14		Reporting on Fitness Assessments	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R15		Reporting on BMI	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R16		Reporting on other/SHI	0	1	2	-8	0	1	2	-8	0	1	2	-8		

New Variable	Old Variable	Label	ES					SD	MS					SD	HS					SD	SY VAR	Notes/Citation Information
			0	1	2	3	4		-8	0	1	2	3		4	-8	0	1	2			
<b>NG10</b>	<b>NG24</b>	<b>Vending machines</b>	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG16vm	NG33	Sugar content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG17vm		Limits candy	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG18vm	NG34	Fat content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG19vm		Limits amount of trans fats	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG20vm	NG35	Sodium content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG21vm	NG36	Calorie content per serving size	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG22vm	NG42	Sugar content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG23vm	NG44	Calorie content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG24vm	NG45	Regular soda	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG25vm	NG46	Beverages other than soda	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG26vm	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG27vm	NG48	Fat content of milk	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG28vm	NG49	Serving size limits for beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG29vm	NG50	Caffeine content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
<b>NG11</b>	<b>NG25</b>	<b>School Stores</b>	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG16ss	NG33	Sugar content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG17ss		Limits candy	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG18ss	NG34	Fat content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG19ss		Limits amount of trans fats	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG20ss	NG35	Sodium content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG21ss	NG36	Calorie content per serving size	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG22ss	NG42	Sugar content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG23ss	NG44	Calorie content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG24ss	NG45	Regular soda	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG25ss	NG46	Beverages other than soda	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG26ss	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG27ss	NG48	Fat content of milk	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG28ss	NG49	Serving size limits for beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG29ss	NG50	Caffeine content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
<b>NG12</b>	<b>NG26</b>	<b>A la carte</b>	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG16al	NG33	Sugar content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG17al		Limits candy	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG18al	NG34	Fat content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG19al		Limits amount of trans fats	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG20al	NG35	Sodium content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG21al	NG36	Calorie content per serving size	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG22al	NG42	Sugar content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG23al	NG44	Calorie content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG24al	NG45	Regular soda	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG25al	NG46	Beverages other than soda	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG26al	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG27al	NG48	Fat content of milk	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG28al	NG49	Serving size limits for beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
NG29al	NG50	Caffeine content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		

New Variable	Old Variable	Label	ES							SD	MS							SD	HS							SD	SY VAR	Notes/Citation Information
			0	1	2	3	4	-8	0		1	2	3	4	-8	0	1		2	3	4	-8						
NG13	NG27	Class Parties	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG16cp	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG17cp		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG18cp	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG19cp		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG20cp	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG21cp	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG22cp	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG23cp	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG24cp	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG25cp	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG26cp	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG27cp	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG28cp	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG29cp	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG14	NG31	Evening/community events	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG16ev	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG17ev		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG18ev	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG19ev		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG20ev	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG21ev	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG22ev	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG23ev	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG24ev	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG25ev	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG26ev	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG27ev	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG28ev	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG29ev	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG15	NG32	Food sold for fundraising	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG16fr	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG17fr		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG18fr	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG19fr		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG20fr	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG21fr	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG22fr	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG23fr	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG24fr	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG25fr	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG26fr	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG27fr	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG28fr	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG29fr	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						



**Bridging the Gap (BTG) Program**  
**SCHOOL DISTRICT WELLNESS POLICY CODING TOOL, v.5**  
**(For Use with Coding SY 11-12 policies)**

**UIC Revision Authors**

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In 2006, all school districts participating in the National School Lunch Program and other Child Nutrition Programs, including the School Breakfast Program and the Milk Program, were required to develop a written wellness policy. The original version of this coding system was designed by a group of researchers funded by the Robert Wood Johnson Foundation Healthy Eating Research Program to evaluate these policies. This instrument was designed to be a common and reliable method for evaluating the comprehensiveness and strength of wellness policies within and across states.

**UIC Notes:**

An original version of this tool was developed by the Robert Wood Johnson Foundation Healthy Eating Research Program, Working Group 1. The working group was chaired by Marlene Schwartz (Yale Rudd Center) and included Anne Lund and Mollie Greves (Washington), Elaine McDonnell and Claudia Probart (Pennsylvania), and Anne Samuelson and Leslie Lytle (Minnesota).

For a description of the development and reliability analyses of the original tool developed by the HER working group, please see:

Schwartz M, Lund A, Grow H, et al. "A Comprehensive Coding System to Measure the Quality of School Wellness Policies." *Journal of the American Dietetic Association*, 109(7): 1256-1262, July 2009.

This tool has been adapted to incorporate decision rules being employed by UIC under the BTG program. New variables have been added, additional decision rules and a Coding Appendix are incorporated, and, in some instances, alternative coding is identified. Note that all items labeled NG in the UIC scheme corresponds to identically numbered items in the HER scheme that start with NS [with the exception of items ending with a lower-case letter (e.g., US15a, NG23b) which are unique to UIC].

For additional information on the UIC coding adaptations or for a copy of a grade-specific coding sheet, please contact Jamie Chriqui at [jchriqui@uic.edu](mailto:jchriqui@uic.edu) or 312-996-6410

## UIC Notes/Guidance

1. Also refer to specific coding examples/scenarios included in the Appendix in conjunction with this coding tool.
2. BTG is conducting grade level-specific coding; as such, separate codes are created for each variable for each grade level (ES, MS, HS). Use the UIC-created grade-level score sheet to accompany this tool.
  - a. If the **grade-level distinctions are not clear in the policy**, check the district's web site to confirm the ES/MS/HS grades, as appropriate.
3. In cases where **similar policies are coded for districts within or across states**, review the policies and final coding across districts to ensure coding consistency before completing the consensus coding process and prior to submitting the coding for data entry.
4. If multiple districts within the same state all rely on the same **model policy**, code the model first and then apply the coding as appropriate across districts.
  - a. For policies with **CSPI and NANA model**-like provisions, review the CSPI and NANA master coding and code appropriately.
    - i. **Note on CSPI coding:** You will often find nuances and variations in the district policy language so you will need to review the language in the policy and the CSPI model to capture coding nuances accordingly.
    - ii. See also the CSPI and NANA model guidance in the attached Appendix.
5. If there are multiple policies from the same district with differing provisions, give credit for the stronger weaker language.

### Version Notes:

- v. 2 (5/5/09): Updated to allow for IOM standards and competitive food ban coding in NG items. Added # minutes/credits for a number of other variables. Added trans-fat ban to NG items.
- v.2 (6/25/09): Numbering was changed for all variables; numbers in parentheses reflect original coding scheme v.1 (SY 06-07 & 07-08).
- v.3 (11/16/10): Added variables US11, US12, & US13 to address specific nutrition standards for school meals beyond USDA NSLP and SBP minimum standards.
- v.4 (8/17/11): Added Section 10, variables R1 through 16, to address posting/access to the wellness policy and reporting on various aspects of wellness.
- v.5 (12/21/11): Added the following variables: US14, PE17, PA10, CP4, CP5, NG30



## Coding

Scoring of wellness policies is based on the coding of ten sections, containing a total of 120 primary policy items and 16 sub-items. The sections include:

- Section 1: Nutrition Education (page 5)
- Section 2: Standards for USDA Child Nutrition Programs and School Meals (page 8)
- Section 3: Nutrition Standards for Competitive and Other Foods and Beverages (page 13)
- Section 4: Physical Education (page 32)
- Section 5: Physical Activity (page 39)
- Section 6: Staff PA/Wellness/Modeling (page 43)
- Section 7: Stakeholder involvement/feedback (page 44)
- Section 8: Messaging, Marketing, & Promotion (page 46)
- Section 9: Evaluation & Implementation (page 47)
- Section 10: Reporting (page 54)

Unless otherwise noted, each policy item is coded as “0,” “1,” or “2,” using the definitions below. This coding manual lists each item followed by an explanation of the item and examples of “1” and “2” statements.

Code		Explanation
<b>0</b>	<b>= Not Mentioned</b>	The item is not included in the text of the policy.
<b>1</b>	<b>= Weak Statement</b>	<p>Code an item as a “1” when the item is mentioned, <i>but</i></p> <ul style="list-style-type: none"> <li>• the policy will be hard to enforce because the statement is <i>vague, unclear, or confusing</i></li> <li>• statements are listed as <i>goals, aspirations, suggestions, or recommendations</i></li> <li>• there are <i>loopholes</i> in the policy that weaken enforcement of the item</li> <li>• the policy mentions a <i>future plan to act</i> without specifying when the plan will be established</li> </ul> <p>Words often used include: <b>may, can, could, should, might, encourage, suggest, urge, some, partial, make an effort, and try</b></p> <p>An exception to this would be if the district is unable to enforce action on the item, such as teachers role modeling healthy behaviors (in this case the item would be coded as a “2”).</p>
<b>2</b>	<b>= Meets / Exceeds Expectations</b>	<p>Code an item as a “2” when the item is mentioned, and it is clear that the policy makers are committed to making the item happen because</p> <ul style="list-style-type: none"> <li>• the item is described using specific language (e.g., a concept followed by concrete plans or strategies for implementation) and</li> <li>• strong language is used to indicate that action or regulation is required, including: <b>shall, will, must, have to, insist, require, all, total, comply, and enforce</b></li> </ul>

### Coding hint

One method for deciding between a “1” and a “2” is to consider the scenario of a parent approaching a school district’s board of education to discuss something happening in a school. If the policy is written such that it is not clear exactly how the school should behave regarding the issue at hand, code the item as a “1.” If the policy is written such that the parent and board of education will have no trouble deciding if the school is or is not compliant with the policy, code the item as a “2.”

**State law** may regulate items in this coding tool. State law supersedes the authority of local wellness policies. Depending on how your study is structured, you may want to code according to the strength of state law when it exceeds standards in a policy or when it mentions items not included in a policy. For example, if state law prohibits soda in schools, but the policy does not, you might consider coding as if the policy explicitly prohibits soda.

**The federal wellness policy requirements** are incorporated into the beginning of each section, as appropriate, and are labeled “Federal Wellness.” The language for these items is taken from these federal requirements (Public Law 108-265, The Child Nutrition and WIC Reauthorization Act of 2004).

## Scoring

Policies are scored to determine Comprehensiveness and Strength. Comprehensiveness reflects the proportion of item topics that are simply mentioned. Strength reflects the proportion of items that are addressed with *specific* and *directive* language.

Score*	Explanation
<b>Comprehensiveness Score by section</b>	Comprehensiveness is calculated by counting the number of primary items in each section coded as “1,” “2,” “3,” or “4,” dividing this number by the number of primary policy items in the section, and multiplying this number by 100.
<b>Strength Score by section</b>	Strength is calculated by counting the number of primary items in each section coded as “2,” “3,” or “4,” dividing this number by the number of primary policy items in the section, and multiplying this number by 100.
<b>Total Comprehensiveness</b>	Total comprehensiveness is calculated by counting the number of primary items coded as “1,” “2,” “3,” or “4,” dividing this number by the total number of policy items (92) in all nine sections, and multiplying this number by 100.
<b>Total Strength</b>	Total strength is calculated by counting the number of primary items coded as “2,” “3,” or “4,” dividing this number by the total number of policy items (92) in all nine sections, and multiplying this number by 100.

\*You may want to count NG5 and PE1 (PE52a) for both the strength and comprehensiveness scores (they are 0/1 variables).

The example below shows the calculation of sample scores for Section 1.

Section 1. Nutrition Education		Code
NE1	Includes goals for nutrition education that are designed to promote student wellness in a manner that the local education agency determines is appropriate ( <i>Federal Requirement</i> )	2
NE2	Nutrition curriculum provided for each grade level	2
NE3	School has a <u>garden</u> (fruit and/or vegetable) that students participate in	0
NE4	District provides <u>nutrition education training for teachers</u>	1
NE5	Nutrition education is <u>integrated</u> into <u>other subjects</u> beyond health education	0
NE6	Nutrition education teaches <u>skills</u> that are behavior focused, interactive, and/or participatory	1
NE7	Specifies <u>number</u> of nutrition education <u>courses</u> or <u>contact hours</u>	0
<b>Subtotal for Section 1 Nutrition Education</b>		<b>57</b>
<b>Comprehensiveness Score</b> <i>Count the number of primary items coded as “1” or “2” and divide this number by 7. Multiply by 100. Do not count an item if the rating is “0.”</i>		57
<b>Strength Score</b> <i>Count the number of primary items coded as “2” and divide this number by 7. Multiply by 100.</i>		29

**Comprehensiveness Score** = There are two items coded as “1” and two items coded as “2,” for a total of four items. Four divided by seven equals 0.57, multiplied by 100 for a score of 57.

**Strength Score** = There are two items coded as “2.” Two divided by seven equals 0.29, multiplied by 100 for a score of 29.

## Section 1. Nutrition Education (Note: See Appendix for additional NE-related guidance)

#	Item	Coding Guidance
NE1	Federal Wellness: Includes goals for nutrition education that are designed to promote student wellness in a manner that the local education agency determines is appropriate	<p><b>0</b></p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>No goals for nutrition education are mentioned</li> <li>Policy clearly detracts from requirement</li> </ul>
		<p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Nutrition education goal is implied</li> <li>Policy <u>only</u> repeats the language of the federal wellness requirement regarding nutrition education</li> <li>Policy only mentions “total learning environment” language and no other NE-related language included.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The district is committed to nutrition education.”</li> <li>“Includes goals for nutrition education...designed to promote student wellness in a manner that the local educational agency determines is appropriate,” (and no other NE goals are stated).</li> <li>“Nutrition policies and guidelines for reimbursable meals will not be <u>more</u> restrictive than federal and state regulations.”</li> </ul>
		<p><b>2</b></p> <p><u>Any</u> nutrition education goal statement is mentioned</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Schools should provide nutrition education and engage in nutrition promotion.”</li> </ul>
NE2	Nutrition <u>curriculum</u> provided for each <u>grade level</u>	<p><b>UIC NOTE: Health education curriculum should only be coded for this item if there is some reference to nutrition or healthy eating being a component of the curriculum/lessons/topics, etc. A wellness curriculum that does not mention nutrition/healthy eating does not count.</b></p> <p><b>0</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned.</li> <li>Integrating nutrition education into other subjects beyond health education does not qualify for a “1” or “2” for NE2.</li> <li>Solely incorporating NE consistent with the state Dept of Ed. standards.</li> <li>Mentions “standards-based NE” without mentioning curriculum/program</li> <li>Addresses a “wellness curriculum” or health education curriculum without including nutrition/healthy eating as part of the curriculum components.</li> </ul>
		<p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Describes general <u>health</u> curriculum for “K-12” or “all levels,” and/or it is unclear if each grade will receive <u>nutrition</u> education</li> <li>Addresses NE quality or number of courses/hours but not clear that each grade will receive NE.</li> <li>Standards-based NE curriculum</li> <li>Addresses “sequential NE” without mentioning curriculum or grade levels</li> <li>Addresses “sequential-based NE curriculum” without mentioning grade levels</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Enable students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.” (Not clear that NE is actually taught at each grade level.)</li> <li>“Nutrition and physical activities lessons will be designed for integration into the curriculum and the health education program.”</li> </ul>
		<p><b>2</b></p> <p>Clear that district has a <u>nutrition</u> education curriculum in each grade</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Nutrition topics shall be integrated within the comprehensive health education curriculum taught at every grade level (K-12).”</li> </ul>
NE3	School has a <u>garden</u> (fruit and/or vegetable) that students participate in (includes garden club, kitchen classroom, integration into the curriculum)	<p><b>0</b></p> <p>Not mentioned</p>
		<p><b>1</b></p> <p>Vague, suggested</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“The NE program shall include enjoyable interactive activities such as contests, taste testing, field trips, and school gardens.”</li> </ul>
		<p><b>2</b></p> <p>School garden required/definitively in place</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Each school will establish a school garden to give students the opportunity to plant, harvest, prepare, cook and eat food they have grown.”</li> </ul>

## Section 1. Nutrition Education (continued)

NE4	District provides <u>nutrition education training for teachers</u>	0	Not mentioned. Training on school wellness policy does not qualify for a “1” or “2”
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Type of training is vague (even if required)</li> <li>Provision of training is suggested</li> <li>Specifies only health/nutrition education teachers will receive training</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“In-service training for health education teachers is encouraged.”</i></li> <li><i>“Training opportunities for staff in the area of food nutrition is encouraged.” (Count this as long as not in the food service section of the policy. This variable is for teachers/NE teachers; not food service staff.)</i></li> </ul>
		2	<p><b>All of the following:</b></p> <ul style="list-style-type: none"> <li>Provision of training is specific to nutrition education and required</li> <li>Policy implies that a broad set of teachers will receive training (not only health education teachers)</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Professional development training will be offered in the area of nutrition education for all interested MPS faculty and staff.” (<b>NOTE:</b> This is different than the coding for US8=1 because the goal in US8 is that all food service staff will have professional development whereas NE4 seeks to ensure that all staff will be provided the opportunity for professional development.)</li> </ul>
NE5*	Nutrition education is <u>integrated</u> into <u>other subjects</u> beyond health education  *See Coding Appendix for additional clarification	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“...will encourage teachers to integrate nutrition education into the broader curriculum.”</i></li> <li><i>“Staff shall teach, encourage, and support healthy eating by students by providing NE and engaging in nutrition promotion for all grade levels throughout the school day in a number of different instructional settings. Instruction shall be integrated and include information about nutrition, exercise, and/or healthy choices that:....”</i></li> <li><i>Instructional staff are encouraged to integrate nutritional themes into daily lessons when appropriate.”</i></li> </ul>
		2	<p>Requires that nutrition education be integrated into other subjects</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“Nutrition education will be integrated into mathematics classes.”</i></li> <li><i>“Nutrition education will be integrated into the broader curriculum, where appropriate.”</i></li> <li><i>“The wellness committee is responsible for overseeing policy implementation in the following areas...integration of nutrition into overall curriculum.”</i></li> </ul>
NE6	Nutrition education teaches <u>skills</u> that are behavior-focused, interactive, and/or participatory	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Skill-based nutrition education is suggested</li> <li>Specific skills are mentioned, but none are required</li> <li>Skill-based nutrition education is suggested outside of the NE section of the policy</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices.” (This language was included in a policy with a weak NE section; this language fell under “other school based activities.”)</i></li> <li><i>“Schools will provide NE to foster lifelong habits of healthy eating.” (Key here is “habits”—we equated lifelong habits similar to skills)</i></li> <li><i>“Students will receive NE that fosters the adoption and maintenance of healthy eating behaviors.”</i></li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Skill-based nutrition education is required</li> <li>Specific skills or activities are identified and required (e.g., media awareness or understanding calorie balance, energy expenditure, and nutrition facts labels)</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li><i>“Nutrition education will provide the knowledge and skills necessary to promote student health.”</i></li> </ul>

## Section 1. Nutrition Education (*continued*)

NE7	Specifies <u>number</u> of nutrition education <u>courses</u> or <u>contact hours</u>	0	Not mentioned
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Amount of nutrition education is vague and/or suggested</li> <li>NE is included in HE, but it is unclear how many credits/hours are for NE</li> </ul> <p><b>Example:</b> • “An appropriate number of class hours should be designated for nutrition education.”</p>
		2	<p>Number of hours or courses are specified and required</p> <p><b>Example:</b> • “...will ensure that four hours of class time will be designated for nutrition education every month.”</p>
NE7a	<p>Amount of nutrition education courses, contact hours, or credits required (Specify)</p> <p>Note: must be specific to NE (not HE)</p>	<p>Specify the amount of nutrition education courses, contact hours, or credits required for graduation. Be sure to include the quantity and the unit. (e.g., 2 courses, 1 credit, 40 hours, 2 Carnegie units)</p> <p>_____ # hours/credits or _____ units (Fill in # or units)</p> <p><b>Note: ONLY COMPLETE if NE7=2; otherwise leave it blank.</b></p>	

## Section 2. Standards for USDA Child Nutrition Programs and School Meals

**Note:** This section relates to U.S. Department of Agriculture (USDA) school meals and NOT regulations for competitive foods. If the policy specifies regulations for “all foods” at school, and it is not clear whether the statement applies to either meals or competitive foods, apply those regulations to both this section (Standards for USDA Child Nutrition Programs and School Meals) and section 3 (Nutrition Standards for Competitive and Other Foods and Beverages).

US1	Federal Wellness: Assures that guidelines for reimbursable school meals shall not be less restrictive than USDA school meal regulations	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>No mention of district meeting federal/USDA school meal regulations/standards</li> <li>Guidelines clearly detract from federal/USDA school meal regulations/standards</li> <li>Just requires meal programs to meet the 2005 Dietary Guidelines</li> </ul>
		1	<p>Policy states that district “should” or “strives” to meet federal/USDA school meal regulations/standards</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Nutritional standards for the school breakfast and lunch program are established that typically exceed state and federal standards.”</li> <li>“Nutritional standards for reimbursable school meals will not be <u>more</u> restrictive than federal and state requirements.”</li> </ul>
		2	<p>Policy requires or assures that the district meet federal/USDA school meal regulations/standards</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The district shall provide school breakfasts and lunches that meet the nutritional standards required by the USDA School Breakfast and National School Lunch Programs.”</li> <li>“The district provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than USDA meal regulations and guidance.”</li> <li>“The Food Service Program shall provide healthy food choices for students...Meals shall meet or exceed federal nutrition standards.”</li> <li>“...the district will ensure that reimbursable school meals meet the federal program requirements.”</li> <li>“All food sold or served will comply with USDA guidelines.”</li> <li>Policy states that the district regulation/procedure “SHOULD” provide an assurance that guidelines for reimbursable meals shall not be less restrictive than the USDA regulations and guidance; <u>however</u>, the regulation goes on to state that: “All food made available in the federal program to students during the school day by the Office of Food Services will comply with or exceed the current federal and state requirements.” [The combination of the two statements—policy and then regulation—should be treated as a requirement]</li> </ul>
US2	Addresses access to and/or promotion of the <u>School Breakfast Program (USDA)</u>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Promotes a breakfast program without specifying the “School Breakfast Program” (USDA) or CFR Part 220</li> <li>Encourages or suggests participation in the School Breakfast Program</li> <li>Notifies parents of the availability of the School Breakfast Program</li> <li>Encourages students to start each day with a healthy breakfast</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The district shall make every effort to offer school breakfast.”</li> <li>“The Food Service Program shall provide healthy food choices for students. Breakfast and lunch meals shall meet or exceed federal nutrition standards.”</li> </ul>
		2	<p>Includes language to institutionalize the School Breakfast Program (i.e., specific reference to School Breakfast Program or CFR Part 220)</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“All schools will provide breakfast through the USDA School Breakfast Program.”</li> <li>“Food services include breakfast and lunches in all schools through participation in the National Child Nutrition Programs.”</li> <li>“All school breakfasts comply with USDA regulations.”</li> <li>“To the maximum extent possible, all schools in the district will participate in available federal school meal programs (including NSLP, SBP).”</li> </ul>

## Section 2. Standards for USDA Child Nutrition Programs and School Meals

US3	Addresses <u>nutrition standards</u> for school meals <u>beyond USDA</u> (National School Lunch Program / School Breakfast Program) minimum standards	<p><b>Note: U.S. Department of Health and Human Services (HHS) and U.S. Department of Agriculture (USDA) 2005 Dietary Guidelines for Americans exceed the minimum standards for the USDA school meals programs.</b></p>	
		0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Unless defined, ambiguous references to federal or USDA standards/guidelines/requirements (e.g., “federal nutrition standards,” “USDA standards,” or “USDA guidelines”) do not qualify for a “1” or “2” because it is not clear that these standards refer to anything other than the minimum legal requirements for USDA school meals programs</li> <li>• “Striving to meet” or “should meet” the 2005 Dietary Guidelines does not qualify for a “1” or “2”</li> <li>• Exploring increased use of whole grains or exploring including salads, yogurts and other healthy foods to the meal menu</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Vague and/or suggested</li> <li>• Specifies <u>the 2005 Dietary Guidelines for Americans</u> and no other standards. To receive a “1” for specifying the Dietary Guidelines for Americans, a policy must at least state that it will meet the “Dietary Guidelines”</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “...encourage the consumption and choice of nutrient dense food, such as whole grains, fruits, and vegetables.”</li> <li>• “...all meals will follow the food guide system developed by USDA.”</li> <li>• “...all foods sold/served on campus will meet USDA Dietary Guidelines.” (and no other mention about school meal programs in the policy that would alter the coding for this item)</li> <li>• “School meals promote fresh fruits, vegetables, whole grains, and low-fat items.”</li> <li>• “Four fruits and/or vegetables will be offered daily. Fruits and vegetables may be canned, frozen, fresh, or dried.”</li> </ul>
2	School meals are required to meet specific standards (e.g., 4 fruits and/or non-fried vegetables per day; only 1% and fat-free milk served; at least half of grains are whole grain; eliminates trans fats)		
US4	Specifies use of <u>low-fat versions</u> of foods and/or <u>low-fat methods</u> for preparing foods	0	Not mentioned. Low-fat food mandated by law does not qualify for “1” or “2”
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Cooking methods to reduce fat in school meals shall be used whenever possible.”</li> <li>• “Healthy food preparation for meals...”</li> <li>• “School meals promote fresh fruits, vegetables, and low fat items.”</li> <li>• “Final preparation method cannot be deep-fat fried.”</li> </ul>
		2	<p>Specific and required</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “All cooked foods offered as part of a meal will be baked or steamed.”</li> <li>• “Purchasing programs and preparation methods will be used to decrease fat, calorie, and sodium levels in food.”</li> <li>• “No deep fried foods shall be offered as part of school meals.”</li> </ul>

## Section 2. Standards for USDA Child Nutrition Programs and School Meals

US5	<p>Specifies <u>strategies to increase participation</u> in school meal programs</p> <p>“School meal programs” can be assumed to refer to breakfast and/or lunch</p> <p><b>UIC Note:</b> For now, continue coding closed campus here and in US5a (US15a).</p>	0	<p>Not mentioned or weak statement. Notifying parents of eligibility requirements for free/reduced price meals is a federal requirement and does not qualify for “1” or “2”</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Schools will provide meals that are culturally/ethnically diverse.”</li> <li>“Child Nutrition Services will collaborate with ES buildings to encourage the consumption of F&amp;B including opportunities for taste-testing among students.” (under NE in policy, taste-testing is used as a teaching tool and not for menu development)</li> </ul>
		1	<p>Mentions vague and/or suggested strategies</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“School meals shall be <u>made attractive</u> to students by appealing to their taste preferences.”</li> <li>“Meals shall be appealing...”</li> <li>“...bus schedules should be arranged to facilitate participation in the school breakfast program.”</li> <li>“The district has a closed campus policy unless the Principal provides permission for students to leave during the lunch period.”</li> <li>“To the extent possible, school and transportation schedules shall be designed to encourage participation in school meal programs.”</li> </ul>
		2	<p>Requires specific strategies such as promotional mailings or events, alternative breakfast systems, altered bus schedules, closed campus, student input on the menu, or “Grab and Go” or “Fun on the Run” promotions</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Students will have the opportunity to provide input on local, cultural, and ethnic favorites.”</li> <li>“...shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.”</li> <li>“Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.”</li> </ul>
US5a	<p><u>Closed campus</u></p>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Mentions vague and/or suggested strategies</li> <li>Suggests that students are not allowed to leave campus for lunch/encourages schools to have a closed campus OR closed campus is a goal</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“The district has a closed campus policy, unless the Principal provides permission for students to leave during the lunch period.”</li> </ul>
		2	<p>Required</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Students are prohibited from leaving campus for lunch.”</li> </ul>
US6	<p>Timing of recess in relation to lunch</p> <p><b>Note:</b> code for elementary school only</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Recess is scheduled <u>after</u> lunch</li> <li>PA is scheduled before lunch (PA is not defined and/or definition of PA does not include recess)</li> </ul>
		1	Suggests recess is scheduled <u>before</u> lunch
		2	Definitively requires recess to be scheduled <u>before</u> lunch
US7	<p>Ensures <u>adequate time to eat</u></p>	<p><b>If no standards are mentioned, code according to state law</b></p>	
		0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Schools are encouraged to permit all full-day students a daily lunch period of not less than 20 minutes.”</li> <li>“Personnel will schedule enough time so students do not have to spend too much time waiting in line.”</li> <li>“The school district will provide students with a minimum of 20 minutes to eat their meals.” (this gets a coding of “1,” because it is not clear whether “meals” includes lunch only or breakfast and lunch)</li> </ul>
2	<p>Requires meal periods to include ≥20 minutes for lunch and, if time for breakfast is mentioned, ≥10 minutes for breakfast</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“After obtaining food, students will have at least 20 minutes to eat lunch.”</li> <li>“Students will be provided adequate time (minimum of 20 minutes) to eat lunch.”</li> </ul>		



## Section 2. Standards for USDA Child Nutrition Programs and School Meals

US7a	Specifies minimum minutes for breakfast	_____ minutes for breakfast (circle day or week w/ red pencil) <b>Note: ONLY COMPLETE</b> If minutes for breakfast is specified in US7=1 or US7=2 (US17); otherwise leave it blank.						
US7b	Specifies minimum minutes for lunch	_____ minutes for lunch (circle day or week w/ red pencil) <b>Note: ONLY COMPLETE</b> If minutes for lunch is specified in US7=1 or US7=2 (US17); otherwise leave it blank.						
US8	Ensures <u>training or professional development</u> for <u>food service staff</u>	<table border="1"> <tbody> <tr> <td data-bbox="654 451 695 485">0</td> <td data-bbox="704 451 1502 485">Not mentioned</td> </tr> <tr> <td data-bbox="654 489 695 877">1</td> <td data-bbox="704 489 1502 877"> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Vague and/or suggested</li> <li>Only <u>food safety training</u> is addressed (food handling permit, HACCP, etc.)</li> <li>Only mentions <u>pre-service</u> training                             <ul style="list-style-type: none"> <li>"All food service personnel will have adequate training in food service operations."</li> <li>"Professional development training will be offered in the area of nutrition education for all interested MPS faculty and staff." (<b>NOTE:</b> This is different than the coding for NE4=2 because the goal here is that all food service staff will have professional development whereas NE4 seeks to ensure that all staff will be provided the opportunity for professional development in NE.)</li> <li>"...we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers according to their level of responsibility."</li> </ul> </li> </ul> <p><b>Examples:</b></p> </td> </tr> <tr> <td data-bbox="654 882 695 995">2</td> <td data-bbox="704 882 1502 995"> <p><u>Nutrition</u> training is required for food service staff. Providing only food safety training does not qualify for a "2"</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...shall ensure that professional development in the area of food and nutrition is provided for food service staff."</li> </ul> </td> </tr> </tbody> </table>	0	Not mentioned	1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Vague and/or suggested</li> <li>Only <u>food safety training</u> is addressed (food handling permit, HACCP, etc.)</li> <li>Only mentions <u>pre-service</u> training                             <ul style="list-style-type: none"> <li>"All food service personnel will have adequate training in food service operations."</li> <li>"Professional development training will be offered in the area of nutrition education for all interested MPS faculty and staff." (<b>NOTE:</b> This is different than the coding for NE4=2 because the goal here is that all food service staff will have professional development whereas NE4 seeks to ensure that all staff will be provided the opportunity for professional development in NE.)</li> <li>"...we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers according to their level of responsibility."</li> </ul> </li> </ul> <p><b>Examples:</b></p>	2	<p><u>Nutrition</u> training is required for food service staff. Providing only food safety training does not qualify for a "2"</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...shall ensure that professional development in the area of food and nutrition is provided for food service staff."</li> </ul>
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US9	<u>Nutrition information</u> for school meals (e.g., calories, saturated fat, sugar) is available	<table border="1"> <tbody> <tr> <td data-bbox="654 1075 695 1108">0</td> <td data-bbox="704 1075 1502 1108">Not mentioned</td> </tr> <tr> <td data-bbox="654 1113 695 1255">1</td> <td data-bbox="704 1113 1502 1255"> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Vague and/or suggested</li> <li>Only available upon request</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...will provide nutrition information to parents <u>upon request</u>."</li> </ul> </td> </tr> <tr> <td data-bbox="654 1260 695 1352">2</td> <td data-bbox="704 1260 1502 1352"> <p>Specific and required</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...will share and publicize information about the nutritional content of meals with students and parents."</li> </ul> </td> </tr> </tbody> </table>	0	Not mentioned	1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Vague and/or suggested</li> <li>Only available upon request</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...will provide nutrition information to parents <u>upon request</u>."</li> </ul>	2	<p>Specific and required</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...will share and publicize information about the nutritional content of meals with students and parents."</li> </ul>
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US10	Farm-to-school or farm-to-cafeteria program  *State coding: establishing a FTSP gets a "1"	<table border="1"> <tbody> <tr> <td data-bbox="654 1411 695 1444">0</td> <td data-bbox="704 1411 1502 1444">Not mentioned</td> </tr> <tr> <td data-bbox="654 1449 695 1642">1</td> <td data-bbox="704 1449 1502 1642"> <p>Suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Schools are encouraged to make available locally grown produce to students for all school meals and food items sold outside of the reimbursable school meal program."</li> <li>"Schools are encouraged to source fresh fruits and vegetables from local farmers where practicable."</li> </ul> </td> </tr> <tr> <td data-bbox="654 1646 695 1738">2</td> <td data-bbox="704 1646 1502 1738"> <p>Required/definitively in place</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Produce from area farms shall be sold/served at all locations where F&amp;B are sold/served."</li> </ul> </td> </tr> </tbody> </table>	0	Not mentioned	1	<p>Suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Schools are encouraged to make available locally grown produce to students for all school meals and food items sold outside of the reimbursable school meal program."</li> <li>"Schools are encouraged to source fresh fruits and vegetables from local farmers where practicable."</li> </ul>	2	<p>Required/definitively in place</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Produce from area farms shall be sold/served at all locations where F&amp;B are sold/served."</li> </ul>
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## Section 2. Standards for USDA Child Nutrition Programs and School Meals

US11	Addresses limiting fat content of milk (served as part of meals)	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Whole milk is allowed</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Limiting milk to only low-fat (1%) or non-fat/skim is specified but suggested</li> <li>Full-fat milk is prohibited, but reduced-fat milk (2%) is allowed</li> <li>Policy mentions that non-fat/skim, low-fat (1%), or reduced-fat (2%) is “allowed,” “offered,” “served,” or “provided” without specifying “only”</li> </ul> <p><b>Example:</b> • “All milk sold or served through school meals will be reduced fat (2%), low-fat (1%) or fat free milk.”</p>
		2	<ul style="list-style-type: none"> <li>Meets IOM standard: <u>Only</u> low-fat (1%) or non-fat/skim milk is allowed (i.e., reduced fat (2%) and full-fat is prohibited)</li> </ul> <p><b>Examples:</b> • “All milk sold or served through school meals will be either low-fat (1%) or fat free milk.”</p> <ul style="list-style-type: none"> <li>“Only low-fat (1% or less) and fat-free milk will be offered in the school meal programs for all children above the age of two.”</li> </ul>
US12	Specifies at least half of grains are whole grains	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Example:</b> • “At least 50% of grains served as part of the reimbursable meals and snacks <u>should</u> be 100% whole grains.”</p>
		2	<p>Specific and required</p> <p><b>Example:</b> • “At least 50% of grains served as part of the reimbursable meals and snacks <u>will</u> be 100% whole grains.”</p>
US13	Specifies number of fruits and/or vegetables served	0	<p>Not mentioned</p> <p><b>Example:</b> • “Fruit and/or vegetables must be offered daily on all points of service.”</p>
		1	<p>Vague and/or suggested</p> <p><b>Example:</b> • “<b>Four</b> fruits and/or vegetables <u>should</u> be offered daily.”</p>
		2	<p>Specific and required</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“To help ensure variety, schools will offer at a minimum 3 different fruits in 1 week, <b>five</b> different non-fried vegetables, 1 serving of fruit or vegetable per day will be dark green or orange, 1 serving of fruit or vegetable will be fresh or raw.”</li> <li>“Schools will offer a three-quarter cup serving of two or more vegetables or fruits, or both, of which at least one-half cup serving a week shall be a fresh fruit or vegetable.”</li> <li>“<b>Four</b> fruits and/or vegetables will be offered daily. Fruits and vegetables may be canned, frozen, fresh, or dried.”</li> </ul>
US14	Water available, free of charge, during <u>meal service</u>	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Example:</b> • “Students and staff <u>should</u> have access to free, safe, and fresh drinking water places where meals are served during meal service”</p>
		2	<p>Specific and required</p> <p><b>Examples:</b> • “Students and staff <u>will</u> have access to free, safe, and fresh drinking water places where meals are served during meal service”</p>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

**Note:** This section relates to the sale or service of foods outside the USDA school meals. Do not count provisions in the USDA school meals section of the policy for items in this section. If the policy specifies regulations for “all foods” at school, and it is not clear whether the statement applies to either competitive foods or USDA school meals, apply those regulations to this section (Nutrition Standards for Competitive and Other Foods and Beverages) and to section 2 (Standards for USDA Child Nutrition Programs and School Meals).

- Some policies regulate foods “served” at school, while others only regulate foods “sold” at school. The distinction between “served” and “sold” is that “served” includes both foods that are “sold” and foods that are distributed without cost, such as foods served at birthday parties. Most items in this section refer to foods sold, but some refer to the broader category of foods served.
- For a policy to receive a minimum default code for mentioning U.S. Department of Health and Human Services (HHS) and U.S. Department of Agriculture (USDA) [2005 Dietary Guidelines for Americans](#), the policy must state “Dietary Guidelines.”
- A “time-specific” regulation is one that only applies during certain hours (e.g., when class is in session or during lunch).
- A “location-specific” regulation is one that only applies to certain places or grade levels (e.g., in cafeteria or certain grades within MS).

**UIC Note:** “NG” items correspond with the “NS” items in the HER-version of the coding scheme.

**\*See Coding Appendix for several NG-related items**

NG1*	<p><u>Federal Wellness:</u> Includes nutrition guidelines selected by the local education agency for ALL foods available on each school campus during the school day with the objective of promoting student health and reducing childhood obesity</p> <p>*See Coding Appendix for additional clarification</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• No guidelines for competitive foods mentioned or language weaker than “1” code</li> <li>• Strives to/should meet the 2005 Dietary Guidelines for America</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Mentions districts guidelines but does not define them</li> <li>• Mentions plans to create guidelines</li> <li>• Only mentions federal law regarding the National School Lunch Program or Foods of Minimal Nutritional Value</li> <li>• Only repeats the language of the federal wellness requirement regarding nutrition guidelines for all foods during the school day</li> <li>• Indicates guidelines are limited only to <u>particular places</u> (e.g., cafeteria), <u>times during the school day</u> (e.g., 30 minutes before to 30 minutes after the school lunch is served), or <u>categories of items</u> (i.e., food but not beverage; beverage not food)</li> <li>• Guidelines are subject to principal’s discretion or weakened by other exceptions</li> <li>• Guidelines that require provision of healthy food choices to students <i>outside of the school meal program</i> and no other NG language included.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Nutritious meals served by the food services operation and other nutritious food choices served in district schools and district-sponsored events will comply with district guidelines and state and federal law.”</i> (and “district guidelines” are not defined in policy)</li> <li>• <i>“NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.”</i></li> </ul>
		2	<p>Requires specific district guidelines (that are not time- or location- specific), even if only in reference to <u>the 2005 Dietary Guidelines for Americans</u> and even if you feel the guidelines are weak (including guidelines that only apply to a %age of items)</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“All foods served during the school day shall meet district guidelines, which include ...ensuring the provision of whole grains and fruits and vegetables.”</i></li> </ul>
SD	<p>Nutrition standards apply during the school day (SD)</p>	<p><b>Note:</b> The SD coding should be applied for each NG item, as appropriate, for each relevant grade level.</p> <p><b>Note2:</b> Code SD based on however the district defines SD. If SD is defined as only applying through the lunch period, that would count for SD coding. If SD is defined as also including before school, that would include SD.</p>	
		0	<p>No mention of school day or NG apply at all times</p>
		1	<p>NG item(s) limited to/applies only during the school day (SD)</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“Beverages other than soda should/shall be limited to 100% juice drinks, water, and milk during the school day.”</i></li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

NG2*	Competitive food ban/cannot be sold  *See Coding Appendix for additional clarification	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>No suggestion of competitive food ban/not mentioned</li> <li>Only prohibits sale of FMNVs in places where meals are served during mealtimes</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Competitive foods and beverages are prohibited from the start of breakfast until the end of the last lunch period <u>in places where school meals are served.</u>"</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Competitive food ban suggested/encouraged (CSPI/NANA ES model language; see Appendix for coding examples)</li> <li>Competitive food ban is limited to certain hours</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Competitive foods and beverages may not be sold from the time of arrival of the first student until thirty minutes after the lunch period."</li> </ul>
		2	<p>Bans the sale of competitive foods</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Competitive foods and beverages may not be sold on school campuses during the school day."</li> </ul>
NG3	Vending/competitive food contract compliance with NG	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>No mention of vending/competitive food contracts</li> <li>Vending/competitive food contracts do not have to follow NG</li> </ul>
		1	<p>Vague, suggested, location-specific, time-specific</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Upon expiration of the existing competitive food/vendor contracts, all such contracts are <u>encouraged</u> to follow the district's nutrition guidelines/standards."</li> <li>"Schools should pursue contracts that both encourage healthy eating by students and reduce school dependence on profits on sale of FMNVs."</li> <li>"Beverage contracts comply with the Dietary Guidelines for Americans."</li> </ul>
		2	<p>Vending/competitive food contracts required to follow NG</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"The superintendent shall continually evaluate vending contracts. Vending contracts that do not meet the intent of this policy shall be modified accordingly or not renewed."</li> <li>"Upon expiration of the existing vending/competitive food contracts, such contracts must be in accordance with the district's nutrition standards or not be renewed."</li> </ul>
NG4	Restricts fast food sales at school (includes cafeteria, school stores, and other venues)  Note: this is not prohibiting students from bringing fast food from outside	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Allows fast food &gt; 2 days per week</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Restricts access to fast food sold in the cafeteria/on school grounds to 1-2 days per week</li> <li>Vague, suggested, location-specific, time-specific</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...each school shall limit access to no more than one day each week to retail fast food in the cafeteria, whether sold by contract, commercial vendor, or otherwise."</li> </ul>
		2	<p>Prohibits fast food sales on school grounds at all times</p>
NG5	IOM Variable: Allows <u>only</u> fruit and/or vegetables and/or whole grains and/or related combination* products  *Combination products defined from IOM: must contain a total of one or more servings as packaged of fruit, vegetables, or whole grain products per portion  <b>Note:</b> In order to truly meet the IOM standards, the policy must get a 2 here <u>AND</u> must get a 3 or 4 on all items numbered NG16-29	0	<p>Not mentioned OR allows items other than F&amp;V, whole grains, and/or related combination products</p>
		1	<p>Suggestive of meeting IOM Standard: <u>Should</u> allow ONLY F&amp;V, whole grains, and/or related combination products</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"If available, food and beverages sold <u>should</u> be limited to low-fat and non-fat milk, fruits, and non-fried vegetables."</li> </ul>
		2	<p>Meets IOM Standard: Allows ONLY F&amp;V, whole grains, and/or related combination products</p> <ul style="list-style-type: none"> <li>The only F&amp;B that may be sold or served on campus during the school day are fruits and vegetables whole grains, and/or related combination products</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"If available, food and beverages sold <u>will</u> be limited to low-fat and non-fat milk, fruits, and non-fried vegetables."</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

NG6*	Addresses increasing “whole foods:” whole grains, unprocessed foods, or fresh produce  *See Coding Appendix for additional clarification	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Mentions only dried fruit, fruit juice, fruit roll-ups, etc.</li> <li>• Indicates that schools shall “<i>strive</i>” to meet or “<i>should</i>” meet the USDA Dietary Guidelines</li> <li>• Reference to whole grains, fresh fruits, etc., only relative to school meals</li> <li>• Mentions only high-fiber items or items high in fiber</li> </ul> <p><b>Example:</b> • “...must include items that meet the 2005 Dietary Guidelines for Americans.”</p>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Encourages offering/consumption of whole grains, unprocessed foods, or fresh produce</li> <li>• Farm-to-school program is suggested</li> <li>• Specifies <u>the 2005 Dietary Guidelines for Americans</u> and no other standards</li> <li>• List of food items includes fruits/vegetables that may include, but are not limited to a list of items including non-fresh fruits/vegetables (e.g., dried/canned fruits/veg)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Schools are encouraged to make available locally grown produce to students for all school meals and food items sold outside of the reimbursable school meal program.”</li> <li>• “Schools are encouraged to source fresh fruits and vegetables from local farmers, where practicable.”</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Definitively offering whole grains, unprocessed foods, or fresh produce</li> <li>• Farm-to-school program is required or definitively in place</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “At least half of the grains served will be whole grains.”</li> <li>• “Only brown rice shall be served.”</li> <li>• “Produce from area farms shall be sold/served at all locations where F&amp;B are sold/served.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

NG7	Addresses food not being used as a <u>reward</u> and/or withheld as a <u>punishment</u>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Encourages the use of healthy food as a reward (not “ONLY” allowing)</li> <li>• Discourages using unhealthy food as a reward (e.g., donuts, FMNVs, etc.)</li> <li>• Only addresses withholding meals as punishment</li> <li>• Use of food as a reward in instructional programs shall require superintendent approval</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“The district will provide teachers with guidelines on the use of food as a reward without specifying guidelines.”</i></li> <li>• <i>“Staff are encouraged to limit the use of non-nutritious food as a reward/incentive and to promote nutritious options.”</i></li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Discourages food as a reward or punishment</li> <li>• Only allows healthy food as a reward</li> <li>• Prohibits or discourages food as a punishment but does not prohibit food as a reward</li> <li>• Strong language for food as a punishment but weaker language for food as a reward</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“No punitive or disciplinary action shall be taken that would deny a student lunch or snack time.”</i> (and policy does not address food as a reward)</li> <li>• <i>“...strongly discourage the use of food/beverages as a reward or punishment.”</i></li> <li>• <i>“...will encourage non-food alternatives as rewards.”</i></li> <li>• <i>“Only healthy foods will be used as a reward.”</i></li> <li>• <i>“Food shall not be withheld as punishment and should not be used as a reward.”</i></li> <li>• <i>“Schools are encouraged to not use food or beverages that do not meet the nutrition standards for F&amp;B sold individually as rewards, and will not withhold food or beverages as punishment.”</i></li> <li>• <i>“Teachers shall not use food as a reward, especially those that do not meet the nutrition standards.”</i></li> </ul>
		2	<p>Prohibits food as a reward (even if using food as a punishment is not mentioned) Prohibition of food as a reward with the exception of Individual(ized) Academic Plans (IAP) or Individual(ized) Education Plans (IEP) still qualifies for a “2”</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior.”</i></li> <li>• <i>“The use of food or candy as a classroom reward for any school is prohibited.”</i></li> </ul>
NG8	<u>Nutrition information</u> (e.g., calories, saturated fat, sugar) available for foods <u>other than school meals</u>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• “Nutrition information and education shall be offered throughout the school campus and based on the USDA Dietary Guidelines” (Not clear that this is specific to actual F&amp;B items sold/served)</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Vague and/or suggested</li> <li>• Only available upon request</li> </ul>
		2	<p>Required</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“...shall provide parents and students a list of detailed nutrition information on all foods and beverages sold at school.”</i></li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (*continued*)

NG9	Addresses access to <u>(free) drinking water</u>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Policy only addresses the sale of bottled water</li> <li>• Providing access to drinking water/fountains only during meal periods/in the cafeteria</li> <li>• Allowing students to bring in bottled water from home</li> <li>• Only addresses water available in the context of PE/PA</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>"Schools should ensure that students have access to appropriate hydration and are encouraged to make use of it during PA."</i></li> </ul>
		1	<p>Availability of free drinking water is suggested or encouraged</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>"Water shall be accessible during hours of school operation through choices such as drinking fountains or vending machines."</i></li> <li>• <i>"Schools are encouraged to provide drinking fountains throughout the school campus..."</i></li> </ul>
		2	<p>Free water is always available</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>"Students and staff will have access to free, safe, and fresh drinking water throughout the school day."</i></li> <li>• <i>"Drinking water fountains will be made available to students and staff throughout the school building."</i></li> <li>• <i>"Students will be provided access to drinking water throughout the day."</i></li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

**Notes for Year 3 Coding:**

1. Use Nutrition Guideline Coding Supplement for detailed coding of NG10-NG15 and NG16-NG29
2. Each of the food/beverage restrictions NG16-NG29 are coded separately for each location of sale/provision NG10-NG15; the coding instructions are identical for each location and are not reported below

Places food is available NG10-NG15

Note: If policy regulates "all foods" or "competitive foods," code according to the strength of that statement.	
0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>No mention of vending machine regulations or umbrella statement regulating "all foods" or "competitive foods"</li> <li>Language such as: "The district shall <i>monitor</i> all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs. (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)</li> <li>Language such as "should strive to sell only healthy foods in VM"</li> <li>Efforts to minimize sale of FMNVs</li> <li>Strives to/should meet the 2005 Dietary Guidelines for Americans</li> <li>Mentions regulating F&amp;B in vending machines/all F&amp;B without specifying guidelines or mentions plans to create guidelines</li> </ul>
1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Vending machine regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions</li> <li>The 2005 Dietary Guidelines for Americans and no other standards are mentioned to regulate vending machines or "all (competitive) foods"</li> <li>Regulations only apply to a very limited group of foods (e.g., prohibiting FMNVs in vending machines)</li> <li>Restrictions only apply to a %age of food and/or beverage items or a limited set of items (e.g., fat content and soda)</li> <li>(Note: if NG2=1 and there are no other nutrition guidelines, code 10-12=1)                             <ul style="list-style-type: none"> <li>"Vending machines shall include items which are healthful."</li> <li>"Vending machines shall be unplugged during lunch hour."</li> <li>"FMNVs shall not be sold on school grounds at any time."</li> <li>"F&amp;B sales in vending machines will support healthy eating."</li> <li>"...all food and beverages sold will strive to support the district's healthy eating guidelines."</li> </ul> </li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"The sale of food items during the school day shall be restricted to those items in categories of food that meet minimal nutritional value."</li> <li>"The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students."</li> <li>"...75% of F&amp;B sold in VM must meet district nutrition standards."</li> <li>"A minimum of 20% of snacks in vending, stores, concession, and a la carte will be considered health snack offerings."</li> <li>"NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's nutrition services department or contracted vendors."</li> </ul>
2	<p>Requires regulation of ALL vending machine items or umbrella statement regulating "all (competitive) foods." For a "2," the regulation must meet <b>one of the following:</b></p> <ul style="list-style-type: none"> <li>Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, and saturated fat content of <u>ALL</u> items sold)</li> <li>Provide a specific and <u>restricted</u> list of food items allowed to be sold in vending machines or at all times (e.g., limiting vending to only water, fruits, vegetables, whole grains, and nuts) OR</li> <li>Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) in vending machines or at all times</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Foods sold through vending machines shall be limited to water, 100% juice, and fresh fruits and/or vegetables."</li> <li>"All items sold through vending machines shall contain no more 35% of total calories from fat and sugars and no trans fats."</li> </ul>
4	<p>Bans vending machines and/or bans all competitive food sales during the school day</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"The sale of F&amp;B is limited to F&amp;B sold through the school meal program."</li> <li>"Vending machines are prohibited on school grounds."</li> <li>"No competitive foods or beverages may be sold during the school day."</li> <li>"Only water is allowed to be sold in vending machines."</li> </ul>

NG10\*

Regulates vending machines

\*See Coding Appendix for additional clarification



## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (*continued*)

<p>NG11*</p>	<p>Regulates <u>school stores</u></p> <p>*See Coding Appendix for additional clarification</p> <p><b>Note:</b> If policy only mentions concessions or snack bars, do not code for school stores, unless policy defines concessions and/or snack bars as including school stores.</p>	<p><b>Note:</b> If policy regulates “all foods” or “competitive foods,” code according to the strength of that statement.</p>	
		0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>No mention of school store regulations or umbrella statement regulating “all (competitive) foods”</li> <li>Language such as: “The district shall <i>monitor</i> all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)</li> <li>Any language such as “...should strive to sell healthy F&amp;B in school stores”</li> <li>Efforts to minimize sale of FMNVs</li> <li>Strives to/should meet the 2005 Dietary Guidelines for Americans</li> <li>Mentions regulating F&amp;B/all F&amp;B in school stores without specifying guidelines or mentions plans to create guidelines</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>School store regulations or umbrella statement regulating “all (competitive) foods” is vague, suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate school stores or “all (competitive) foods”</li> <li>Regulations only apply to a very limited group of foods (e.g., prohibiting Foods of Minimal Nutritional Value [FMNV] in school stores)</li> <li>Restrictions only apply to a %age of food and/or beverage items or a limited set of items (e.g., fat content and soda)</li> <li>(Note: if NG2=1 and there are no other nutrition guidelines, code 10-12=1)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“...ensure some healthy options are sold at school stores.”</li> <li>“Sales of F&amp;B in school stores must comply with state Public School Nutrition Policy.”</li> <li>“...school stores shall strive to include healthy choices for sale...”</li> <li>“All food and beverages sold will strive to support the district’s healthy eating guidelines.”</li> <li>“The sale of food items during the school day shall be restricted to those items in categories of food that meet minimal nutritional value.”</li> <li>“The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</li> <li>“...50% of F&amp;B sold in stores must meet the district nutrition standards.”</li> <li>“NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.”</li> </ul>
		2	<p>Requires regulation of ALL school store items or umbrella statement regulating “all (competitive) foods”</p> <p>For a “2,” the regulation must meet <b>one of the following:</b></p> <ul style="list-style-type: none"> <li>Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, and saturated fat content of <u>ALL</u> items sold)</li> <li>Provide a specific and <u>restricted</u> list of food items allowed to be sold school stores or at all times (e.g., limiting food sales to only water, fruits, vegetables, whole grains, and nuts)</li> <li>Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) in school stores or at all times</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Foods sold through school stores shall be limited to water, 100% juice, and fresh fruits and/or vegetables.”</li> <li>“All items sold through school stores shall contain no more 35% of total calories from fat and sugars and no trans fats.”</li> </ul>
		4	<p>Bans food/beverage sales in school stores and/or bans all competitive food sales during the school day</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The sale of F&amp;B is limited to F&amp;B sold through the school meal program.”</li> <li>“District XYZ does not allow food/beverages to be sold at school stores.”</li> <li>“No competitive foods or beverages may be sold during the school day.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

		<p><b>Note:</b> If policy regulates “all foods” or “competitive foods,” code according to the strength of that statement; if policy addresses food and/or beverage sold by food service program /child nutrition programs etc. but the policy is silent on a la carte, give credit for a la carte.</p>
NG12*	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• No mention of a la carte regulations or umbrella statement regulating “all (competitive) foods”</li> <li>• Language such as: “The district shall <i>monitor</i> all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs” (i.e., a la carte, vending, student stores, etc.)</li> <li>• Language such as: “...should strive to sell healthy a la carte F&amp;B.”</li> <li>• Efforts to minimize sale of FMNVs</li> <li>• Strives to/should meet the 2005 Dietary Guidelines for Americans</li> <li>• Mentions regulating a la carte/all F&amp;B without specifying guidelines or mentions plans to create guidelines</li> </ul>
	1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• A la carte regulations or umbrella statement regulating “all (competitive) foods” is vague, suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>• The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate food service a la carte or “all (competitive) foods”</li> <li>• Regulations only apply to a limited group of foods (e.g., prohibiting FMNVs)</li> <li>• Restrictions only apply to a %age of food and/or beverage items or a limited set of items (e.g., fat content and soda)</li> <li>• Prohibits FMNVs during meals (also code NG17a1=1 and NG24a1=2)</li> <li>• (Note: if NG2=1 and there are no other nutrition guidelines, code 10-12=1)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “...all food and beverages sold will strive to support the district’s healthy eating guidelines.”</li> <li>• “Food service shall strive to include some healthy choices (choices listed) for all a la carte food sales.”</li> <li>• “The sale of food items during the school day shall be restricted to those items in categories of food that meet minimal nutritional value.”</li> <li>• “The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</li> <li>• “...50% of a la carte F&amp;B items must meet district nutrition standards.”</li> <li>• “NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.”</li> </ul>
	2	<p>Requires regulation of ALL a la carte items or umbrella statement regulating “all (competitive) foods”</p> <p>For a “2,” the regulation must meet <b>one of the following:</b></p> <ul style="list-style-type: none"> <li>• Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, or saturated fat content of <u>ALL</u> items sold)</li> <li>• Provide a specific and <u>restricted</u> list of food items allowed to be sold a la carte or at all times (e.g., limiting food sales to only fruits, vegetables, and whole grains)</li> <li>• Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) sold through a la carte or at all times</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “A la carte F&amp;B sales shall be limited to water, 100% juice, and fresh fruits and/or vegetables.”</li> <li>• “All items sold through school stores shall contain no more 35% of total calories from fat and sugars and no trans fats.”</li> </ul>
	4	<p>Bans a la carte food sales or bans all competitive food sales</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The sale of F&amp;B is limited to F&amp;B sold through the school meal program.”</li> <li>• “District XYZ does not allow a la carte food/beverage sales.”</li> <li>• “No competitive foods or beverages may be sold during the school day.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

<p>NG13*</p> <p>Regulates food served at <u>class parties</u> and other school <u>celebrations</u></p>		<p>0 Not mentioned</p>
	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Regulations for class parties or umbrella statement regulating “all (competitive) foods” <u>served/distributed/available</u> is vague, suggested, time- or location-specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>• The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate class parties or “all (competitive) foods <u>served/distributed/available</u>”</li> <li>• Regulations only apply to a very limited group of foods (e.g., prohibiting Foods of Minimal Nutritional Value [FMNV] at all times)</li> <li>• Regulations for class parties are required but weakened (e.g., by allowing one traditional party food) <ul style="list-style-type: none"> <li>• “District encourages healthy snacks at parties.”</li> <li>• “Celebrations involving food during the school day shall be at the discretion of the school principal.”</li> <li>• “The school food environment (including celebrations) on balance and over time should be consistent with healthy food guidelines.”</li> <li>• “...permits only one birthday party per month.”</li> <li>• “The district shall provide parents with a list of foods that meet the Board’s snack standards for healthy celebrations/ parties, rewards, and fundraising activities...” (and no other mention of celebrations/parties included in the policy)</li> </ul> </li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The district should regulate all food and beverages sold/served as part of classroom activities.”</li> <li>• “Classroom parties will offer minimal amounts of foods (maximum 2-3 items) that contain added sugar as the first ingredient and will provide the following: fresh fruits and vegetables, water, 100% fruit juice or milk.”</li> <li>• “...classroom parties, celebrations, etc. shall be limited to one snack and one beverage (100% juice, water, or milk).”</li> <li>• “The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</li> <li>• “NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.”</li> <li>• “All F&amp;B available will meet the 2005 Dietary Guidelines for Americans.”</li> </ul>	
	<p>1</p> <p>Requires regulation of ALL foods <u>served/distributed/available</u> at class parties or umbrella statement regulating “all foods <u>served/distributed/available</u>”</p> <p>For a “2,” the regulation must apply to food <u>served/distributed/available</u> and meet <b>one of the following criteria:</b></p> <ul style="list-style-type: none"> <li>• Regulate nutritional quality of each individual item <u>served/distributed/available</u> (e.g., regulating maximum calorie, sugar, or saturated fat content of ALL items)</li> <li>• Provide a specific and <u>restricted</u> list of food items allowed to be <u>served/distributed/available</u> at class parties or at all times (e.g., limiting to fruits and whole grains)</li> <li>• Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) from being <u>served/distributed/available</u> at class parties/celebrations or at all times</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Foods and beverages <u>served</u> at school celebrations must meet the District’s Nutritional Standards.” (and standards are defined)</li> </ul>	
	<p>2</p> <p>Competitive food ban</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Competitive foods and beverages may not be sold or served on school campuses during the school day.”</li> </ul>	

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

NG14	<p>Regulates food sold at <u>evening and community events on school grounds</u></p> <p>(e.g., concessions at athletic events, dances, or performances)</p> <p><b>Note:</b> If policy only mentions concessions, without mentioning evening or community events, do not code</p>	<p><b>Note:</b> Unless otherwise defined, “<u>at all times</u>” refers to all times students are in the custody of the school. Because evening and community events are open to the public, and children attending are no longer in the custody of the school, only the phrase, “<u>at all times on school grounds</u>” is specific enough to include evening and community events on school grounds.</p>
		<p>0</p> <ul style="list-style-type: none"> <li>• No mention of nutrition standards for food at evening or community events</li> <li>• Policy references nutrition guidelines only applying to athletic events/ concession sales <u>during the school day</u></li> <li>• Policy only addresses “events” without indicating “evening,” “community,” “all times on school grounds,” “athletic events,” etc.</li> <li>• Strives to/should meet the 2005 Dietary Guidelines for Americans</li> </ul>
		<p>1</p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Regulations of food sold at evening and community events are vague, suggested, location-specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>• The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate food sold at evening and community events</li> <li>• Regulations of food at evening and community events only apply to a limited group of foods (e.g. prohibiting FMNVs) or a %age of items sold</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Will promote availability of nutritional snacks at athletic events.”</li> <li>• “Local wellness policy goals will be considered in planning all school-based activities.” (e.g., school events, field trips, dances, and assemblies)</li> <li>• “Encourage that healthy food and beverage options are included at concessions at school-related events outside of the school day.”</li> <li>• “All F&amp;B made available on campus, including concessions and a la carte items, will be consistent with the USDA 2005 Dietary Guidelines for Americans.”</li> </ul>
		<p>2</p> <p>Requires specific nutrition standards that apply to food sold at evening and community events on school grounds and the standards meet <b>one of the following criteria:</b></p> <ul style="list-style-type: none"> <li>• Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, or saturated fat content of ALL items sold)</li> <li>• Provide a specific and <u>restricted</u> list of food items allowed to be sold (e.g., limiting sales to water fruits, vegetables, whole grains, and nuts)</li> <li>• Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) from being sold at evening and community events</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “School sponsored events (such as, but not limited to, athletic events, dances and performances). Foods and beverages offered or sold at school-sponsored events outside the school day will meet the district nutrition standards for foods and beverages sold individually.”</li> </ul>
		<p>4</p> <p>Competitive food ban</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• Competitive foods and beverages may not be sold or served on school campuses.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

NG15	Regulates food sold for <u>fundraising</u>	<p><b>Note: Must specifically address “<u>fundraising</u>” for a code of a “1” or “2”</b>  <b>Regulating “all foods” during “the school day” or “at all times on school grounds” does not qualify because fundraising can occur off school grounds. (e.g., catalogue orders selling candy or cookies)</b></p>	
		0	<p><b>Any of the following</b></p> <ul style="list-style-type: none"> <li>No mention of nutrition standards for food sold for fundraising</li> <li>Strives to/should meet the 2005 Dietary Guidelines for Americans</li> <li>Mentions regulating F&amp;B sold for fundraising/all F&amp;B without specifying guidelines</li> <li>Mentions plans to establish guidelines for school-sponsored fundraising that involves selling food without mentioning guidelines, healthy food, etc.</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Regulations of food sold for fundraising are vague, suggested, time- or location-specific subject to principal’s discretion, or weakened by other exceptions</li> <li>The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate food sold for fundraising</li> <li>Regulations of food sold for fundraising only apply to a limited group of foods (e.g., prohibiting FMNVs) or a %age of items sold</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“...strongly encouraging the use of only non-food items to raise funds.”</li> <li>“...requiring administrative approval for all fundraisers.”</li> <li>“The district shall provide parents with a list of foods that meet the Board’s snack standards for healthy celebrations/ parties, rewards, and fundraising activities...” (and no other language related to fundraising included in the policy)</li> <li>“...fundraising activities will strive to support healthy eating and wellness.”</li> </ul>
		2	<p>Requires specific nutrition standards that apply to food sold for fundraising and the standards meet <b>one of the following criteria:</b></p> <ul style="list-style-type: none"> <li>Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, or saturated fat content of ALL items sold)</li> <li>Provide a specific and <u>restricted</u> list of food items allowed to be sold (e.g., limiting sales to water fruits, vegetables, whole grains, and nuts)</li> <li>Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) from being sold for fundraising</li> <li>Prohibits the sale of food for fundraising</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Foods purchased to raise funds must also meet the District’s nutrition standards.” (and standards are defined in the policy)</li> </ul>
		4	<p>Competitive food ban</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>Competitive foods and beverages may not be sold or served on school campuses during the school day.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

### Notes for Year 3 Coding:

1. Use Nutrition Guideline Coding Supplement for detailed coding of NG10-NG15 and NG16-NG29
2. Each of the food restrictions NG16-NG21 are coded separately for each location of sale/provision NG10-NG15; the coding instructions are identical for each location and are not reported below

### Nutrition standards for competitive and other foods NG16-21

NG16*	Addresses limiting <u>sugar</u> content of foods  *See Coding Appendix for additional clarification	0	Not mentioned If policy specifies the 2005 Dietary Guidelines for Americans and <u>no other standards</u> , code as a "0" Only regulating/limiting candy does not qualify for a "1" or "2"
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified</li> <li>• Limit is suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions</li> <li>• Restrictions on sugar only apply to a %age of food items                             <ul style="list-style-type: none"> <li>• "Dry snacks sold at the K-8 level shall follow District Nutrition Standards <u>minimizing</u> the content of...sugar."</li> <li>• "Prohibits foods listing sugar, corn syrup, or other caloric sweeteners as the first ingredient."</li> <li>• "Schools shall discourage consumption of sugary foods."</li> </ul> </li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "The district will encourage students to make nutritious food choices and will ensure that...schools regulate the sale of foods high in...added sugars."</li> <li>• "The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students."</li> <li>• "...50% of food items sold must prohibit sugar as the first ingredient."</li> <li>• "NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's nutrition services department or contracted vendors."</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Quantified and required limit but is &gt;35% of total calories/total weight from sugar</li> <li>• Quantified and required limits but allows exceptions for certain items                             <ul style="list-style-type: none"> <li>• "F&amp;B sold outside the school meal program must contain no more than 40% of total calories/weight from sugar."</li> </ul> </li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Calories from sugar shall not exceed 35% by weight; this limit shall not apply to fresh, frozen, <u>canned</u> or <u>dried</u> fruits and vegetables."</li> </ul>
		3	<p>Meets IOM standard: ≤35% of total calories/weight from sugar</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "K-12 school food service, school store, and school vending machines sale of individual snack items per package shall include no more than 35% total calories from sugar."</li> </ul>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Competitive foods and beverages may not be sold on school campuses during the school day."</li> </ul>
NG17	Addresses limiting candy	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Encourages minimizing candy on school campuses</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Candy is limited but not prohibited</li> <li>• Prohibition of candy is suggested, time- or location-specific, or overridden by principal's discretion</li> <li>• Prohibits FMNVs on campus and/or during the school day (<b>note:</b> FMNVs does not include all types of candy)</li> <li>• Prohibits FMNVs during meals (code a la carte only (NG17a))</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Candy is prohibited</li> <li>• Candy is prohibited except for use by the school nurse</li> </ul>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Competitive foods and beverages may not be sold on school campuses during the school day."</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

NG18*	Addresses limiting <u>fat</u> content of foods  *See Coding Appendix for additional clarification	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Indicates that schools shall “<i>strive to</i>” or “<i>should</i>” meet the Dietary Guidelines</li> </ul> <p><b>Example:</b> • “...<i>must include items that meet the 2005 Dietary Guidelines for Americans.</i>”</p>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified</li> <li>• Limit is suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>• Specifies <u>the 2005 Dietary Guidelines for Americans</u> and no other standards (applies to all food items)</li> <li>• Restrictions on fat content only apply to a %age of food items</li> <li>• Quantified limit for saturated fat but no mention of total fat</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “<i>All food and beverages available to students at school are recommended to be food items low in fat...</i>”</li> <li>• “<i>The district will encourage students to make nutritious food choices and will ensure that...schools regulate the sale or serving of foods high in fat, sodium, or added sugars.</i>”</li> <li>• “<i>The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.</i>”</li> <li>• “<i>50% of food items must contain no more than 40% of total calories from fat.</i>”</li> <li>• “<i>NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors:</i>”</li> <li>• “<i>No individual food can exceed 10% of calories from saturated fat (no limit on total fat).</i>”</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Quantified and required limit but is &gt;35% total calories from fat</li> <li>• Quantified and require limits but allows exceptions for certain items</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “<i>F&amp;B sold outside the school meal program must contain no more than 40% of total calories/weight from fat.</i>”</li> <li>• “<i>No individual food item can exceed 8 grams of fat per serving.</i>”</li> <li>• “<i>Calories from fat shall not exceed 30%, excluding reduced fat (2%) <u>cheese</u>, nuts, seeds and nut butters.</i>”</li> </ul>
		3	<p>Meets IOM standard: ≤35% of total calories from fat</p> <p><b>Example:</b> • “<i>K-12 school food service, school store, and school vending machine sale of individual snack items per package shall include no more than 35% of calories from fat and nine grams maximum per serving with the exception of nuts.</i>”</p>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b> • “<i>Competitive foods and beverages may not be sold on school campuses during the school day.</i>”</p>
NG19	Limits the amount of trans fats	0	Not mentioned
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Discourages use of trans fats/encourage use of products that are trans-fat free</li> <li>• Limit is suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “<i>The level of trans fats will be as low as possible.</i>”</li> <li>• “<i>Products containing trans-fats are discouraged.</i>”</li> <li>• “<i>Encouraged to use only products that are trans-fat free.</i>”</li> </ul>
		2	<p>Limits the amount of trans fats but not a complete ban on trans fats</p> <p><b>Example:</b> • “<i>...shall contain no more than 2 g/serving of saturated and trans fat combined.</i>”</p>
		3	<p>Meets IOM standard: Trans fat free or no more than 0.5g of trans fat</p> <p><b>Example:</b> • “<i>All foods sold/available at school must be trans-fat free.</i>”</p>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b> • “<i>Competitive foods and beverages may not be sold on school campuses during the school day.</i>”</p>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

NG20*	Addresses limiting <u>sodium</u> content of foods  *See Coding Appendix for additional clarification	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Indicates that schools shall “<i>strive to</i>” or “<i>should</i>” meet the Dietary Guidelines</li> </ul> <p><b>Example:</b>     • “...<i>must include items that meet the 2005 Dietary Guidelines for Americans.</i>”</p>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Limit is not quantified</li> <li>Limit is suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>Specifies <u>the 2005 Dietary Guidelines for Americans</u> and no other standards (applies to all food items)</li> <li>Restrictions on sodium only apply to a %age of food items</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“<i>Foods to avoid—consume only occasionally: high sodium foods.</i>” <i>(luncheon meats, cheeses, salty popcorn, pickles)</i></li> <li>“<i>The district will encourage students to make nutritious food choices and will ensure that...schools regulate the sale or serving of foods high in fat, sodium, or added sugars.</i>”</li> <li>“...<i>50% of food items must contain no more than 600mg of sodium.</i>”</li> <li>“<i>NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.</i>”</li> </ul>
		2	<p>Quantified and required limit but is &gt; 200 mg/portion</p> <p><b>Example:</b>     • “<i>A snack food item sold individually shall contain no more than 240mg of sodium per serving.</i>”</p>
		3	<p>Meets IOM Standard: ≤ 200 mg/portion for snacks</p> <p><b>Example:</b>     • “<i>A snack food item sold individually shall contain no more than 200mg of sodium per serving.</i>”</p>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b>     • “<i>Competitive foods and beverages may not be sold on school campuses during the school day.</i>”</p>
NG21*	Addresses limiting <u>calorie content per serving size</u> of foods  *See Coding Appendix for additional clarification	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Policy specifies <u>the 2005 Dietary Guidelines for Americans</u> and <u>no other standards</u></li> <li>Limiting calories from fat, sugar, or any other group of nutrients does not qualify for a “1” or “2.” Provisions related to limiting “additional caloric sweeteners” also do not qualify for a “1” or “2”</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Limit is not quantified</li> <li>Limit is suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>Restrictions only apply to a %age of food items</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“<i>Foods sold outside of the National School Lunch Program shall contain a <u>reasonable</u> number of calories per package.</i>”</li> <li>“...<i>50% of food items must contain no more than 300 calories/serving.</i>”</li> </ul>
		2	<p>Quantified and required limit but is &gt;200 calories/per serving</p> <p><b>Example:</b>     • “<i>Individually sold snack items shall not exceed 240 calories per package.</i>”</p>
		3	<p>Meets IOM standard: ≤200 calories/serving</p> <p><b>Example:</b>     • “<i>Individually sold snack items shall not exceed 200 calories per package.</i>”</p>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b>     • “<i>Competitive foods and beverages may not be sold on school campuses during the school day.</i>”</p>



## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

### Notes for Year 3 Coding:

1. Use Nutrition Guideline Coding Supplement for detailed coding of NG10-NG15 and NG16-NG29
2. Each of the beverage restrictions NG22-NG29 are coded separately for each location of sale/provision NG10-NG15; the coding instructions are identical for each location and are not reported below.

### Nutrition standards for competitive and other beverages NG22-NG29

NG22*	<p>Addresses limiting <u>sugar</u> content of beverages</p> <p>*See Coding Appendix for additional clarification</p> <p><b>Note:</b> There is no level 2 code for this variable</p>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Indicates that competitive beverages “should include” specific beverage items.</li> <li>• Fruit juice/drinks contain less than 50% juice</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Competitive beverages should include milk, water, and 100% juice.”</li> <li>• “Sale of beverages is limited to 100% fruit/veg juice and fruit/veg juice with at least 10% fruit/veg juice.”</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified/specific</li> <li>• Limit is suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions</li> <li>• Restriction only applies to a %age of beverages</li> <li>• Indicates that competitive beverages “must/shall include” specific beverage items (which includes 100% juice)</li> <li>• Fruit /juice drinks containing at least 50% juice</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “... prohibits beverages that contain sugar, corn syrup, or any other caloric sweetener as the first ingredient.”</li> <li>• “...discourages sugar-laden beverages.”</li> <li>• “...shall prohibit soda and allow only water and beverages that are at least <u>50%</u> juice.”</li> <li>• “...allows water and beverages that are less than 100% juice.”</li> <li>• “...50% of beverages must contain no caloric sweeteners.”</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</li> <li>• “Competitive beverages must include 100% juice, milk, water, noncarbonated drinks, and electrolyte replacement drinks.”</li> <li>• “Beverages are limited to water, milk, 50% juice with no added sweeteners, and electrolyte replacement drinks.”</li> <li>• “50% of beverages must be 100% juice, milk, water, and electrolyte replacement drinks.”</li> </ul>
		3	<p>Meets IOM Standard: Prohibits beverages with added sugars</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Beverages with added sugars are not allowed.”</li> <li>• “Only water and 100% juice will be allowed at school.”</li> <li>• “Prohibits the sale of beverages with additional caloric sweeteners.”</li> </ul>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>
NG23*	<p>Addresses limiting <u>calorie content</u> per serving size of beverages</p> <p>*See Coding Appendix for additional clarification</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Language referring to limiting “additional caloric sweeteners” and no other mention of calories</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified</li> <li>• Limit is suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions</li> <li>• Restriction only applies to a %age of beverages</li> </ul>
		2	<p>Quantified and required maximum number of calories permitted per beverage or serving size</p>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (*continued*)

NG24*	<p>Addresses limiting <u>regular (sugar-sweetened) soda</u></p> <p>*See Coding Appendix for additional clarification</p>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Indicates that FMNVs should not be used as a source of revenue for the food service program</li> <li>• Encourages minimizing FMNVs on school campuses</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“The food service program shall strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of FMNVs.”</i></li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Regular soda is limited but not prohibited</li> <li>• Prohibition of regular soda is suggested, time- or location-specific, or subject to principal’s discretion</li> <li>• Restriction only applies to a %age of beverages</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“If available, food and beverages sold individually <u>should</u> be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.” (NANA model see Appendix)</i></li> <li>• <i>“50% of beverages must be 100% juice, milk, water, and electrolyte replacement drinks.”</i></li> </ul>
		2	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Regular soda is prohibited</li> <li>• Foods of Minimal Nutritional Value (FMNV) are prohibited at all times on school grounds. Prohibiting FMNV qualifies as a “2” because the definition of FMNV includes soda</li> <li>• Soda is prohibited except for use by the school nurse</li> <li>• Prohibits FMNVs during meals (code a la carte only (NG24a1))</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“Soda will not be available on school grounds.”</i></li> <li>• <i>“FMNVs may not be served/sold in the school cafeteria during lunch periods.”</i></li> </ul>
		3	<p>Meets IOM Standard: Beverages with added caloric sweeteners are prohibited</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Only milk, water, and 100% juice will be available at school.”</i></li> <li>• <i>“Approved beverages: milk, milk products, 100% juice, and water.”</i></li> </ul>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“Competitive foods and beverages may not be sold on school campuses during the school day.”</i></li> </ul>

Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (*continued*)

NG25*	Addresses limiting <u>beverages other than soda containing added caloric sweeteners</u> such as sweetened teas, juice drinks, energy drinks and sports drinks	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Only bans FMNVs</li> <li>• Allows beverages with added caloric sweeteners at all times</li> <li>• %age of beverages must meet the nutrition guidelines and allows electrolyte replacement drinks/isotonic/sports drinks</li> <li>• Indicates that competitive beverages “must/shall include” beverages beyond milk, 100% juice, and water (includes noncarbonated drinks, electrolyte replacement drinks/isotonic/sports drinks)</li> <li>• Fruit juice/drinks contain less than 50% juice</li> <li>• Allows <u>more than</u> one sugar sweetened beverage</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “50% of beverages must be 100% juice, milk, water, and electrolyte replacement drinks.”</li> <li>• “Allowed beverages include milk, water, 100% juice, and electrolyte replacement drinks.”</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Other beverages with caloric sweeteners are limited but not prohibited</li> <li>• Prohibition is suggested, time- or location-specific, or item-specific (e.g., isotonic drinks, teas, etc.) subject to principal’s discretion, or weakened by other exceptions</li> <li>• Restriction applies to a %age of beverages</li> <li>• Indicates that competitive beverages “must/shall include” specific beverage items that are limited to 100% juice, milk, and water</li> <li>• Fruit/juice drinks containing at least 50% juice</li> <li>• Allows <u>only</u> one sugar sweetened beverage</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Allowed beverages are limited to milk, water, 100% juice, and sports drinks.”</li> <li>• “If available, food and beverages sold individually <u>should</u> be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.” (NANA model see Appendix)</li> <li>• “...50% of beverages will be water, 100% juice, and milk.”</li> <li>• “All beverage machines must/shall include 100% juice, milk, and water.”</li> <li>• “Beverages are limited to water, milk, and 50% juice with no added sweeteners.”</li> </ul>
		3	<p>Meets IOM Standard: Other beverages with added caloric sweeteners are prohibited</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Only milk, water, and 100% juice will be available at school.”</li> <li>• “Approved beverages: milk, milk products, 100% juice and water.”</li> </ul>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>
NG26	Addresses limiting <u>sugar/calorie content of flavored milk</u>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified</li> <li>• Limit is suggested, time- or location-specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>• %age of beverages must meet sugar/calorie provisions for milk</li> </ul>
		2	<p>Quantified limit for sugar or calories that is &gt;22g of total sugars/8 oz. serving</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Milk shall contain no more than 25g of sugars/8 oz serving.”</li> <li>• “Milk may contain no more than 4g of sugar/oz.”</li> <li>• Milk shall contain no more than 150 calories/8 oz. serving.”</li> </ul>
		3	<p>Meets IOM Standard: Flavored milk shall contain no more than 22g of total sugars/8 oz. portion</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Milk shall contain no more than 22g of sugars. 8 oz. portion.”</li> <li>• “All milk sold is low fat and/or skim milk with 35% or less of weight from total sugar (or less than 9 grams per 100 calories).”</li> </ul> <p>Note: 8 oz skim=90 cal, 1%=104 cal, 2%=120cal, and whole=150cal</p>
4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>		

Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

NG27*	Addresses limiting <u>fat content of milk</u>	*See Coding Appendix for additional clarification  <b>Note:</b> There is no level 2 code for this variable	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Mentioning nonfat or low-fat dairy <u>products/foods (must specifically mention milk)</u> does not qualify for a “1” or “2”</li> <li>If policy explicitly allows whole milk, code as a “0”</li> </ul>
			1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Limiting milk to only low-fat (1%) or non-fat/skim is specified but suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>Full-fat milk is prohibited, but reduced-fat (2%) milk is allowed</li> <li>Policy mentions that non-fat/skim, low-fat (1%), or reduced-fat (2%) milk are “allowed,” “offered,” or “provided” without specifying <u>“only”</u></li> <li>Restrictions on fat content of milk only applies to a %age of beverages</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“In high school, reduced fat, low-fat or skim milk may be sold.”</i></li> <li><i>“Schools shall offer fat-free milk where beverages are sold.”</i></li> <li><i>“At least 50% of beverage selections...shall be 100% fruit juice, <u>low fat or fat free milk</u>, and unflavored or unsweetened water.”</i></li> </ul>
			3	<p>Meets IOM Standard: <u>Only</u> low-fat (1%) or non-fat/skim milk is allowed (i.e., reduced-fat [2%] <b>AND</b> full-fat are <b>prohibited</b>)</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li><i>“Beverages sold will be limited to low-fat or fat-free milk, 100% juice, and water.”</i></li> </ul>
			4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li><i>“Competitive foods and beverages may not be sold on school campuses during the school day.”</i></li> </ul>
NG28	Addresses <u>servicing size</u> limits for beverages		0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Policy specifies <u>the 2005 Dietary Guidelines for Americans</u> and <u>no other standards</u></li> </ul>
			1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Limit for drinks other than water is greater than 12 ounces</li> <li>Limit is suggested, time- or location-specific, subject to principal’s discretion, or weakened by other exceptions</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“All beverages other than water and milk shall be 12oz or less.”</i></li> <li><i>“The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</i></li> </ul>
			2	<p>Limit for drinks other than water is &gt; IOM standards but <u>no more than</u> 12 ounces/serving</p>
			3	<p>Meets IOM Standards (must meet ALL standards to be coded as a “3” for a given grade level):</p> <ul style="list-style-type: none"> <li>Water any size; AND</li> <li>8 oz./serving for milk (including flavored milk); AND</li> <li>ES/MS Juice: 4 oz./serving for 100% juice; OR (based on grade level)</li> <li>HS Juice: 8 oz./serving for 100% juice</li> </ul>
			4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li><i>“Competitive foods and beverages may not be sold on school campuses during the school day.”</i></li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

NG29*	<p><u>Addresses limiting caffeine</u> content of beverages (with the exception of trace amounts of naturally occurring caffeine substances)</p> <p>*See Coding Appendix for additional clarification</p> <p><b>Note:</b> There is no level 2 code for this variable</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Indicates that %age of beverage items must meet the nutrition guidelines and allows electrolyte replacement drinks/isotonic/sports drinks</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Limit is not quantified</li> <li>Limit is suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions</li> <li>Restrictions apply to a %age of beverages</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Flavored water shall be caffeine-free."</li> <li>"50% of all beverages offered shall be milk, water, and 100% juice."</li> <li>"100% of all beverages should be limited to milk, water, and 100% juice."</li> </ul>
		3	<p><b>Meets IOM Standard:</b></p> <ul style="list-style-type: none"> <li>Beverages with added caffeine are prohibited</li> <li>All allowable beverages are caffeine-free</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"All beverages shall be caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances."</li> <li>"Allows only low-calorie beverages including flavored, non-caffeinated water."</li> <li>"100% of all beverages offered shall be milk, water, and 50%-100% juice."</li> </ul>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Competitive foods and beverages may not be sold on school campuses during the school day."</li> </ul>
NG30	<p>Addresses availability of <u>water</u></p> <p><b>Note:</b> There is no level 2 code for this variable</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Indicates that competitive beverages "should include" specific beverage items.</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions</li> <li>Restrictions apply to a %age of beverages</li> <li>Indicates that competitive beverages "must/shall include" specific beverage item.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"50% of all beverages offered shall be milk, water, and 100% juice."</li> <li>"100% of all beverages <u>should</u> be limited to milk, water, and 100% juice."</li> </ul>
		3	<p><b>Meets IOM Standard:</b></p> <ul style="list-style-type: none"> <li>Only water, milk, and 100% juice allowed.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Only milk, water, and 100% juice will be available at school."</li> <li>"Approved beverages: milk, milk products, 100% juice and water."</li> </ul>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Competitive foods and beverages may not be sold on school campuses during the school day."</li> </ul>

## Section 4. Physical Education (Note: See Appendix for additional PE-related guidance)

Many states list National Association for Sport & Physical Education (NASPE) standards or the American Alliance for Health, Physical Education, Recreation and Dance standards (of which NASPE standards are a part). Only code a "2" for items with NASPE defaults if district actually requires schools to follow NASPE standards, and it is clear from the context of the statement that NASPE standards apply to those items. If NASPE standards are suggested, code as a "1."

PE1*	PE mentioned	0	No mention of PE anywhere in the policy
	*See Coding Appendix for further clarification	1	Any mention of PE
PE2	Addresses physical education <u>curriculum/program</u> for <u>each grade level</u>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>PE is included in the HE curriculum</li> </ul> <p><b>Example:</b> • "Division HE curriculum standards and guidelines address both nutrition and PE."</p>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Unclear if each grade has a physical education curriculum/program</li> <li>A curriculum is identified but limited to only some grade levels</li> <li>Addresses minimum amount of time for physical education but does not mention <u>curriculum/program</u></li> </ul> <p><b>Example:</b> • "Physical education will be provided in K-8." (in a district that extends beyond 8<sup>th</sup> grade)</p>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Clear that district has a PE curriculum/program for each grade (e.g., policy describes a general PE curriculum/program for "K-12," "all levels," or "all students")</li> <li>Clear that PE program is provided for "K-12," "all levels," or "all grades" and mention time requirements (without using the word "curriculum")</li> </ul> <p><b>Example:</b> • "The PE Committee will submit for approval a K-12 comprehensive curriculum/program. All students in grades 1-5 will be scheduled for PE instruction in accordance with state law. All students in grades 6-8 and 9-11 shall participate in the instructional program of PE. PE in 12<sup>th</sup> grade is an elective."</p>
PE3	Addresses <u>time</u> per week of physical education for <u>elementary school</u> students	0	<ul style="list-style-type: none"> <li>Not mentioned</li> <li>Suggests that schools follow "national PE standards" or "nationally recognized guidelines for PE and PA" without mentioning NASPE standards</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Suggests but does not require 150 minutes/week</li> <li>Specifies total amount of physical education, but it is less than 150 minutes/week</li> <li><u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>Specifies number of times per week without duration</li> <li>Time is specified for overall physical activity that specifically includes physical education</li> <li>Requires schools to follow "national PE standards" or "nationally recognized guidelines for PE and PA" without mentioning NASPE standards</li> </ul> <p><b>Example:</b> • "All students in ES will receive 150 minutes of physical activity/week. This will be accomplished with regular PE class and recess." (also code PA3=2)</p>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Requires 150 minutes/week or more of physical education</li> <li><u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul>

## Section 4. Physical Education (*continued*)

PE3a	Specifies <u>minutes</u> of physical education for <u>elementary</u> school students	<p>_____ minutes (circle day or week w/ red pencil)</p> <p><b>Note: ONLY COMPLETE</b> If minutes/week is specified in PE3=1 or PE3=2; otherwise leave it blank.</p>						
PE3b	Specifies <u>days</u> per week of physical education for <u>elementary</u> school students	<p>_____ days per week</p> <p><b>Note: ONLY COMPLETE</b> If days/week is specified in PE3=1 or PE3=2; otherwise leave it blank.</p>						
PE4	Addresses <u>time</u> per week of physical education for <u>middle school</u> students	<table border="1"> <tbody> <tr> <td data-bbox="652 501 690 606">0</td> <td data-bbox="699 501 1495 606"> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> </td> </tr> <tr> <td data-bbox="652 615 690 900">1</td> <td data-bbox="699 615 1495 900"> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggests but does not require 225 minutes/week</li> <li>• Specifies total amount of physical education, but it is less than 225 minutes/week</li> <li>• <u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Specifies number of times per week without duration</li> <li>• Time is specified for overall physical activity that specifically includes physical education</li> <li>• Requires schools to follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> </td> </tr> <tr> <td data-bbox="652 909 690 1031">2</td> <td data-bbox="699 909 1495 1031"> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Requires 225 minutes/week or more of physical education</li> <li>• <u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul> </td> </tr> </tbody> </table>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul>	1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggests but does not require 225 minutes/week</li> <li>• Specifies total amount of physical education, but it is less than 225 minutes/week</li> <li>• <u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Specifies number of times per week without duration</li> <li>• Time is specified for overall physical activity that specifically includes physical education</li> <li>• Requires schools to follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul>	2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Requires 225 minutes/week or more of physical education</li> <li>• <u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul>
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PE4a	Specifies <u>minutes</u> of physical education for <u>middle school</u> students	<p>_____ minutes (circle day or week w/ red pencil)</p> <p><b>Note: ONLY COMPLETE</b> If minutes/week is specified in PE4=1 or PE4=2; otherwise leave it blank.</p>						
PE4b	Specifies <u>days</u> per week of physical education for <u>middle school</u> students	<p>_____ days per week</p> <p><b>Note: ONLY COMPLETE</b> If days/week is specified in PE4=1 or PE4=2; otherwise leave it blank.</p>						
PE5	Addresses <u>time</u> per week of physical education for <u>high school</u> students	<table border="1"> <tbody> <tr> <td data-bbox="652 1299 690 1404">0</td> <td data-bbox="699 1299 1495 1404"> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> </td> </tr> <tr> <td data-bbox="652 1413 690 1698">1</td> <td data-bbox="699 1413 1495 1698"> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggests but does not require 225 minutes/week</li> <li>• Specifies total amount of physical education, but it is less than 225 minutes/week</li> <li>• <u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Specifies number of times per week without duration</li> <li>• Time is specified for overall physical activity that specifically includes physical education</li> <li>• Requires schools to follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> </td> </tr> <tr> <td data-bbox="652 1707 690 1829">2</td> <td data-bbox="699 1707 1495 1829"> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Requires 225 minutes/week or more of physical education</li> <li>• <u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul> </td> </tr> </tbody> </table>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul>	1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggests but does not require 225 minutes/week</li> <li>• Specifies total amount of physical education, but it is less than 225 minutes/week</li> <li>• <u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Specifies number of times per week without duration</li> <li>• Time is specified for overall physical activity that specifically includes physical education</li> <li>• Requires schools to follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul>	2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Requires 225 minutes/week or more of physical education</li> <li>• <u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul>
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## Section 4. Physical Education (*continued*)

PE5a	Specifies <u>minutes</u> of physical education for <u>high</u> school students	_____ minutes (circle day or week w/ red pencil) <b>Note: ONLY COMPLETE</b> If minutes/week is specified in PE5=1 or PE5=2; otherwise leave it blank.
PE5b	Specifies <u>days</u> per week of physical education for high school students	_____ days per week <b>Note: ONLY COMPLETE</b> If days/week is specified in PE5=1 or PE5=2; otherwise leave it blank.
PE6	Physical education promotes a <u>physically active lifestyle</u>	<p><b>0</b></p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggests that physical education classes promote a physically active lifestyle</li> <li>• Suggests that physical education programs focus on self-assessment</li> <li>• Suggests that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Requires schools to follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Physical education programs should promote an active lifestyle.”</i></li> <li>• <i>“...schools will take a wellness approach to PE.”</i></li> <li>• <i>“Health education will complement PE by reinforcing knowledge, skills, etc....needed to maintain a physically active lifestyle.”</i></li> </ul> <p><b>2</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Requires physical education to teach lifetime activities</li> <li>• <b>Requires</b> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Focuses on self-assessment through a “Fitnessgram” or “Activitygram”</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Physical education shall focus on personal fitness.”</i></li> <li>• <i>“...shall provide all students physical education that teaches them the skills needed for lifelong physical fitness.”</i></li> <li>• <i>“Schools will provide PE and NE for all students to foster lifelong habits of healthy eating and physical activity.”</i></li> </ul>
PE7	Specifies <u>competency assessment</u> (i.e., knowledge, skills, or practice)	<p><b>Note: This item refers to an assessment that is part of the regular physical education curriculum to determine whether students are learning the skills and other content appropriate for their grade (e.g., sports rules). President’s Challenge Fitness Test does not qualify for a “1” or “2.”</b></p> <p><b>0</b></p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• A competency assessment or assessment of knowledge, skills, or practice is suggested and/or vague</li> <li>• Suggests that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Requires schools to follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“...will promote rubrics that objectively evaluate and encourage active participation in physical education in all classes K-12.”</i></li> <li>• <i>“Students should be able to demonstrate [physical education] competency through application of knowledge, skill development, and practice.”</i></li> </ul> <p><b>2</b></p> <p>Requires a competency assessment or assessment of knowledge, skill, or practice as part of the physical education curriculum. NASPE standards do not qualify for a “2”</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“Students shall be able to demonstrate [physical education] competency through application of knowledge, skill development, and practice.”</i></li> </ul>



## Section 4. Physical Education (*continued*)

PE8	Addresses <u>physical education classes, courses, or credits</u> as an important part of the curriculum (i.e., on same par as other academic subjects)	0	Not mentioned
		1	Suggested that physical education classes, courses, or credits count toward graduation and/or GPA
		2	Required that physical education classes or credits count toward graduation and/or GPA
PE8a	Specifies number of physical education classes, courses, or credits specified	_____ PE classes, courses or credits toward graduation or GPA (Fill in # or unit) <b>Note: ONLY COMPLETE if PE8=2; otherwise leave it blank.</b>	
PE9	Addresses <u>frequency of required physical education</u> (daily)	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Frequency required/suggested but LESS than daily</li> </ul> <p><b>Example:</b> • <i>"The equivalent of 1 class period/day of PE for <u>one semester</u> is required for K-8 students."</i></p>
		1	<p>Suggested that students will receive daily physical education</p> <p><i>"Physical education should be provided every day."</i></p> <p><b>Example:</b> • <i>"Physical education should be provided every day."</i></p>
		2	<p>Required that all students receive daily physical education</p> <p><b>Example:</b> • <i>"Physical education will be provided on a daily basis."</i></p>
PE9a	Addresses daily PE waiver  <b>*state level coding only</b>	0	Not mentioned
		1	<p>School districts may apply for a waiver from the state-level daily PE requirement</p> <p><b>Example:</b> • <i>Refer to 105ILCS 5/27-6 and 105ILCS 5/2-3.25 for examples of daily PE waiver</i></p>
PE10	Addresses <u>teacher-student ratio</u> for physical education	0	Not mentioned or clearly states that PE classes are not subject to the same maximum class size or student-to-teacher ratios as other courses
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>"For PE classes, the district shall staff those classes to provide for student safety and maximize student participation."</i></li> <li><i>"PE classes will have student/teacher ratios similar to those used in other classes."</i></li> <li><i>"PE class size is consistent with the requirement of good instruction and standing."</i></li> </ul>
		2	<p>Specific and required</p> <p><b>Example:</b> • <i>"PE classes will have student/teacher ratios of 1:25."</i></p>

## Section 4. Physical Education (continued)

PE11	Addresses <u>safe and adequate equipment and facilities</u> for physical education	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Generic statements about safe environment/facilities that do not mention PE or indicative of equipment used for PE</li> <li>• Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“Creating a positive environment for PA – All schools in the district will provide a physical and social environment that encourages safe and enjoyable activity for all students.”</i></li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggested or encouraged</li> <li>• <u>Mentions</u> NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Requires schools to follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> <li>• Indicates that play areas, facilities, and equipment used for PA shall meet accepted standards</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Physical activity facilities (and/or equipment) on school grounds shall be safe.”</i></li> <li>• <i>“Pursuant to district XYZ, PE is required to be offered to all pupils, therefore, schools are required to provide adequate facilities and instructional resources for the institution.”</i></li> </ul>
		2	<p>Ensures that equipment and facilities specifically used for PE are safe and adequate NASPE standards do not qualify for a “2”</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“The physical education program shall be provided adequate space and equipment and conform to all applicable safety standards.”</i></li> </ul>
PE12	Addresses amount of time devoted to <u>moderate to vigorous activity</u> in physical education	0	<p>Not mentioned Recess and other physical activities do not qualify; must be PE specific</p>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggested</li> <li>• Duration is not specified</li> <li>• Duration is less than 50% of class time</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“The physical education program shall devote <u>as much class time as possible</u> to moderate and vigorous activity.”</i></li> <li>• <i>“All students shall have opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs ,and extracurricular programs.”</i></li> </ul>
		2	<p>At least 50% of class time is designated for moderate to vigorous activity</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“All physical education classes to include at least 50% of moderate to vigorous activity in all or most lessons.”</i></li> </ul>
PE12a	Specifies percent or amount of time allotted for moderate to vigorous activity		<p>_____ % or amount of time for moderate to vigorous activity (fill in % or amount of time) <b>Note: ONLY COMPLETE if PE12=1 or 2 and amount of MVA time is specified; otherwise leave it blank.</b></p>

## Section 4. Physical Education (*continued*)

PE13	<p>Addresses <u>qualifications</u> for physical education <u>instructors</u></p> <p><b>Note:</b> This item assesses whether PE must be taught by someone with a state or national PE endorsement (e.g., licensure or certification). This is <b>not</b> measuring whether the state has specific criterion for someone seeking to receive an endorsement in PE (e.g., minimum # hours) or to become a PE educator.</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned or not suggestive of credentials/qualifications</li> <li>Suggests that schools follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“PE instructors and PE teacher assistants, under the direction of the PE instructor, will teach PE classes.”</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Credentials are vaguely referred to or suggested</li> <li>Suggests NASPE Standards or the standards of the American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>Requires schools to follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Physical education shall be taught by <u>appropriate staff</u>.”</li> <li>“When possible, physical education will be taught by a licensed instructor.”</li> <li>“Certified teachers will teach all PE and health classes.”</li> <li>“...PE shall be taught by <u>highly qualified staff</u>...”</li> <li>“...PE will be taught by <u>competent staff</u>...”</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Requires that physical education be taught by a licensed instructor</li> <li><u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Physical education will be taught by a licensed instructor.”</li> <li>“Health and PE classes will be taught by certified health and PE instructors at the secondary levels, 7-12.” (code this for MS/HS)</li> </ul>
PE14	<p>District provides <u>physical education training</u> for physical education <u>teachers</u></p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Staff only receive training/professional development related to PA without mention of PE</li> </ul>
		1	<p>Suggested that all staff or PE staff receive PE-related training/professional development</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“All staff involved in PE <u>should</u> be provided with opportunities for professional development.”</li> </ul>
		2	<p>Provision of PE training is required for PE teachers If <u>PE-specific training</u> is provided for a broader set of staff or teachers, it is assumed that PE teachers are included and will also receive PE training</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Ensures PE staff will receive professional development on a yearly basis.”</li> <li>“...shall provide staff with adequate training in PE.”</li> </ul>

## Section 4. Physical Education (*continued*)

PE15	Addresses <u>physical education waiver requirements</u> (e.g., substituting physical education requirement with other activities)	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Waivers for physical education are explicitly allowed in all instances</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li><i>“Unless otherwise exempted, all students will be required to engage in the physical education program.”</i> (An exemption could include physical education waivers.)</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Waivers for physical education are discouraged</li> <li>Waivers for physical education are prohibited with the exception of substituting physical activities (e.g., team sports) for physical education</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li><i>“Academic activities shall not take the place of physical education. However, students on the school’s sports teams may substitute participation for physical education credits.”</i></li> </ul>
		2	Prohibits substituting physical education with other activities, including physical activities. If waivers are prohibited with the exception of Individual(ized) Academic Plans (IAP) or Individual(ized) Education Plans (IEP), code as a “2” If the policy coding is grade level-specific, code as a “2” for the elementary level when the policy prohibits recess from taking the place of physical education
PE16*	Requires students to participate in an <u>annual health assessment</u> (e.g., fitness, fitnessgram,, or Body Mass Index [BMI], body composition)  *See Coding Appendix for additional clarification on Fitnessgram/BMI/body composition)	<b>Note: This item refers to a district-wide, systematic assessment after which parents are typically notified about their child’s results</b>	
		0	<p><b>Either of the following</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Only mentions self-assessment for physical fitness</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Vague, suggested, and/or unclear how often</li> <li>Assessment is specific and required, but a positive approach to communicating results is not mentioned</li> <li>Fitnessgram-type of language without including reporting language (see Appendix for sample language)</li> <li>Annual health assessment is required, but only for certain grade levels</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“...shall introduce developmentally appropriate components of Connecticut Physical Fitness Assessment.”</i></li> <li><i>“Schools will sponsor jointly w/the local health department the screening of students for vision, hearing, and height/weight/body mass index for age.”</i></li> <li><i>“During the months of Feb., March, or May, students in grades 5, 7, and 9 shall undergo the physical performance testing by the state BOE. Students shall be provided with their individual results after completing the physical performance testing.”</i></li> </ul>
2	Type of assessment is specified and required, assessment is annual, and a positive approach to communicating results is mentioned	<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“Confidential health reports will be sent directly to parents and will include additional resources.”</i></li> <li><i>“Physical education teachers will assist students in interpreting their personal attainments and compare them to national physical activity recommendations.”</i></li> </ul>	
PE17	Free drinking water available in the <u>gymnasium</u>	0	Not mentioned
		1	Vague and/or suggested  <b>Example:</b> <ul style="list-style-type: none"> <li><i>“Students and staff <u>should</u> have access to free, safe, and fresh drinking water in the gymnasium.”</i></li> </ul>
		2	Specific and required  <b>Example:</b> <ul style="list-style-type: none"> <li><i>“Students and staff <u>will</u> have access to free, safe, and fresh drinking water in the gymnasium.”</i></li> </ul>

## Section 5. Physical Activity

PA1	<p><u>Federal Wellness</u>: Includes goals for physical activity that are designed to promote student wellness in a manner that the local education agency determines is appropriate</p> <p><b>Note:</b> state coding – PA must be specific to Wellness Policy</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Physical activity is not mentioned</li> <li>Policy clearly detracts from requirement</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Physical activity goal is implied</li> <li>Policy <u>only</u> repeats the language of the federal wellness requirement regarding physical activity</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"The district is committed to physical activity."</li> <li>"Includes goals for physical activity designed to promote student wellness in a manner that the local educational agency determines is appropriate." (and no physical activity goals are stated)</li> </ul>
		2	<p>Any physical activity goal is mentioned</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Schools should provide regular physical activity."</li> </ul>
PA2	Physical activity provided for <u>every grade level</u>	0	Not mentioned
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Suggested</li> <li>Mentions provision of physical activity to "students," but it is unclear that each grade will receive physical activity outside of physical education</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...provide adequate time for students to be engaged in physical activity, which includes physical education, recess, and co-curricular activities."</li> </ul>
		2	<p>Clear that each grade will receive physical activity outside of physical education</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Physical activity will be integrated across the curricula for all grades (K-12) and throughout the school day."</li> <li>"All students will have opportunities, encouragement and support to engage in physical activity on a regular basis."</li> <li>"All students shall have opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, and extracurricular programs."</li> </ul>
PA3	Amount of time for PA	0	Amount of time for PA is not mentioned
		1	<p>Amount of time for PA throughout the SD is suggested/encouraged</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Students should be given a minimum of 30 minutes/day for PA through PE classes, daily recess periods in ES, and the integration of PA into the academic curriculum."</li> </ul>
		2	<p>Requires specific amount of time for PA</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Students in K-5 will receive a minimum of 30 minutes daily of PA including recess and/or physical education."</li> </ul>
PA3a	Specifies number of minutes of physical activity		<p>_____ minutes (circle day or week w/ red pencil)</p> <p><b>Note: ONLY COMPLETE</b> if amount of time is specified in PA3=1 or PA3=2; otherwise leave it blank.</p>
PA3b	PA definition includes PE		<p>The definition of PA produced in PA3 includes PE? <b>yes/no</b> (circle yes/no w/ red pencil)</p> <p><b>Example:</b> "PA will be included in a school's daily education program. PA will include regular instructional PE as well as co-curricular activities and recess."</p>
PA3c	PA definition includes recess (ES only)		<p>The definition of PA produced in PA3 includes recess? <b>yes/no</b> (circle yes/no w/ red pencil)</p> <p><b>Example:</b> "PA will be included in a school's daily education program. PA will include regular instructional PE as well as co-curricular activities and recess."</p>

## Section 5. Physical Activity

PA4*	Regular physical activity opportunities are <u>provided throughout the day</u> (NOT including recess)  *See Appendix for additional clarification.	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Only addresses physical activity <u>before</u> or <u>after</u> school</li> </ul> <p>Only addresses physical activity breaks relative to testing periods</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Students will be given opportunities for PA on a regular/daily basis. Opportunities for PA shall be provided through before and after school programs and extracurricular/interscholastic activities and programs.”</li> <li>• “When mandatory school-wide testing makes it necessary for students to be inactive for extended periods of time, schools will give students periodic breaks to stand and be moderately active”.</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Vague and/or suggested</li> <li>• Addresses PA for all students in the classroom setting w/o addressing frequency</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “All students will have opportunities, encouragement and support to engage in physical activity on a regular basis.”</li> <li>• “Classrooms shall incorporate, where possible, appropriate, short breaks that include physical movement.”</li> <li>• “The district will encourage teachers to integrate PA into the curriculum where appropriate.”</li> <li>• “PA will be integrated into the classroom setting.” (into the classroom setting is vague and does not specify throughout the school day)</li> <li>• “Students do not have periods of two or more hours of inactivity.”</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Regular physical activity throughout the day is required</li> <li>• Policy requires training for teachers on activities that incorporate physical activity throughout the day</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Physical activity opportunities shall be offered daily during the school day.”</li> <li>• “Shall provide Take 10! training to all teachers.”</li> <li>• “All students will have opportunities, encouragement and support to engage in physical activity throughout the school day/on a daily basis.”</li> <li>• “For students to receive the nationally recommended 60 minutes of daily PA and for students to fully embrace PA as a personal behavior, students need opportunities for PA beyond PE classes. Toward that end: opportunities for PA will be incorporated into other subject areas.”</li> <li>• “Students shall be provided physical activity breaks throughout the school day.”</li> </ul>
PA5	Addresses <u>community use of school facilities</u> for physical activity outside of the school day	0	Not mentioned
		1	<p>Availability of school facilities for physical activity is suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The district should allow community-based organizations to use facilities outside school hours.”</li> <li>• “The district shall encourage community access to and student use of the school’s PA facilities outside the school day.”</li> </ul>
PA6	Addresses <u>safe active routes</u> to school	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “The school district may consider programs such as promoting safe and walkable routes to school.”</li> </ul>
		2	<p>Ensures effort to promote safe active routes to school (e.g., by seeking funding, working with local transit, organizing walking school bus, or ensuring safe walking paths)</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Each school is responsible for working with community groups to facilitate and promote walking and biking to school by students and staff using safe routes and safe practices.”</li> </ul>

## Section 5. Physical Activity (continued)

PA7	Addresses not using physical activity (extra or restricted) as <u>punishment</u>	0	Not mentioned
		1	Discouraged <b>Example:</b> <ul style="list-style-type: none"> <li>“Students <u>should</u> not be pulled out of physical education for any other content area instruction or punishment.”</li> </ul>
		2	Prohibited. Prohibition with exceptions for Individual(ized) Academic Plans (IAP) or Individual(ized) Education Plans (IEP) qualifies for a “2” <b>Example:</b> <ul style="list-style-type: none"> <li>“Staff members shall not deny participation in recess or other physical activity opportunities as a form of discipline or punishment unless the safety of students is in question.”</li> </ul>
PA8	Addresses <u>daily recess</u> in <u>elementary</u> school	0	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Less than daily recess specified</li> </ul>
		1	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Daily recess frequency suggested</li> <li>Recess is included in a list of possible activities where a frequency is specified (i.e., “daily”)</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>“Students will be given opportunities...to be physically active through developmentally appropriate <u>daily</u> activities such as recess, PE, etc....”</li> <li>“Supervised recess time should be provided to all students <u>within each school day</u> at all elementary schools.”</li> </ul>
		2	Specific and required <u>daily</u> recess <b>Examples:</b> <ul style="list-style-type: none"> <li>“All elementary school students shall have <u>daily</u> recess...”</li> <li>“Elementary students in grades 1 through 6 will be provided a time for supervised, outdoor recess <u>daily</u>, weather permitting.”</li> <li>“Students will be given opportunities to be physically active during the SD through <u>daily</u> recess, PE classes, and integration of PA into the classroom.”</li> </ul>
PA9	Addresses <u>recess frequency or amount (less than daily)</u> in <u>elementary</u> school	0	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Daily recess specified</li> </ul>
		1	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Frequency of recess is vague and/or suggested</li> <li>Recess is included in a list of possible activities where a frequency is specified but less than daily</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>“Students will be given opportunities...to be physically active through developmentally appropriate activities such as recess, PE, etc....”</li> <li>“Supervised recess time should be provided to all students at all elementary schools.”</li> </ul>
		2	Specific and required recess but less than daily <b>Examples:</b> <ul style="list-style-type: none"> <li>“All elementary school students shall have recess...”</li> <li>“Elementary students in grades 1 through 6 will be provided a time for supervised, outdoor recess, weather permitting.”</li> <li>“Students will be given opportunities to be physically active during the SD through recess, PE classes, and integration of PA into the classroom.”</li> </ul>

## Section 5. Physical Activity (continued)

PA8a	Specifies number of minutes for recess	<p>_____ minutes (circle day or week w/ red pencil)  <b>Note: If PA8 or PA9=1 or 2, fill in # of minutes specified for recess. If # minutes is not addressed, leave blank.</b></p>	
PA10	PA opportunities before and/or after school ( <u>excluding</u> intramural/extramural/ interscholastic)	0	Not mentioned or only mentions intramural/extramural/interscholastic PA opportunities
		1	PA opportunities before and/or after school vague and/or suggested <b>Example:</b> <ul style="list-style-type: none"> <li>• “School spaces and facilities <u>should</u> be available to community agencies and organizations offering PA and nutrition programs.”</li> </ul>
		2	Specific and required opportunities for PA before and/or after school (e.g., school affiliated programs such as YMCA, park district, child-care centers). <b>Examples:</b> <ul style="list-style-type: none"> <li>• “Schools <u>shall</u> work with recreation agencies and other community organizations to coordinate and enhance opportunities available to students and staff for physical activity during their out-of-school time.</li> </ul>



## Section 6. Staff PA/Wellness/Modeling

ST1	Includes physical activity opportunities for school staff	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Training for teachers in PA to promote enjoyable lifelong PA for themselves and students</li> </ul> <p><b>Example:</b> • "...will incorporate PA into 1 of 3 professional days for school staff."</p>
		1	<p>Provision is suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "...should promote periodic and ongoing programs to increase the activity choices for faculty and staff."</li> <li>• "School district will encourage school staff to participate in PA..."</li> <li>• "The district desires to provide a comprehensive program promoting healthy eating and PA for district students and staff."</li> </ul>
		2	Provision is required
ST2	Includes <u>staff wellness</u> programs specifically addressing the health of staff	<p><b>Note: The focus of this variable is on staff wellness generally so the policy does not have to address both nutrition education and PA to get credit; either one will suffice for credit.</b></p>	
		0	<p>Not mentioned</p> <p>If policy encourages staff health but does not offer any programs or education</p> <p><b>Example:</b> • "School staff will be encouraged to improve their own health and wellness in relation to nutrition and physical activity."</p>
		1	<p>Program suggested or suggestion of staff wellness council/committee</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "...will <u>promote</u> periodic and ongoing programs to increase nutritional knowledge and activity for faculty and staff."</li> <li>• "...the school district highly values the health and well being of staff members with plans and policies that support personal efforts by staff to maintain a healthy lifestyle."</li> <li>• "Employee wellness education and involvement will be promoted at suitable school activities."</li> <li>• "The district desires to provide a comprehensive program promoting healthy eating and PA for district students and staff."</li> </ul>
2	<p>Program required</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Presentations on nutrition will be provided to staff."</li> <li>• "Activity programs will be available for staff, and gym memberships will be subsidized."</li> <li>• "Health and wellness classes will be offered to staff."</li> </ul>		
ST3	Encourages staff to <u>role model</u> healthy behaviors	0	Not mentioned
		1	<p>Suggested that staff be encouraged to model healthy behavior</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Each school in the district <u>should</u> encourage staff to model..."</li> <li>• "It will be necessary for not only the staff, but also the parents and the public to be involved in a community-wide effort to promote, support, and <u>model</u> such healthy eating behaviors."</li> </ul>
		2	<p>Required that staff shall be encouraged to model healthy behavior</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Staff <u>will be</u> encouraged to model health eating and physical activity as a valuable part of daily life."</li> </ul>

## Section 7. Stakeholder Involvement/Feedback

CP1*	Federal Wellness: Involve parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the <u>development</u> of the school wellness policy	<p><b>Note:</b> This should have happened in the past because it deals exclusively with policy DEVELOPMENT; however since language may not have been updated, code future orientation (i.e., “shall form a committee”) the same as present orientation.</p>	
		0	Neither policy nor supporting documentation specifies who was on policy development team or only specifies who shall be involved in revising the policy, monitoring implementation, or developing additional policies Participating in the wellness planning process mentioned in the policy does not count for this item
		1	Policy (or supporting documentation) specifies who was on policy development team, but not all required groups were represented Even if only one of the stakeholder categories is missing, code as a “1”
		2	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Policy (or supporting documentation) specifies who was on policy development team, and <u>all</u> required groups were represented</li> <li>Names of individuals are listed on the cover of the WP and it clearly states that these individuals were involved with development of the WP and <u>all</u> required groups are represented</li> <li>The WP states that the Board adopted the policy and indicates that all required participants are involved in developing the district wellness plan (implementation regulations)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The school district will engage students, parents, administrators, food service professionals, school board, and other interested community members in developing, implementing, monitoring, reviewing, and revising district nutrition and PA policies.”</li> <li>“A district-wide wellness advisory committee has been established for the purpose of assessing nutrition and PA environment throughout the district and is in compliance w/ current laws and regs.” (and all required groups are listed)</li> </ul> <ul style="list-style-type: none"> <li>Parents</li> <li>Students</li> <li>School food authority</li> <li>School Board</li> <li>School administrators</li> <li>Public</li> </ul>
CP2	Addresses <u>methods</u> to solicit or encourage <u>input</u> from stakeholder groups (e.g. two-way sharing)	0	Not mentioned
		1	<p>Specific methods suggested</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“The Superintendent or designee shall recommend for Board approval specific quality indicators...to measure implementation. These measure shall include feedback from food service personnel, school administrators, the school health council, parents/guardians, students and other appropriate persons.”</li> </ul>
		2	<p>Required to solicit input from stakeholders, and specific methods are named</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Students <u>will</u> be given the opportunity to provide input on local, cultural, and favorite ethnic foods.”</li> <li>“The school will consider student needs in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys and attention will be given to their comments.”</li> <li>“Shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.”</li> <li>“The food service director will be available to speak with parents during open house.”</li> <li>“The school food service program shall involve students, parents,..in the selection of competitive food items to be sold in the schools.”</li> <li>“Food services <u>will</u> provide families opportunities for input and monitoring of their children’s food purchases at the K-8 level.”</li> <li>“Student satisfaction surveys will be completed to assess satisfaction with meal service in the cafeteria.”</li> </ul>

## Section 7. Stakeholder Involvement/Feedback

CP3	<p>Specifies <u>how</u> district will engage parents or community to meet district wellness goals</p> <p>(e.g., through website, email, parent conferences, or events)</p>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Methods are vague</li> <li>• Specific methods are mentioned but not required</li> <li>• Specific methods are mentioned but it is unclear if school will engage parents or community</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Nutrition information should be provided to parents and staff through newsletters, publications, health fairs, and other activities..."</li> <li>• "Nutrition education may be provided in the form of handouts, the school website, articles and information provided in district or school newsletters, presentations that focus on nutrition and healthy lifestyles, a communication sent home, and through any other appropriate means available to reach parents." (See NOTE in "2" coding below.)</li> </ul>
		2	<p>Clear that the district or schools will engage parents or community, and specific methods are listed</p> <p>Even if it is unclear that each method listed will be used, as long as engaging parents or community is required, code as a "2"</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Nutrition education <u>will</u> be provided to parents. Nutrition education may be provided in the form of handouts, the school website, articles and information provided in district or school newsletters, presentations that focus on nutrition and healthy lifestyles, a communication sent home, and through any other appropriate means available to reach parents." (<b>NOTE: It is the combination of the two sentences that warrant the "2" coding. The second sentence by itself would only warrant a "1" coding.</b>)</li> </ul>
CP4	<p>Involve parents, students, representatives of the school food authority, the school board, school administrators, and the public in the <u>periodic review</u> of the school wellness policy</p>	0	Only specifies which stakeholders were involved with development, and does not mention who is involved with periodic review of the wellness policy.
		1	Policy (or supporting documentation) specifies who is involved with <u>periodic review</u> of the wellness policy, but not all required groups are represented
		2	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Policy (or supporting documentation) specifies who is involved with <u>periodic review</u> of the policy, and <u>all</u> required groups are represented</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "The school district will engage students, parents, administrators, food service professionals, school board, and other interested community members in developing, implementing, monitoring, <u>reviewing</u>, and revising district nutrition and PA policies."</li> </ul> <ul style="list-style-type: none"> <li>• Parents</li> <li>• Students</li> <li>• School food authority</li> <li>• School Board</li> <li>• School administrators</li> <li>• Public</li> </ul>
CP5	<p>Involve parents, students, representatives of the school food authority, the school board, school administrators, and the public in the <u>update/revision</u> of the school wellness policy</p>	0	Only specifies which stakeholders were involved with development, and does not mention who is involved with updating the wellness policy
		1	Policy (or supporting documentation) specifies who is involved with <u>update/revision</u> of the policy, but not all required groups are represented
		2	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Policy (or supporting documentation) specifies who is involved with <u>update/revision</u> of the policy, and <u>all</u> required groups are represented</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "The school district will engage students, parents, administrators, food service professionals, school board, and other interested community members in developing, implementing, monitoring, reviewing, and <u>revising</u> district nutrition and PA policies."</li> </ul> <ul style="list-style-type: none"> <li>• Parents</li> <li>• Students</li> <li>• School food authority</li> <li>• School Board</li> <li>• School administrators</li> <li>• Public</li> </ul>

## Section 8. Messaging, Marketing, & Promotion

MP1	<p>Specifies district using Centers for Disease Control and Prevention's <u>(CDC) Coordinated School Health Program (CSHP) model</u> or other coordinated/comprehensive method</p> <p>The CSHP model consists of 8 interactive components: (1) health education, (2) family/community involvement, (3) health promotion for staff, (4) healthy school environment, (5) counseling, psychological and social services, (6) physical education, (7) health services, and (8) nutrition services</p>	0	<p>Not mentioned OR</p> <p>Components of CSHP are included in the policy but there is no mention of the CSHP by name in any way</p>
		1	<p>Mentions that district is considering use or working toward use of a coordinated school health model. Must say "coordinated school health"</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"We will strive toward integrating nutrition into a coordinated school health approach."</li> </ul>
		2	<p>Includes language to institutionalize a coordinated school health model</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Schools <u>will</u> link nutrition education activities with the coordinated school health program."</li> <li>"The coordinated school health council will develop, monitor, and implement administrative guidelines and improvement plans in the following eight areas [lists 8 CSHP areas]..."</li> </ul>
MP2	<p>Specifies <u>marketing (including social marketing/PSAs)</u> to promote healthy choices/strategies to encourage healthy choices</p>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Indication that food and beverages sold by the food service program must be sold at "reasonable prices"</li> <li>Only addresses restricting marketing of unhealthy choices MP2 (CP89)</li> <li>The food service staff will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings</li> </ul>
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"It is recommended that organizations operating concessions at school functions market healthy food choices at a lower profit margin to encourage student selection."</li> <li>"Nutrition education materials, such as the Food Guide Pyramid, will be displayed where appropriate."</li> <li>"Healthy food options <u>should</u> be comparably priced."</li> <li>"Nutrition education will be conducted in the cafeteria through posters, campaigns, etc."</li> </ul>
		2	<p>Specific (posters, pricing structures, etc.) and required</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Schools shall label/mark healthy food items available so students know which are healthy items."</li> <li>"Snacks and beverages that meet the nutritional parameters for Balanced Choices are prominently identified with the signature Balanced Choices icon on menu signs and serving lines, in snack bars, and in vending machines. Balanced Choices snack and beverage signage is placed at eye-level as a strategy to encourage students to choose these items."</li> <li>"The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeterias to encourage students to make healthy choices."</li> <li>"Healthy food options <u>will</u> be comparably priced."</li> </ul>
MP3	<p>Specifies <u>restricting marketing/ advertising of unhealthful choices</u></p>	0	<p>Not mentioned or policy only addresses marketing of healthy choices</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Advertising associated with product and vending shall be limited to signage on equipment, paper cups, and a banner at booster sale locations."</li> </ul>
		1	<p>Restrictions are suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Display and advertising of FMNVs is strongly discouraged on school grounds."</li> <li>"School-based marketing will follow district nutrition standards." (the standards are not detailed)</li> <li>"...requires food service providers to be sensitive to the nutrition environment when displaying logos/trademarks on school grounds by encouraging healthy eating."</li> </ul>
		2	<p>Required</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Education materials shall be free of brands and illustrations of unhealthful foods."</li> <li>"Soft drink logos are not allowed on school materials or school property."</li> <li>"No vending machine front may display any product that does not contain fruit juice or water."</li> <li>"School-based marketing will be limited to the promotion of healthy items."</li> <li>"School-based marketing shall be consistent with the district's nutrition standards." (the standards are clearly specified)</li> </ul>

## Section 9. Evaluation

E1	<p><u>Federal Wellness</u>: Establish a plan for measuring implementation of the local wellness policy, including designation of one or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy</p>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>A plan is implied</li> <li>Describes a plan but does not designate one or more persons charged with ensuring compliance</li> <li>Describes a plan, but the person or group responsible for compliance is vague (e.g., “the school,” “school officials,” or “the district”)</li> <li><u>Only</u> repeats the language of the federal wellness requirement regarding a plan for measuring implementation</li> </ul>
		2	<p>Describes a plan and designates &gt;=1 person(s) charged with ensuring compliance</p> <ul style="list-style-type: none"> <li><i>“A district-wide Wellness Committee shall be established for the purpose of monitoring the implementation of the district’s Wellness Policy and its nutrition and physical activity components through the Superintendent or his/her designee.”</i></li> <li><i>“The Superintendent or designee shall ensure compliance with established district wide nutrition and physical activity policies. In each school, the building administrator or designee shall ensure compliance with those policies in his or her school.”</i></li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“The superintendent shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.”</i></li> <li><i>“The school district will form a wellness committee comprised of...to oversee development, implementation, monitoring, and reviewing of district-wide nutrition and PA policies.”</i></li> <li><i>“The superintendent or designee shall provide periodic implementation data and/or reports to the board concerning this policy’s implementation sufficient to allow the Board to monitor and adjust the policy.”</i></li> </ul>
E2	<p>Addresses a <u>plan for policy implementation</u>, including a person or group responsible (initial or ongoing)</p>	0	Not mentioned
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Identifies having or developing a plan without strong language or without identifying a person or group responsible</li> <li>Identifies a plan, but the person or group responsible is vague (e.g., “the school,” “school officials,” or “the district”)</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li><i>“The district will strive to implement the policy by...”</i></li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Uses strong language, identifies having or developing a plan for implementation and identifies a person or group responsible</li> <li>Policy mentions a plan for implementation of specific activities, such as, “the principal shall ensure that vending machines are in compliance with district standards</li> </ul> <ul style="list-style-type: none"> <li><i>“The Superintendent or designee shall ensure compliance with established district wide nutrition and physical activity policies. In each school, the building administrator or designee shall ensure compliance...”</i></li> <li><i>“The superintendent shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.”</i></li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“The school district will form a wellness committee...to oversee development, implementation, monitoring, and reviewing of district-wide nutrition/PA policies.”</i></li> <li><i>“The superintendent or designee shall provide periodic implementation data and/or reports to the board concerning this policy’s implementation sufficient to allow the Board to monitor and adjust the policy.”</i></li> </ul>

## Section 9. Evaluation (continued)

E3	<p>Establishes a <u>health advisory committee</u> or school health council that is <u>ongoing</u> beyond policy development</p> <p>*See Coding Appendix for additional clarification</p>	0	Not mentioned
		1	<p>Suggested and/or not clear that the committee will be ongoing</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "A wellness policy committee will be formed in district XYZ."</li> </ul>
		2	<p>Committee is required and clearly ongoing</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "The Nutrition and Physical Activity Advisory Council shall include stakeholders) and shall meet a minimum of two times annually to monitor and evaluate the implementation of the policy."</li> <li>• "Review of this policy shall occur every 5 years, by a committee appointed by the Board, consisting of representative(s) of the Board, the administration, the food service provider, the parents, the students, and the public. The committee shall provide the Board with any recommended changes to the policy."</li> <li>• "The health advisory committee is responsible for implementation, evaluation and revisions of the wellness policy"</li> <li>• "The health advisory committee will meet periodically to review, assess and revise the wellness policy."</li> </ul>
E4_new	<p>Body Mass Index (BMI)/body composition/measurement</p> <p>*See Coding Appendix for additional clarification on Fitnessgram/BMI/body composition/ height and weight</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Health assessment/screening not specific to BMI</li> <li>• Only assesses height/weight without calculating BMI</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Statue requires the County Health Dept. w/ the School District Board to develop a plan that includes provisions for Growth and Development Screening."</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• BMI/body composition/fitnessgram assessment suggested/encouraged (not required) with or without parental reporting</li> <li>• Body composition assessment required (but does not specify BMI)</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• BMI/body composition/fitnessgram assessment required for some but not all grades within the grade range (e.g., ES, MS, or HS) with or without parental reporting</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Schools will sponsor jointly w/the local health department the screening of students for vision, hearing, and height/weight/body mass index for age."</li> </ul>
		3	BMI/body composition/fitnessgram assessment required <u>no parental reporting required</u>
		4	BMI/body composition/fitnessgram assessment required <u>with parental reporting required</u>

## Section 9. Evaluation (continued)

E5	Addresses a plan for policy <u>evaluation</u> , including a person/group responsible for tracking outcomes	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Implementation language mentions “monitor” or “review” without suggesting some type of assessment or evaluation</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Some kind of pre-post assessment is <u>implied</u></li> <li>• An evaluation plan is required, but the person or group responsible is vague (e.g., “the school,” “school officials,” or “the district”)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The district shall conduct an assessment of the health and fitness policy.”</li> <li>• “The superintendent shall measure how well this policy is being implemented, managed, and enforced.”</li> <li>• In the section on adopting/implementing health and PE curriculum, the following statement was included: “Evaluation procedures will utilize classroom-based assessment strategies...”</li> </ul>
		2	<p><b>ALL of the following:</b></p> <ul style="list-style-type: none"> <li>• An evaluation plan is required</li> <li>• A person/group responsible for tracking evaluation is identified</li> </ul> <p>Specific outcomes to be measured are stated (i.e., health impact, fiscal impact, student learning, School Health Index)</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “The <u>Advisory Council</u> shall meet at least annually to review nutrition and physical activity policies, <u>evidence on student health impact</u>, and effective programs and program elements.”</li> </ul>
E6	Addresses the <u>audience</u> and <u>frequency</u> of a <u>report</u> on compliance and/or evaluation	0	Not mentioned
		1	Some kind of report on compliance or evaluation is implied
		2	<p><b>ALL of the following:</b></p> <ul style="list-style-type: none"> <li>• Reporting on compliance or evaluation is <u>required</u></li> <li>• <u>Specific items</u> are stated (e.g., compliance with nutrition guidelines, listing of activities and programs conducted to promote nutrition and physical activity, recommendations for policy and/or program revisions, feedback received from stakeholders)</li> <li>• It is clear that a report will be made to a <u>specific audience</u> (e.g., board of education, administration, Parent Teacher Association [PTA] / Parent Teacher Organization [PTO], and the public)</li> <li>• <u>Frequency</u> of reporting is stated</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “The advisory council shall prepare a report annually for the Superintendent evaluating the implementation of the policy and regulations and include any recommended changes or revisions.”</li> </ul>
E7	Identifies <u>funding support</u> for wellness activities or policy evaluation	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Adequate funding will be provided.”</li> <li>• “Funding for wellness activities should be made available through the local budget process.”</li> <li>• “Major fitness opportunities will be added through Grant purchases.”</li> </ul>
		2	<p>Ensures that funding will be provided, and identifies a specific source</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Funding for the school wellness evaluation will be allocated from the general operations budget.”</li> </ul>

## Section 9. Evaluation (continued)

E8	Identifies a plan for <u>revising the policy</u>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Implementation language mentions “monitor” or “review” without suggesting some type of revision or review for the purpose of revising the policy</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Future orientation in making a decision to revise</li> <li>• Revision is mentioned, but it is unclear if it refers to the <u>policy</u></li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “...<u>may</u> meet to discuss revisions to policy.”</li> <li>• “...<u>may</u> suggest changes.”</li> <li>• “...<u>shall</u> implement <u>program</u> changes.”</li> <li>• “...it is the goal of the district to review the policy to make necessary changes, as appropriate...”</li> </ul>
		2	<p>Discusses revision to policy in any way by any person or group</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “...<u>will</u> meet to discuss revisions to policy.”</li> <li>• “The policy shall be revised as necessary.”</li> <li>• “...the school district will engage...in developing, implementing, monitoring, reviewing, and revising district nutrition and physical activity policies.”</li> </ul>

E9	Reporting Frequency	NA	Not Applicable – use this when E6=0
		NS	Not Specified—use this when E6=1 or 2 but frequency not specified
		<p>Fill in the Blank: How often/frequent is reporting on policy implementation/compliance supposed to occur?</p> <p>Notes on this item: -If frequency is mentioned for multiple reports, default to the generalized report -Give credit for weak language if frequency is mentioned</p> <p><b>Examples:</b></p> <p>Annual</p> <ul style="list-style-type: none"> <li>• “Wellness Program coordinators will report to the board <u>annually</u>.”</li> <li>• “The Superintendent will be responsible for reporting to the Board on an <u>annual</u> basis the progress of the School District in implementing this policy.”</li> </ul> <p>Triennial</p> <ul style="list-style-type: none"> <li>• “The Superintendent or designee will develop a summary report every <u>three years</u> on district-wide compliance with the district’s established nutrition and physical activity wellness policies. That report will be provided to the school board.”</li> </ul>	



## Section 9. Evaluation (continued)

E10	Update Frequency	NA	Not Applicable—use this if E8=0
		NS	Not Specified—use this if E8=1 or 2 but frequency not specified
		Fill in the Blank: How often is the policy scheduled to be reviewed for changes/updates?	
		Notes on this item: -Give credit for recommended revisions that have specific frequency. -No credit if meet annually to review implementation -No credit for assessing compliance	
		<b>Examples:</b>	
	Annual	<ul style="list-style-type: none"> <li>“The HR Director is responsible for implementation of the wellness policy and will recommend policy changes as necessary. The wellness program coordinators will meet <u>annually</u>, or as necessary, to review Missouri Eat Smart Guidelines.”</li> <li>“An ongoing school health advisory council will review the wellness policies on a <u>yearly</u> basis. They will make suggestions to the board for approval changes to policies.”</li> </ul>	
	Biannual	<ul style="list-style-type: none"> <li>“The committee will meet <u>2 times a year</u> to review the policy. This will include assessing the school using the Healthy School Index.”</li> </ul>	
	Triennial	<ul style="list-style-type: none"> <li>“The district will conduct an assessment of the school's existing nutrition and physical activity policies. Assessments will be repeated <u>every three years</u> to help review policy compliance, assess progress, and determine areas in need of improvement.”</li> </ul>	
E11	Evaluation/implementation Review Frequency	NA	Not applicable—use this if E5=0
		NS	Not specified—use this if E5=1 or 2 but frequency not specified
		Fill in the blank: How often is a review/assessment/evaluation of implementation/compliance scheduled to occur?	
		<b>Examples:</b>	
			Biannual
	Triennial	<ul style="list-style-type: none"> <li>“The district will conduct an assessment of the school's existing nutrition and physical activity policies. Assessments will be repeated <u>every three years</u> to help review policy compliance, assess progress, and determine areas in need of improvement.”</li> </ul>	

## Section 9. Evaluation (continued)

E12	Requires district to report to the state	0	Does not address district reporting to the state
		1	Encourages district to report to the state OR requires reporting to the state but does not specify what they are to report on <b>Example:</b> <ul style="list-style-type: none"> <li>“...require that goals and objectives for nutrition and PA be incorporated into the annual school planning and reporting process.”</li> </ul>
		2	Requires district to report to the state with a copy of the policy, implementation progress, compliance, evaluation results, etc. <b>Examples:</b> <ul style="list-style-type: none"> <li>“Each school district shall submit to the DOE a copy of its school wellness policy. Each school district shall annually review its wellness policy...and provide a procedure for public input and revisions. Each school district shall send an updated copy of its wellness policy to the Dept. when a change or revision is made.”</li> <li>“Each local school administrative unit shall collect baseline data at the individual school level and report the baseline data to the Dept. of Public Instruction for Analysis. At minimum, the baseline data will include: minutes of PE, number of PE classes/week, BMI...”</li> <li>“Each school year, a school district board shall determine whether the school district is in compliance w/ the standards required by law [for food and beverages sold in school] and report the results of that determination to the DOE.”</li> </ul>
E13	TA to district/LEA for wellness policy implementation  *state level coding	0	Not mentioned
		1	Encourages the state DOE to post on its website resources and other materials to facilitate development and implementation of school policy requirements <b>Example:</b> <ul style="list-style-type: none"> <li>“The state DOE shall employ a health and PE coordinator who shall be responsible...to provide TA to public schools and school systems as needed.”</li> </ul>
		2	Requires the state DOE to post on its website resources and other materials to facilitate development and implementation of school policy requirements <b>Examples:</b> <ul style="list-style-type: none"> <li>“The [state] Nutrition and Physical Activity Advisory Committee will assist in the development of local policies...including, but not limited to the following...Assist with implementation of nutrition and physical activity standard development by the Committee..., integrate nutrition and PA into the overall curriculum.”</li> <li>“The DOE and Dept. of Workforce Education will provide TA in helping schools integrate health education curricula that will include the nutrition components.”</li> </ul>
E14	Monitor schools/LEA for compliance with state requirements  *state level coding	0	Not mentioned
		1	Vague and/or suggested <b>Example:</b> <ul style="list-style-type: none"> <li>“The DOE may monitor whether school districts are in compliance with the standards required by law [standards for food and beverages sold in school].”</li> </ul>
		2	Requires state to monitor schools/LEA for compliance with state requirements <b>Examples:</b> <ul style="list-style-type: none"> <li>“The statewide Health Advisory Council’s responsibilities will include monitoring and evaluating current PE and PA programs...”</li> <li>“All complaints received by state regarding competitive foods violations, regardless of source, will be forwarded to the local school food service supervisor for initial investigations.”</li> <li>“The PA coordinator shall present a state physical activity plan each year to the Governor’s Commission on Physical Fitness and Sports...”</li> <li>“Each sponsor’s implementation of the Free and Reduced Price Policy and the Model School Nutrition Policy shall be reviewed and evaluated by the Division on a continuing basis.”</li> </ul>

## Section 9. Evaluation (continued)

E15	Penalties for district failure to comply  *state level coding	0	Not mentioned
		1	Vague and/or suggested  <b>Example:</b> <ul style="list-style-type: none"> <li>“Federal and State child nutrition program funds <i>may</i> be withheld and/or fiscal action taken against sponsors found not in compliance w/ applicable Federal regulations and the Department’s Model School Nutrition Policy.”</li> </ul>
		2	Requires penalties for district failure to comply with state requirements  <b>Example:</b> <ul style="list-style-type: none"> <li>“Any public school that violates min. nutritional standards for foods sold outside school lunch programs shall be subject to a penalty to be assessed by the commissioner of education.”</li> </ul>
E16	Corrective action plan for schools/LEA for non-compliance  *state level coding	0	Not mentioned
		1	Vague and/or suggested
		2	Requires a corrective action plan for schools/LEA for non-compliance with state requirements  <b>Example:</b> <ul style="list-style-type: none"> <li>“A School district that the Superintendent finds to be noncompliant with the mandatory provisions of this article [Pupil Nutrition, Health, and Achievement Act] shall adopt and provide to the Sup., a corrective action plan that sets forth the actions taken by the school district...”</li> </ul>
E17	State evaluation and reporting required  *state level coding	0	Not mentioned
		1	Vague and/or suggested
		2	Requires state evaluation and reporting by schools/LEA  <b>Examples:</b> <ul style="list-style-type: none"> <li>“The Department...shall annually report on progress in implementing the nutrition and PE standards to the ...[state legislature].”</li> <li>“The [state] taskforce shall report its evaluation of the effectiveness of school wellness policies to the General Assembly and the Governor...”</li> <li>“The DOE shall submit a written report to the Senate and House committees on education...regarding the status of health and physical education in the public elementary and secondary schools in the state, including findings and recommendations.”</li> </ul>

## Section 10. Reporting

R1	Public posting/access to WP on district website	0	Not mentioned
		1	Vague and/or suggested <b>Examples</b> <ul style="list-style-type: none"> <li>• "The district will ensure school and community awareness of this policy through various means, <u>such as</u> publication in District newsletters, website, and/or the District calendar."</li> </ul>
		2	Requires district to post its WP on its district website <b>Examples</b> <ul style="list-style-type: none"> <li>• "All public schools and public charter schools shall promote their local wellness policy to faculty, staff, parents, and students. A copy shall be: posted on each school's website."</li> </ul>
R2	Public posting/access to WP non-website	0	Not mentioned
		1	Vague and/or suggested <b>Examples</b> <ul style="list-style-type: none"> <li>• "The district will ensure school and community awareness of this policy through various means, <u>such as</u> publication in District newsletters, website, and/or the District calendar."</li> </ul>
		2	Requires district to post its WP (other than district website) <b>Examples</b> <ul style="list-style-type: none"> <li>• "Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas."</li> </ul>
R3	District reporting of WP to state	0	Not mentioned
		1	Vague and/or suggested
		2	Requires district to report its WP to the state <b>Examples</b> <ul style="list-style-type: none"> <li>• "By September 1, 2006, each school district shall submit to the Department of Education a copy of its school wellness policy."</li> </ul>
R3s*	State DOE/BOE posting district wellness policies on its website *state level coding	0	Not mentioned
		1	Vague and/or suggested
		2	Requires state DOE/BOE to post district wellness policies on its website
R4	Reporting to public	0	Not mentioned
		1	Encourages district to report to the public
		2	Requires district to report to the public
R5	Reporting to district	0	Not mentioned
		1	Encourages district to report to the district (e.g., board, superintendent)
		2	Requires district to report to the district (e.g., board, superintendent)

## Section 10. Reporting (continued)

R6	Reporting to state	0	Not mentioned
		1	Encourages district to report to the state
		2	Requires district to report to the state
R7	Reporting to other/NS	0	Not mentioned
		1	Encourages reporting (other or group not specified)
		2	Requires reporting (other or group not specified)
R8	Reporting on food safety inspections	0	Not mentioned
		1	Vague and/or suggested <b>Example</b> • <i>"In accordance with Federal Law, the Cafeteria Mangers will take such necessary action to obtain a minimum of 2 food safety inspections per school year...The report of the most recent inspection will be posted in a publicly visible location and a copy of the report will be available upon request."</i>
		2	Requires district to report on food safety inspections
R9	Reporting on local WP compliance	0	Not mentioned <b>Examples</b> • <i>"Building administrators will annually report to the district the steps taken to improve wellness in their building."</i>
		1	Vague and/or suggested <b>Example</b> • <i>"The Superintendent or designee shall measure implementation of the wellness policy by conduction periodic reviews or receiving periodic reports."</i>
		2	Requires district to report on local WP compliance <b>Examples</b> • <i>"The advisory council shall prepare a report annually for the Superintendent evaluating the implementation of the policy and regulations and include any recommended changes or revisions."</i>
R10	Reporting on meal program participation	0	Not mentioned • Reporting on eligibility for FRPL does not qualify; must mention reporting on overall meal participation rates.
		1	Vague and/or suggested
		2	Requires district to report on meal program participation rates <b>Examples</b> • <i>"The wellness committee will be responsible for preparing an annual report by June 15 of each year that includes: monthly district menus and meal counts."</i>

## Section 10. Reporting (continued)

R11	Reporting on nutritional quality of program meals	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Example</b>     •“The report may include: Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.”</p>
		2	<p>Requires district to report on the nutritional quality of program meals</p> <p>•“School food service staff, at the school or district level, will ensure compliance with nutrition policies within food service areas and will report on this matter to the Food Service Director [and the district WP addresses nutritional content of school meals].”</p> <p>•“The superintendent shall require the school FSD to complete the assessment of the nutrition program required under KRS 158.856 (KY) and to issue an annual report at least 60 days prior to the public hearing required by that statute. The nutrition assessment report may be issued via posting on the District web site. [from KRS 158.8560] (1) Each school food service director shall annually assess school nutrition in the district and issue a written report to parents, the local school board, and school-based decision making councils. The report shall include: (a) An evaluation of compliance with the National School Breakfast and National School Lunch programs.”</p> <p>•“The director of Food and Nutrition Service will provide an annual report to the superintendent setting forth the nutrition guidelines and procedures for selection of all foods made available through the Food Service Program.”</p> <p>•“The Superintendent or designee shall report to the Board at least every two year on the implementation of this policy and any other Board policies related to nutrition and physical activity. To determine whether the policy is being effectively implemented districtwide and at each district school, the following indicators shall be use: An analysis of the nutritional content of meals served based on a sample of menus”</p>
R12	Reporting on competitive F&B available/sold	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Examples</b></p> <ul style="list-style-type: none"> <li>• “The superintendent will annually report to the board on the district’s compliance with laws and policies related to student wellness. The report <u>may</u> include: review of all F&amp;Bs sold in schools for compliance with established NGs.”</li> <li>• “The FSD will conduct on-site audits at each school a minimum of 2 times a year to ensure compliance with nutrition requirements stated in this policy. Audit results will be shared with cafeteria managers and principals for review and modifications as required.”</li> <li>• “The report may include: Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.”</li> </ul>
		2	<p>Requires district to report on competitive F&amp;B available and/or sold</p> <ul style="list-style-type: none"> <li>• “The wellness committee will be responsible for preparing an annual report by June 15 of each year that includes: listing of all a la carte, vending, and competitive foods sold by school food service; listing of all other sales of foods throughout the district including vending machines, school stores, culinary and special ed. Programs, in-school and in-class fundraisers etc.”</li> <li>• “The district food service program administrator will provide an annual report to the superintendent, setting forth the nutrition guidelines and procedures for selection of all foods made available to campus, to ensure compliance with the wellness policy.”</li> <li>• “The Superintendent or designee shall report to the Board at least every two year on the implementation of this policy and any other Board policies related to nutrition and physical activity. To determine whether the policy is being effectively implemented districtwide and at each district school, the following indicators shall be use: Any sales of non-nutritious foods an beverages in fundraisers or other venues outside of the district’s meal program.”</li> </ul>

## Section 10. Reporting (continued)

R13	Reporting on PE/PA requirements	0	Not mentioned
		1	Vague and/or suggested
		2	Requires district to report on PE/PA requirements
		2	<b>Examples</b> <ul style="list-style-type: none"> <li><i>"The superintendent or designee will report the following annually: implementation of PE and PA minutes for students K-5".</i></li> <li><i>"The district will report to SDE by June 15<sup>th</sup> (each year) the daily PE/PA activity for students by school, grade, and class."</i></li> <li><i>"The council will assist the superintendent in creating an annual report which includes minutes of PA and PE and/or healthful living education received by students in the district each school year."</i></li> <li><i>"The school district will report to the community...the percentage of students participating in PE classes..."</i></li> </ul>
R14	Reporting on Fitness Assessments	0	Not mentioned
		1	Vague and/or suggested
		2	Requires district to report on fitness assessments
		2	<b>Examples</b> <ul style="list-style-type: none"> <li><i>Students' health-related fitness reports will be shared with parents/legal guardians at grades 5, 8, and high school.</i></li> </ul>
R15	Reporting on BMI	0	Not mentioned
		1	Vague and/or suggested
		2	Requires district to report on BMI
		2	<b>Examples</b> <ul style="list-style-type: none"> <li><i>"Beginning with kindergarten and then in even numbered grades, schools will be required to include, as a part of a student health report to parents, a BMI percentile by age for each student in a private and confidential manner."</i></li> </ul>
R16	Reporting on other/SHI	0	Not mentioned
		1	Vague and/or suggested
		1	<b>Example</b> <ul style="list-style-type: none"> <li><i>"District PA/health and fitness programs will be monitored and assessed regularly in conjunction with district academic and health-related programs using tools like the Physical Best Program, Healthy Youth Survey, CDC SHI, or OSPI approved assessment. Results of the surveys will be reported to the Board, school sites, and made available to parents, and community members on an annual basis."</i></li> <li><i>"Data for the report is available from the following sources: School Lunch Program data."</i></li> <li><i>"The report may include: Evaluation of food service program."</i></li> </ul>
		2	Requires district to report on other items (such as results of School Health Index [SHI], School Meals Initiative [SMI], PA opportunities)
2	<b>Examples</b> <ul style="list-style-type: none"> <li><i>"The wellness committee will be responsible for preparing an annual report by June 15 of each year that includes: listing of PA programs and opportunities for students throughout the school year."</i></li> <li><i>"The student nutrition supervisor at the school or district level will ensure compliance with nutrition policies in the school nutrition services program and will report to the superintendent or designee on this matter."</i></li> <li><i>"In addition, the district will report on the most recent USDA school meals initiative (SMI) review findings and any resulting changes."</i></li> </ul>		

## UIC WELLNESS POLICY CODING TOOL APPENDIX

This appendix provides specific examples of wellness policy language included in model policies and actual district policies along with the corresponding coding clarifications. Following the coding examples are a series of decision rules to accompany the codebook.

Item/Question	Answer
How do you code header language? (2/28/08)	If a <b>provision of interest is in the header</b> (e.g., Daily Recess; Nutritional Guidelines for All F&B Sold or Served During the School Day) we are going to give them the benefit of the doubt and count it because of their intent. However, if the text of the policy that is below the provisions varies from the header or weakens the header, code based on the text.
How do you code goal language?	<p>If the entire policy is a set of goals such as the following, code everything as a “goal” and not a requirement, assign a “1” where appropriate:</p> <ul style="list-style-type: none"> <li>• The wellness policy goals for XYZ district are: <ul style="list-style-type: none"> <li>○ To provide nutrition education...</li> <li>○ To offer low-fat foods at school meals</li> <li>○ To participate in the School Breakfast program</li> <li>○ To minimize the amount of sugar, fat, sodium in competitive food sales, etc.</li> </ul> </li> </ul> <p>If the entire policy is specified as a goal and then specifies what will be done/required, assign a “2” as appropriate (see the following example language):</p> <ul style="list-style-type: none"> <li>• The overall goal for NE for XYZ school district is to promote the integration of NE into all curriculum areas. We will: <ul style="list-style-type: none"> <li>○ Integrate NE throughout the curriculum</li> <li>○ Provide NE for all grade levels, etc.</li> </ul> </li> </ul> <p>If the policy has the word “Goals” at the top but then follows typical wellness language that is not considered goal language, code as appropriate (either “1” or “2”). For example:</p> <p><b>GOALS:</b> Nutrition education. The XYZ schools aim to teach....Staff members shall teach healthy living skills as part of the regular instructional program...</p> <p>The district shall adopt and implement a comprehensive standards-based health and fitness curriculum...All students in PK-12 will receive regular PE....</p> <p>If the policy provides “Guidelines” and then provides additional “Goals,” code the guidelines as the requirements (i.e., level 2, as appropriate) and the goals as non-requirements (i.e., level 1 as appropriate).</p>
How and when do we code for cross-referenced documents included in the wellness policy?	<p>We only need to code the cross-referenced non-state law documents (e.g., curricula frameworks, Action For Healthy Kids, etc.) if the document is specifically mentioned within the policy as a document that the district is following/should follow for X,Y, Z. For example:</p> <ul style="list-style-type: none"> <li>• School district A encourages the sale of healthy food choices. To this end, all schools in the district must follow the state Action for Healthy Kids guidelines for the sale of competitive foods. In this case, you would incorporate the state Action for Healthy Kids competitive food guidelines into your coding for the district. (See below for specific guidance on coding a cross-referenced document that contains recommendation/“should” language.)</li> </ul> <p>You do NOT have to code for cross-referenced documents that are simply listed as cross-references at the end of the policy. For example:</p> <ul style="list-style-type: none"> <li>• CROSS-REF: <ul style="list-style-type: none"> <li>○ State X Model Wellness Policy</li> <li>○ State X School Board Association Competitive Food Guidelines</li> </ul> </li> </ul> <p><i>Unless these cross-referenced items are specifically mentioned in the policy as something that the district is following/should follow, then they do not need to be coded for the given district.</i></p>
How do you code cross-referenced documents that contain recommendations/provisions that “should” be followed?	<p>If the wellness policy states that District XYZ follows/adheres to/will follow (etc.) [MODEL/ ORGANIZATION NAME ABC]’s nutrition guidelines..and the nutrition guidelines are written as “may” or “should,” count as a “1” because the district is requiring that “weak” model policy be followed (i.e., that contains “should” or “encourage” type language). Typical language may read as follows:</p> <ul style="list-style-type: none"> <li>• “The food service program will comply with current USDA and state Action for Healthy Kids guidelines” for all foods sold/served on campus” (The state AFHK language is full of “should” statements.”</li> </ul>
How do you code language that “strives to meet” weak state policy?	If the policy indicates that the district will “strive to/aim to/goal is to” meet state law that is weak (i.e., a “1” or “0”), then assign a “0” for the district on that item. (upd. 8/19/08)



Item/Question	Answer
<p>How do you code NG items for a policy that simply sets “goals” for developing nutrition guidelines for competitive foods (including or such as) vending machines, school stores, a la carte, etc.?</p>	<p>If the policy simply states that is the “goal” of the district to develop guidelines for competitive foods...including/such as, vending machines, a la carte, etc...and no other language is included, <b>ONLY</b> code NG1=1; do not code any other NG item for this language.</p>
<p>How to code NGs when only a la carte is allowed (and specific guidelines for a la carte are defined) and all other competitive foods are banned (i.e., vending, school stores). *typically this language is seen at the ES level</p>	<p>Example:</p> <p>“An ES may not serve competitive foods to students on school premises throughout the SD until the end of the last scheduled class. This does not pertain to food items made available by the food service department .” (in this case, includes a la carte, and they have specific guidelines for a la carte)</p> <p>NG1=2  NG2=1  NG10=4 (vending ban)  NG11=4 (school store ban)  NG12=2 (code as appropriate, according to the strength of the a la carte guidelines)  All other NGs will be coded “1” or “2” as appropriate, depending on the strength of the a la carte guidelines.</p>
<p>How to code school year variance, when mentions nutrition guidelines will be implemented by a specific date.</p>	<p>For example:</p> <p>“By Sept 1, 2007 <b>ONLY</b> milk, water and 100% juice may be sold on school grounds.”  This wellness policy was adopted Sept 18, 2006, so it is suggestive that these guidelines <u>should</u> be implemented within the 2006-2007 school year and <u>will</u> be implemented by the 2007-2008 school year.  Thus, code NG22, NG24, NG25, NG29=1 for 2006-2007 (and code NG22, 24, 25, 29=2 for 2007-2008)</p>

Item/Question	Answer
<p><b>How do you code NG2 and other NG items for CSPI model/like and NANA model/like language?</b></p>	<ul style="list-style-type: none"> <li>• <b>CSPI-like Model:</b> Elementary Schools. The school food service program will approve and provide all food and beverage sales to students in the elementary grades. Given young children's limited nutrition skills, food in elementary grades <u>will</u> be sold as balanced meals. If available, foods and beverages sold individually <u>will be limited to</u> low-fat, and non-fat milk, fruits, and non-fried vegetables. <ul style="list-style-type: none"> <li>○ <b>If this were the <u>only</u> language for ES for this district for the NG items, you would also code as follows:</b> <ul style="list-style-type: none"> <li>▪ NG1=2</li> <li>▪ NG2=2</li> <li>▪ NG5=2</li> <li>▪ NG6=2</li> <li>▪ NG10-12=4</li> <li>▪ NG16=4</li> <li>▪ NG17=4</li> <li>▪ NG18=4</li> <li>▪ NG19=4</li> <li>▪ NG20=4</li> <li>▪ NG22=4</li> <li>▪ NG24=4</li> <li>▪ NG25=4</li> <li>▪ NG27=4</li> <li>▪ NG29=4</li> </ul> </li> </ul> </li> <li>• <b>CSPI/NANA Model:</b> Elementary Schools. The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools <u>should</u> be sold as balanced meals. If available, foods and beverages sold individually <u>should be limited to</u> low-fat and non-fat milk, fruits, and non-fried vegetables. <ul style="list-style-type: none"> <li>○ <b>If this were the <u>only</u> language for ES for this district for the NG items, you would also code as follows:</b> <ul style="list-style-type: none"> <li>▪ NG1=1</li> <li>▪ NG2=1</li> <li>▪ NG5=1</li> <li>▪ NG6=1</li> <li>▪ NG10-12=1</li> <li>▪ NG16=1</li> <li>▪ NG17=1</li> <li>▪ NG18=1</li> <li>▪ NG19=1</li> <li>▪ NG20=1</li> <li>▪ NG22=1</li> <li>▪ NG24=1</li> <li>▪ NG25=1</li> <li>▪ NG27=1</li> <li>▪ NG29=1</li> </ul> </li> <li>○ <b>The difference here is the “should” language rather than the “will” language above.</b></li> </ul> </li> </ul> <p><b>NOTE TO CODERS:</b> Be <u>very careful</u> when coding following the CSPI/NANA models. We have seen several “slightly” revised versions of the language that could have coding implications. Also, the distinction between the two examples is entirely the “will” vs. “should.” We felt that even for NG1, the distinction was enough to warrant a differential coding for the two scenarios. (upd. 8/19/08)</p> <ul style="list-style-type: none"> <li>• <b>District Policy modified CSPI/NANA Model:</b> Elementary Schools. <i>The school food service program shall manage all food and beverage sales to students in elementary schools. Foods and beverages sold individually in elementary schools <u>shall be limited to water, 100% juice with no added sweeteners (4 oz.), 1% or fat-fat milk (8 oz.), fruits, and non-fried vegetables.</u></i> <ul style="list-style-type: none"> <li>○ <b>If this were the <u>only</u> language for ES for this district for the NG items, you would code as follows:</b> <ul style="list-style-type: none"> <li>▪ NG1=2</li> <li>▪ NG2=1</li> <li>▪ NG5=2</li> <li>▪ NG6=2</li> <li>▪ NG10-12=2</li> <li>▪ NG16=4</li> <li>▪ NG17=4</li> <li>▪ NG18=4</li> <li>▪ NG19=4</li> <li>▪ NG20=4</li> <li>▪ NG22=3</li> <li>▪ NG24=3</li> <li>▪ NG25=3</li> <li>▪ NG27=3</li> <li>▪ NG28=3</li> <li>▪ NG29=3</li> </ul> </li> <li>○ <b>The difference here is the addition of 100% juice.</b></li> </ul> </li> </ul>

Item/Question	Answer
<p><b>Please clarify the distinction between PE1 and PE2.</b></p>	<p>PE1 was created by UIC to capture situations where the district mentions that they have some type of PE but the language included in the policy is not enough to warrant any coding on any of the PE variables. PE1, therefore, was created as a dummy variable to capture the presence/absence of any PE component. PE2 captures information specifically on PE curriculum requirements.</p>
<p><b>Why do we downgrade for “when possible” or “where appropriate” for PA4 but <u>not</u> for NE5?</b></p>	<p><b>CONCEPTUALLY:</b></p> <ul style="list-style-type: none"> <li>• NE5 is an item that is DIRECTLY measuring the incorporation of nutrition education into other subjects, PA4 is an item examining the opportunities for PA outside of PE during the school day <ul style="list-style-type: none"> <li>○ PA4 language such as “<i>classrooms shall incorporate short breaks that include physical movement, when possible,</i>” is just one component of a broader concept being evaluated and should be coded as a “1”</li> <li>○ NE5 language such as, “<i>nutrition education will be integrated into the broader curriculum, where appropriate,</i>” is directly addressing what the item is referencing and should be coded as a “2”</li> </ul> </li> <li>• <b>Bottom line:</b> The students may or may not be experiencing PA breaks in the classroom during the school day based on the above language, BUT NE is definitely being offered in classes other than health/nutrition, it is not clear which courses the NE is being integrated or which classes within the course that NE is being addressed (which is not necessary for a “2” coding).</li> </ul> <p><b>LITERALLY:</b></p> <ul style="list-style-type: none"> <li>• NE can only easily/appropriately be integrated into the curriculum where it fits (i.e., Basic Math or Science) and does not easily fit into other topics (i.e., English, French, Geometry)...also NE will not be the topic addressed in each lesson of a course b/c otherwise it would be a nutrition course and NOT a Science course...so the language above fits with what NE5 is addressing...stating that NE will be incorporated into other courses BUT only the ones that it fits into appropriately OR NE will be addressed in other classes (e.g., science) BUT NE will be incorporated only in appropriate science lessons.</li> <li>• PA can be incorporated into every classroom...so it is possible to provide it in all classes therefore stating that it will only be incorporated “when possible” weakens the overall statement...and does not DEFINITELY indicate the PA is being offered in classes OR during the school day outside of PE...</li> </ul>

Item/Question	Answer
<p><b>Clarification on E3 coding where E3=2</b></p> <p>(See below for E3=1 language)</p>	<p><b>The following language, in its entirety (i.e., the sum of the parts), would warrant a level 2 code for E3 because of the “package” of language and the fact that it mentions “periodic.” You do <u>not</u> have to have specific time periods mentioned to code “2” for E3.</b></p> <p>GUIDELINES WELLNESS COMMITTEE</p> <p>The Board shall appoint a Wellness Committee comprised of at least one (1) of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, member of the public, teacher, school nurse, school counselor, physical education teacher or coach, health professional, representative of community organization, and any other individuals chosen by the Board.</p> <p>The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with law to recommend to the Board for adoption.</p> <p>The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.</p> <p>The Wellness Committee may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.</p> <p>The Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.</p> <p><b>An additional example of E3=2 language that is suggestive of an ongoing council (From NANA):</b></p> <p>“The school district and/or individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)”</p>
<p><b>Clarification on E3 coding where E3=1</b></p> <p>(See prior example for E3=2 language)</p>	<p><b>The following language (obtained from the PBSA template dated 9/07) would be coded as a 1 for E3 (CP90) because the whole section is “may” be established (even though the Council is to provide periodic reports):</b></p> <p>Advisory Health Council</p> <ul style="list-style-type: none"> <li>• An Advisory Health Council may be established by the Superintendent to study student health issues and to assist in organizing follow-up programs.</li> <li>• The Advisory Health Committee may examine related research, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues.</li> <li>• The Advisory Health Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.</li> <li>• The Advisory Health Council may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.</li> <li>• The Advisory Health Council shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.</li> <li>• Individuals who conduct student medical and dental examinations shall submit to the Advisory Health Council annual reports and later reports on the remedial work accomplished during the year.</li> </ul>
<p><b>How do you code Fitnessgram and Fitnessgram-like language (i.e., body composition, height/weight, etc.) for PE16 and E4?</b></p>	<p>“The fitnessgram <b>shall</b> be used to assess student health and fitness.” → Code: PE16=1, E4=2</p> <p>“The fitnessgram <b>shall</b> be used to assess student health. Results will be reported to parents.” → Code: PE16=2, E4=3</p> <p>“The fitnessgram shall be used in grades 4-10 to assess student health. Students will be notified of their results.” →Code: PE16ES=1 16MS=2 16HS=1 E4ES=1 5E4MS=2 E4HS=1</p> <p><i>For examples using body composition or height/weight, just trade out Fitnessgram and replace it with body composition or height/weight in the above examples.</i></p>

Item/Question	Answer
	<p><b>Fitnessgram's relation with body composition is below, taken directly from the Fitnessgram website. The assessment items are as follows:</b></p> <p><b>Aerobic Capacity</b></p> <ul style="list-style-type: none"> <li>• PACER test</li> <li>• One-mile run/walk</li> <li>• Walk test (ages 13 or greater)</li> </ul> <p><b>Body Composition</b> (may select one option)</p> <ul style="list-style-type: none"> <li>• Percent body fat (calculated from triceps and calf skinfolds)</li> <li>• Body mass index (calculated from height and weight)</li> </ul> <p><b>Muscular Strength, Endurance, and Flexibility</b></p> <ul style="list-style-type: none"> <li>• Abdominal strength and endurance (curl-up)</li> <li>• Trunk extensor strength and endurance (trunk lift)</li> <li>• Upper body strength and endurance (choose from push-up, modified pull-up, and flexed arm hang)</li> <li>• Flexibility (choose from back-saver sit-and-reach and shoulder stretch)</li> </ul>

New Variable	Old Variable	Label	ES				MS				HS				SY VAR	State +Dist	State Only	Notes
NE1	NE1	FW: goals for NE	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE2	NE2	Nutrition curriculum each grade	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE3		School Gardens	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE4	NE5	NE training for teachers	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE5	NE6	NE integrated into other subjects	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE6	NE7	NE teaches behavior focused skills	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE7	NE8	Number of NE courses or hours	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE7a		Amount of NE courses/hours/credits				-8				-8				-8				
US1	US10	FW: guidelines not less restrictive	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US2	US11	School Breakfast Program (USDA)	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US3	US13	Guidelines beyond USDA Diet Gdln minimum	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US4	US14	Low-fat versions/methods	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US5	US15	Strategies to increase participation	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US5a	US15a	Closed campus	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US6		Recess before lunch	0	1	2	-8												
US7	US17	Adequate time to eat	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US7a		Minutes of breakfast				-8				-8				-8				
US7b		Minutes of lunch				-8				-8				-8				
US8	US20	Training for food service staff	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US9	US22	Nutrition information	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US10	NG38a	Farm-to-school	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US11		Fat content of milk	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US12		Half of grains are whole grains	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US13		Specifies number of fruits/vegetables	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US14		Free drinking water during meals	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG1	NG23	FW: NG for ALL foods at school	0	1	2	-8	0	1	2	-8	0	1	2	-8				
						SD				SD				SD				
NG2	NG23b	Competitive food ban/cannot be sold	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG3	NG23c	Contracts must/should comply with NG	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG4		Bans fast food on campus	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG5		Meets IOM F&V and/or whole grain std	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG6	NG38	Whole, unprocessed, & fresh food	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG7	NG40	Food as a reward or punishment	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG8	NG41	Nutrition info for other foods	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG9	NG51	Free drinking water	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE1	PE52a	Goals for PE	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE2	PE52	PE curriculum for each grade	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE3	PE53	Time/week of PE for elementary	0	1	2	-8												
PE3a		minutes of PE for elementary				-8												
PE3b		days/week of PE for elementary				-8												
PE4	PE54	Time/week of PE for middle					0	1	2	-8								
PE4a		minutes of PE for middle								-8								
PE4b		days/week of PE for middle								-8								
PE5	PE55	Time/week of PE for high school									0	1	2	-8				
PE5a		minutes of PE for high school												-8				
PE5b		days/week of PE for high school												-8				
PE6	PE56	Physically active lifestyle	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE7	PE57	Competency assessment	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE8	PE60	Addresses PE classes or credits									0	1	2	-8				
PE8a		Amount of PE courses/hours/credits												-8				
PE9	PE61	Frequency of required PE	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE10	PE62	Teacher-student ratio for PE	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE11	PE63	Safe/adequate equipment/facilities	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE12	PE64	Moderate to vigorous activity	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE12a		Percent or amount of time for MVPA				-8				-8				-8				
PE13	PE65	Qualifications for PE instructors	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE14	PE66	PE training for teachers	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE15	PE67	PE waiver requirements	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE16	PE68	Annual health assessment	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE17		Free drinking water in the gymnasium	0	1	2	-8	0	1	2	-8	0	1	2	-8				

New Variable	Old Variable	Label	ES				MS				HS				SY VAR	State +Dist	State Only	Notes		
			0	1	2	-8	0	1	2	-8	0	1	2	-8						
PA1	PA69	FW: goals for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8						
PA2	PA70	PA for every grade level	0	1	2	-8	0	1	2	-8	0	1	2	-8						
PA3		Amount of time for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8						
PA3a		Minutes of PA	day / wk				day / wk				day / wk									
PA3b		Definition of PA includes PE	PE: y / n n/a				PE: y / n n/a				PE: y / n n/a									
PA3c		Definition of PA includes recess	Recess: y / n n/a																	
PA4	PA72	PA throughout the day	0	1	2	-8	0	1	2	-8	0	1	2	-8						
PA5	PA74	Community use facilities for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8						
PA6	PA75	Safe active routes to school	0	1	2	-8	0	1	2	-8	0	1	2	-8						
PA7	PA76	Not using PA as punishment	0	1	2	-8	0	1	2	-8	0	1	2	-8						
PA8	PA77	Recess freq or amt for elementary (daily)	0	1	2	-8														
PA9		Recess freq (less than daily) for elementary	0	1	2	-8														
PA8a		Minutes for recess for elementary	day / wk																	
PA10		PA before/after school (excluding intra/extramural)	0	1	2	-8	0	1	2	-8	0	1	2	-8						
ST1	PA71	PA for school staff	0	1	2	-8	0	1	2	-8	0	1	2	-8						
ST2	CP80	Staff wellness programs	0	1	2	-8	0	1	2	-8	0	1	2	-8						
ST3	CP82	Staff to role model	0	1	2	-8	0	1	2	-8	0	1	2	-8						
CP1	CP79	FW: Stakeholders involved in development of wellness policy	0	1	2	-8	0	1	2	-8	0	1	2	-8						
CP2	CP85	Methods to solicit input	0	1	2	-8	0	1	2	-8	0	1	2	-8						
CP3	CP86	How to engage parents/community	0	1	2	-8	0	1	2	-8	0	1	2	-8						
CP4		Stakeholders involved in periodic review of WP	0	1	2	-8	0	1	2	-8	0	1	2	-8						
CP5		Stakeholders involved in update of WP	0	1	2	-8	0	1	2	-8	0	1	2	-8						
MP1	CP84	Coordinated School Health Model	0	1	2	-8	0	1	2	-8	0	1	2	-8						
MP2	CP88	Marketing healthy choices	0	1	2	-8	0	1	2	-8	0	1	2	-8						
MP3	CP89	Restricted marketing	0	1	2	-8	0	1	2	-8	0	1	2	-8						
E1	E91	FW: Measuring implementation	0	1	2	-8	0	1	2	-8	0	1	2	-8						
E2	E92	Plan for implementation	0	1	2	-8	0	1	2	-8	0	1	2	-8						
E3	CP90	Ongoing health advisory committee	0	1	2	-8	0	1	2	-8	0	1	2	-8						
E4_new	PE68a	BMI	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8
E5	E93	Plan for evaluation	0	1	2	-8	0	1	2	-8	0	1	2	-8						
E6	E94	Audience and frequency of a report	0	1	2	-8	0	1	2	-8	0	1	2	-8						
E7	E95	Funding support	0	1	2	-8	0	1	2	-8	0	1	2	-8						
E8	E96	Plan for revising the policy	0	1	2	-8	0	1	2	-8	0	1	2	-8						
E9	E97	Reporting frequency (fill in blank) -- NOT grade spec.																		
E10	E98	Update frequency (fill in blank)--NOT grade specific																		
E11	E99	Implementation review (fill in the blank) NOT grade sp																		
E12	E100	Requires district to report to the state	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R1		Public posting/access WP website	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R2		Public posting/access WP non-website	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R3		District reporting WP to state	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R4		Reporting to public	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R5		Reporting to district	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R6		Reporting to state	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R7		Reporting to other/NS	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R8		Reporting on food safety inspections	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R9		Reporting on local WP compliance	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R10		Reporting on meal program participation	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R11		Reporting on nutritional quality of program meals	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R12		Reporting on competitive F&B available/sold	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R13		Reporting on PE/PA requirements	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R14		Reporting on Fitness Assessments	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R15		Reporting on BMI	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R16		Reporting on other/SHI	0	1	2	-8	0	1	2	-8	0	1	2	-8						

New Variable	Old Variable	Label	ES								MS								HS								SY VAR	State +Dist	State Only	Notes/Citation Information
			0	1	2	3	4	-8		SD	0	1	2	3	4	-8		SD	0	1	2	3	4	-8		SD				
NG10	NG24	Vending machines	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8								
NG16vm	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8								
NG17vm		Limits candy	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8								
NG18vm	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8								
NG19vm		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8								
NG20vm	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8								
NG21vm	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8								
NG22vm	NG42	Sugar content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8								
NG23vm	NG44	Calorie content of beverages	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8								
NG24vm	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8								
NG25vm	NG46	Beverages other than soda	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8								
NG26vm	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8								
NG27vm	NG48	Fat content of milk	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8								
NG28vm	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8								
NG29vm	NG50	Caffeine content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8								
NG30vm		Water	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8								
NG11	NG25	School Stores	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8								
NG16ss	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8								
NG17ss		Limits candy	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8								
NG18ss	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8								
NG19ss		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8								
NG20ss	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8								
NG21ss	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8								
NG22ss	NG42	Sugar content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8								
NG23ss	NG44	Calorie content of beverages	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8								
NG24ss	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8								
NG25ss	NG46	Beverages other than soda	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8								
NG26ss	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8								
NG27ss	NG48	Fat content of milk	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8								
NG28ss	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8								
NG29ss	NG50	Caffeine content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8								
NG30ss		Water	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8								
NG12	NG26	A la carte	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8								
NG16al	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8								
NG17al		Limits candy	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8								
NG18al	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8								
NG19al		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8								
NG20al	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8								
NG21al	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8								
NG22al	NG42	Sugar content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8								
NG23al	NG44	Calorie content of beverages	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8								
NG24al	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8								
NG25al	NG46	Beverages other than soda	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8								
NG26al	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8								
NG27al	NG48	Fat content of milk	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8								
NG28al	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8								
NG29al	NG50	Caffeine content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8								
NG30al		Water	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8								



New Variable	Old Variable	Label	ES							MS							HS							SY VAR	State +Dist	State Only	Notes/Citation Information
			0	1	2	3	4	-8	SD	0	1	2	3	4	-8	SD	0	1	2	3	4	-8	SD				
<b>NG13</b>	<b>NG27</b>	<b>Class Parties</b>	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG16cp	NG33	Sugar content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG17cp		Limits candy	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG18cp	NG34	Fat content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG19cp		Limits amount of trans fats	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG20cp	NG35	Sodium content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG21cp	NG36	Calorie content per serving size	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG22cp	NG42	Sugar content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG23cp	NG44	Calorie content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG24cp	NG45	Regular soda	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG25cp	NG46	Beverages other than soda	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG26cp	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG27cp	NG48	Fat content of milk	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG28cp	NG49	Serving size limits for beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG29cp	NG50	Caffeine content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
<b>NG14</b>	<b>NG31</b>	<b>Evening/community events</b>	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG16ev	NG33	Sugar content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG17ev		Limits candy	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG18ev	NG34	Fat content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG19ev		Limits amount of trans fats	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG20ev	NG35	Sodium content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG21ev	NG36	Calorie content per serving size	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG22ev	NG42	Sugar content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG23ev	NG44	Calorie content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG24ev	NG45	Regular soda	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG25ev	NG46	Beverages other than soda	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG26ev	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG27ev	NG48	Fat content of milk	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG28ev	NG49	Serving size limits for beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG29ev	NG50	Caffeine content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG30ev		Water	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
<b>NG15</b>	<b>NG32</b>	<b>Food sold for fundraising</b>	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG16fr	NG33	Sugar content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG17fr		Limits candy	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG18fr	NG34	Fat content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG19fr		Limits amount of trans fats	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG20fr	NG35	Sodium content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG21fr	NG36	Calorie content per serving size	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG22fr	NG42	Sugar content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG23fr	NG44	Calorie content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG24fr	NG45	Regular soda	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG25fr	NG46	Beverages other than soda	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG26fr	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG27fr	NG48	Fat content of milk	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG28fr	NG49	Serving size limits for beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							
NG29fr	NG50	Caffeine content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8							

New Variable	Old Variable	Label	ES				MS				HS				SY VAR	Notes
			0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE1	NE1	FW: goals for NE	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE2	NE2	Nutrition curriculum each grade	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE3		School Gardens	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE4	NE5	NE training for teachers	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE5	NE6	NE integrated into other subjects	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE6	NE7	NE teaches behavior focused skills	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE7	NE8	Number of NE courses or hours	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE7a		Amount of NE courses/hours/credits				-8				-8				-8		
US1	US10	FW: guidelines not less restrictive	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US2	US11	School Breakfast Program (USDA)	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US3	US13	Guidelines beyond USDA Diet Gdln minimum	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US4	US14	Low-fat versions/methods	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US5	US15	Strategies to increase participation	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US5a	US15a	Closed campus	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US6		Recess before lunch	0	1	2	-8										
US7	US17	Adequate time to eat	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US7a		Minutes of breakfast				day / wk -8				day / wk -8				day / wk -8		
US7b		Minutes of lunch				day / wk -8				day / wk -8				day / wk -8		
US8	US20	Training for food service staff	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US9	US22	Nutrition information	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US10	NG38a	Farm-to-school	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US11		Fat content of milk	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US12		Half of grains are whole grains	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US13		Specifies number of fruits/vegetables	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US14		Free drinking water during meals	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG1	NG23	FW: NG for ALL foods at school	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG2	NG23b	Competitive food ban/cannot be sold	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG3	NG23c	Contracts must/should comply with NG	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG4		Bans fast food on campus	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG5		Meets IOM F&V and/or whole grain std	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG6	NG38	Whole, unprocessed, & fresh food	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG7	NG40	Food as a reward or punishment	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG8	NG41	Nutrition info for other foods	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG9	NG51	Free drinking water	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE1	PE52a	Goals for PE	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE2	PE52	PE curriculum for each grade	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE3	PE53	Time/week of PE for elementary	0	1	2	-8										
PE3a		minutes of PE for elementary				day / wk -8										
PE3b		days/week of PE for elementary				-8										
PE4	PE54	Time/week of PE for middle					0	1	2	-8						
PE4a		minutes of PE for middle								day / wk -8						
PE4b		days/week of PE for middle								-8						
PE5	PE55	Time/week of PE for high school									0	1	2	-8		
PE5a		minutes of PE for high school												day / wk -8		
PE5b		days/week of PE for high school												-8		
PE6	PE56	Physically active lifestyle	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE7	PE57	Competency assessment	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE8	PE60	Addresses PE classes or credits									0	1	2	-8		
PE8a		Amount of PE courses/hours/credits												-8		
PE9	PE61	Frequency of required PE	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE9a		daily PE waiver (state only)	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE10	PE62	Teacher-student ratio for PE	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE11	PE63	Safe/adequate equipment/facilities	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE12	PE64	Moderate to vigorous activity	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE12a		Percent or amount of time for MVPA				-8				-8				-8		
PE13	PE65	Qualifications for PE instructors	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE14	PE66	PE training for teachers	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE15	PE67	PE waiver requirements	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE16	PE68	Annual health assessment	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE17		Free drinking water in the gymnasium	0	1	2	-8	0	1	2	-8	0	1	2	-8		

New Variable	Old Variable	Label	ES				MS				HS				SY VAR	Notes						
			0	1	2	-8	0	1	2	-8	0	1	2	-8								
PA1	PA69	FW: goals for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8								
PA2	PA70	PA for every grade level	0	1	2	-8	0	1	2	-8	0	1	2	-8								
PA3		Amount of time for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8								
PA3a		Minutes of PA	day / wk				day / wk				day / wk											
PA3b		Definition of PA includes PE	PE: y / n n/a -8				PE: y / n n/a -8				PE: y / n n/a -8											
PA3c		Definition of PA includes recess	Recess: y / n n/a																			
PA4	PA72	PA throughout the day	0	1	2	-8	0	1	2	-8	0	1	2	-8								
PA5	PA74	Community use facilities for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8								
PA6	PA75	Safe active routes to school	0	1	2	-8	0	1	2	-8	0	1	2	-8								
PA7	PA76	Not using PA as punishment	0	1	2	-8	0	1	2	-8	0	1	2	-8								
PA8	PA77	Recess freq or amt for elementary (daily)	0	1	2	-8																
PA9		Recess freq (less than daily) for elementary	0	1	2	-8																
PA8a		Minutes for recess for elementary	day / wk																			
PA10		PA before/after school (excluding intra/extramural)	0	1	2	-8	0	1	2	-8	0	1	2	-8								
ST1	PA71	PA for school staff	0	1	2	-8	0	1	2	-8	0	1	2	-8								
ST2	CP80	Staff wellness programs	0	1	2	-8	0	1	2	-8	0	1	2	-8								
ST3	CP82	Staff to role model	0	1	2	-8	0	1	2	-8	0	1	2	-8								
CP1	CP79	FW: Stakeholders involved in development of wellness policy	0	1	2	-8	0	1	2	-8	0	1	2	-8								
CP2	CP85	Methods to solicit input	0	1	2	-8	0	1	2	-8	0	1	2	-8								
CP3	CP86	How to engage parents/community	0	1	2	-8	0	1	2	-8	0	1	2	-8								
CP4		Stakeholders involved in periodic review of WP	0	1	2	-8	0	1	2	-8	0	1	2	-8								
CP5		Stakeholders involved in update of WP	0	1	2	-8	0	1	2	-8	0	1	2	-8								
MP1	CP84	Coordinated School Health Model	0	1	2	-8	0	1	2	-8	0	1	2	-8								
MP2	CP88	Marketing healthy choices	0	1	2	-8	0	1	2	-8	0	1	2	-8								
MP3	CP89	Restricted marketing	0	1	2	-8	0	1	2	-8	0	1	2	-8								
E1	E91	FW: Measuring implementation	0	1	2	-8	0	1	2	-8	0	1	2	-8								
E2	E92	Plan for implementation	0	1	2	-8	0	1	2	-8	0	1	2	-8								
E3	CP90	Ongoing health advisory committee	0	1	2	-8	0	1	2	-8	0	1	2	-8								
E4 new	PE68a	BMI	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8		
E5	E93	Plan for evaluation	0	1	2	-8	0	1	2	-8	0	1	2	-8								
E6	E94	Audience and frequency of a report	0	1	2	-8	0	1	2	-8	0	1	2	-8								
E7	E95	Funding support	0	1	2	-8	0	1	2	-8	0	1	2	-8								
E8	E96	Plan for revising the policy	0	1	2	-8	0	1	2	-8	0	1	2	-8								
E9	E97	Reporting frequency (fill in blank) -- NOT grade spec.																				
E10	E98	Update frequency (fill in blank)--NOT grade specific																				
E11	E99	Implementation review (fill in the blank) NOT grade sp					DE Initials:				DE Date:				QA Initials:				QA Date:			
E12	E100	Requires district to report to the state	0	1	2	-8	0	1	2	-8	0	1	2	-8								
E13	E101	TA to district/LEA for wellness policy implementation	0	1	2	-8	0	1	2	-8	0	1	2	-8								
E14	E102	Monitor schools/LEA for compliance with state reqs.	0	1	2	-8	0	1	2	-8	0	1	2	-8								
E15	E103	Penalties for district failure to comply	0	1	2	-8	0	1	2	-8	0	1	2	-8								
E16	E104	Corrective action plan for schools/LEA for non-compliance	0	1	2	-8	0	1	2	-8	0	1	2	-8								
E17	E105	State evaluation and reporting requirement	0	1	2	-8	0	1	2	-8	0	1	2	-8								
R1		Public posting/access WP website	0	1	2	-8	0	1	2	-8	0	1	2	-8								
R2		Public posting/access WP non-website	0	1	2	-8	0	1	2	-8	0	1	2	-8								
R3		District reporting WP to state	0	1	2	-8	0	1	2	-8	0	1	2	-8								
R3S		State posting WP on its website	0	1	2	-8	0	1	2	-8	0	1	2	-8								
R4		Reporting to public	0	1	2	-8	0	1	2	-8	0	1	2	-8								
R5		Reporting to district	0	1	2	-8	0	1	2	-8	0	1	2	-8								
R6		Reporting to state	0	1	2	-8	0	1	2	-8	0	1	2	-8								
R7		Reporting to other/NS	0	1	2	-8	0	1	2	-8	0	1	2	-8								
R8		Reporting on food safety inspections	0	1	2	-8	0	1	2	-8	0	1	2	-8								
R9		Reporting on local WP compliance	0	1	2	-8	0	1	2	-8	0	1	2	-8								
R10		Reporting on meal program participation	0	1	2	-8	0	1	2	-8	0	1	2	-8								
R11		Reporting on nutritional quality of program meals	0	1	2	-8	0	1	2	-8	0	1	2	-8								
R12		Reporting on competitive F&B available/sold	0	1	2	-8	0	1	2	-8	0	1	2	-8								
R13		Reporting on PE/PA requirements	0	1	2	-8	0	1	2	-8	0	1	2	-8								
R14		Reporting on Fitness Assessments	0	1	2	-8	0	1	2	-8	0	1	2	-8								
R15		Reporting on BMI	0	1	2	-8	0	1	2	-8	0	1	2	-8								
R16		Reporting on other/SHI	0	1	2	-8	0	1	2	-8	0	1	2	-8								

New Variable	Old Variable	Label	ES					MS					HS					SY VAR	Notes/Citation Information						
			0	1	2	3	4	-8	SD	0	1	2	3	4	-8	SD	0			1	2	3	4	-8	SD
NG10	NG24	Vending machines	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG16vm	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG17vm		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG18vm	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG19vm		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG20vm	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG21vm	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG22vm	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG23vm	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG24vm	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG25vm	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG26vm	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG27vm	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG28vm	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG29vm	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG30vm		Water	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG11	NG25	School Stores	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG16ss	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG17ss		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG18ss	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG19ss		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG20ss	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG21ss	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG22ss	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG23ss	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG24ss	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG25ss	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG26ss	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG27ss	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG28ss	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG29ss	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG30ss		Water	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG12	NG26	A la carte	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG16al	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG17al		Limits candy	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG18al	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG19al		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG20al	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG21al	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG22al	NG42	Sugar content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG23al	NG44	Calorie content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG24al	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG25al	NG46	Beverages other than soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG26al	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG27al	NG48	Fat content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG28al	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG29al	NG50	Caffeine content of beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG30al		Water	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			

New Variable	Old Variable	Label	ES							SD	MS							SD	HS							SD	SY VAR	Notes/Citation Information
			0	1	2	3	4	-8			0	1	2	3	4	-8			0	1	2	3	4	-8				
NG13	NG27	Class Parties	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8						
NG16cp	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG17cp		Limits candy	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8						
NG18cp	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG19cp		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG20cp	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG21cp	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG22cp	NG42	Sugar content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8						
NG23cp	NG44	Calorie content of beverages	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8						
NG24cp	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG25cp	NG46	Beverages other than soda	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8						
NG26cp	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG27cp	NG48	Fat content of milk	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8						
NG28cp	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG29cp	NG50	Caffeine content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8						
NG14	NG31	Evening/community events	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8						
NG16ev	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG17ev		Limits candy	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8						
NG18ev	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG19ev		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG20ev	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG21ev	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG22ev	NG42	Sugar content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8						
NG23ev	NG44	Calorie content of beverages	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8						
NG24ev	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG25ev	NG46	Beverages other than soda	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8						
NG26ev	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG27ev	NG48	Fat content of milk	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8						
NG28ev	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG29ev	NG50	Caffeine content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8						
NG30ev		Water	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8						
NG15	NG32	Food sold for fundraising	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8						
NG16fr	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG17fr		Limits candy	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8						
NG18fr	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG19fr		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG20fr	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG21fr	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG22fr	NG42	Sugar content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8						
NG23fr	NG44	Calorie content of beverages	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8						
NG24fr	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG25fr	NG46	Beverages other than soda	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8						
NG26fr	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG27fr	NG48	Fat content of milk	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8						
NG28fr	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8						
NG29fr	NG50	Caffeine content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8						

**Bridging the Gap (BTG) Program  
SCHOOL DISTRICT WELLNESS POLICY CODING TOOL, v.7  
(For Use with Coding SY 2012-13 policies)**

**UIC Revision Authors**

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In 2006, all school districts participating in the National School Lunch Program and other Child Nutrition Programs, including the School Breakfast Program and the Milk Program, were required to develop a written wellness policy. The original version of this coding system was designed by a group of researchers funded by the Robert Wood Johnson Foundation Healthy Eating Research Program to evaluate these policies. This instrument was designed to be a common and reliable method for evaluating the comprehensiveness and strength of wellness policies within and across states.

**UIC Notes:**

An original version of this tool was developed by the Robert Wood Johnson Foundation Healthy Eating Research Program, Working Group 1. The working group was chaired by Marlene Schwartz (Yale Rudd Center) and included Anne Lund and Mollie Greves (Washington), Elaine McDonnell and Claudia Probart (Pennsylvania), and Anne Samuelson and Leslie Lytle (Minnesota).

For a description of the development and reliability analyses of the original tool developed by the HER working group, please see:

Schwartz M, Lund A, Grow H, et al. "A Comprehensive Coding System to Measure the Quality of School Wellness Policies." *Journal of the American Dietetic Association*, 109(7): 1256-1262, July 2009.

This tool has been adapted to incorporate decision rules being employed by UIC under the BTG program. New variables have been added, additional decision rules and a Coding Appendix are incorporated, and, in some instances, alternative coding is identified. Note that all items labeled NG in the UIC scheme corresponds to identically numbered items in the HER scheme that start with NS [with the exception of items ending with a lower-case letter (e.g., US15a, NG23b) which are unique to UIC].

For additional information on the UIC coding adaptations or for a copy of a grade-specific coding sheet, please contact Jamie Chriqui at [jchriqui@uic.edu](mailto:jchriqui@uic.edu) or 312-996-6410

## UIC Notes/Guidance

1. Also refer to specific coding examples/scenarios included in the Appendix in conjunction with this coding tool.
2. BTG is conducting grade level-specific coding; as such, separate codes are created for each variable for each grade level (ES, MS, HS). Use the UIC-created grade-level score sheet to accompany this tool.
  - a. If the **grade-level distinctions are not clear in the policy**, check the district's web site to confirm the ES/MS/HS grades, as appropriate.
3. In cases where **similar policies are coded for districts within or across states**, review the policies and final coding across districts to ensure coding consistency before completing the consensus coding process and prior to submitting the coding for data entry.
4. If multiple districts within the same state all rely on the same **model policy**, code the model first and then apply the coding as appropriate across districts.
  - a. For policies with **CSPI and NANA model**-like provisions, review the CSPI and NANA master coding and code appropriately.
    - i. **Note on CSPI coding:** You will often find nuances and variations in the district policy language so you will need to review the language in the policy and the CSPI model to capture coding nuances accordingly.
    - ii. See also the CSPI and NANA model guidance in the attached Appendix.
5. If there are multiple policies from the same district with differing provisions, give credit for the stronger weaker language.

### Version Notes:

- v. 2 (5/5/09): Updated to allow for IOM standards and competitive food ban coding in NG items. Added # minutes/credits for a number of other variables. Added trans-fat ban to NG items.
- v.2 (6/25/09): Numbering was changed for all variables; numbers in parentheses reflect original coding scheme v.1 (SY 06-07 & 07-08).
- v.3 (11/16/10): Added variables US11, US12, & US13 to address specific nutrition standards for school meals beyond USDA NSLP and SBP minimum standards.
- v.4 (8/17/11): Added Section 10, variables R1 through 16, to address posting/access to the wellness policy and reporting on various aspects of wellness.
- v.5 (12/21/11): Added the following variables: US14, PE17, PA10, PA11s, CP4, CP5, NG30
- v.6 (1/28/13): Added US15

## Coding

Scoring of wellness policies is based on the coding of ten sections, containing a total of 120 primary policy items and 16 sub-items. The sections include:

- Section 1: Nutrition Education (page 5)
- Section 2: Standards for USDA Child Nutrition Programs and School Meals (page 8)
- Section 3: Nutrition Standards for Competitive and Other Foods and Beverages (page 14)
- Section 4: Physical Education (page 33)
- Section 5: Physical Activity (page 40)
- Section 6: Staff PA/Wellness/Modeling (page 44)
- Section 7: Stakeholder involvement/feedback (page 45)
- Section 8: Messaging, Marketing, & Promotion (page 47)
- Section 9: Evaluation & Implementation (page 48)
- Section 10: Reporting (page 55)

Unless otherwise noted, each policy item is coded as “0,” “1,” or “2,” using the definitions below. This coding manual lists each item followed by an explanation of the item and examples of “1” and “2” statements.

Code		Explanation
<b>0</b>	<b>= Not Mentioned</b>	The item is not included in the text of the policy.
<b>1</b>	<b>= Weak Statement</b>	<p>Code an item as a “1” when the item is mentioned, <i>but</i></p> <ul style="list-style-type: none"> <li>• the policy will be hard to enforce because the statement is <i>vague, unclear, or confusing</i></li> <li>• statements are listed as <i>goals, aspirations, suggestions, or recommendations</i></li> <li>• there are <i>loopholes</i> in the policy that weaken enforcement of the item</li> <li>• the policy mentions a <i>future plan to act</i> without specifying when the plan will be established</li> </ul> <p>Words often used include: <b>may, can, could, should, might, encourage, suggest, urge, some, partial, make an effort, and try</b></p> <p>An exception to this would be if the district is unable to enforce action on the item, such as teachers role modeling healthy behaviors (in this case the item would be coded as a “2”).</p>
<b>2</b>	<b>= Meets / Exceeds Expectations</b>	<p>Code an item as a “2” when the item is mentioned, and it is clear that the policy makers are committed to making the item happen because</p> <ul style="list-style-type: none"> <li>• the item is described using specific language (e.g., a concept followed by concrete plans or strategies for implementation) and</li> <li>• strong language is used to indicate that action or regulation is required, including: <b>shall, will, must, have to, insist, require, all, total, comply, and enforce</b></li> </ul>

### Coding hint

One method for deciding between a “1” and a “2” is to consider the scenario of a parent approaching a school district’s board of education to discuss something happening in a school. If the policy is written such that it is not clear exactly how the school should behave regarding the issue at hand, code the item as a “1.” If the policy is written such that the parent and board of education will have no trouble deciding if the school is or is not compliant with the policy, code the item as a “2.”

**State law** may regulate items in this coding tool. State law supersedes the authority of local wellness policies. Depending on how your study is structured, you may want to code according to the strength of state law when it exceeds standards in a policy or when it mentions items not included in a policy. For example, if state law prohibits soda in schools, but the policy does not, you might consider coding as if the policy explicitly prohibits soda.

**The federal wellness policy requirements** are incorporated into the beginning of each section, as appropriate, and are labeled “Federal Wellness.” The language for these items is taken from these federal requirements (Public Law 108-265, The Child Nutrition and WIC Reauthorization Act of 2004).



## Scoring

Policies are scored to determine Comprehensiveness and Strength. Comprehensiveness reflects the proportion of item topics that are simply mentioned. Strength reflects the proportion of items that are addressed with *specific* and *directive* language.

Score*	Explanation
<b>Comprehensiveness Score by section</b>	Comprehensiveness is calculated by counting the number of primary items in each section coded as “1,” “2,” “3,” or “4,” dividing this number by the number of primary policy items in the section, and multiplying this number by 100.
<b>Strength Score by section</b>	Strength is calculated by counting the number of primary items in each section coded as “2,” “3,” or “4,” dividing this number by the number of primary policy items in the section, and multiplying this number by 100.
<b>Total Comprehensiveness</b>	Total comprehensiveness is calculated by counting the number of primary items coded as “1,” “2,” “3,” or “4,” dividing this number by the total number of policy items (92) in all nine sections, and multiplying this number by 100.
<b>Total Strength</b>	Total strength is calculated by counting the number of primary items coded as “2,” “3,” or “4,” dividing this number by the total number of policy items (92) in all nine sections, and multiplying this number by 100.

\*You may want to count NG5 and PE1 (PE52a) for both the strength and comprehensiveness scores (they are 0/1 variables).

The example below shows the calculation of sample scores for Section 1.

Section 1. Nutrition Education		Code
NE1	Includes goals for nutrition education that are designed to promote student wellness in a manner that the local education agency determines is appropriate ( <i>Federal Requirement</i> )	2
NE2	Nutrition curriculum provided for each grade level	2
NE3	School has a <u>garden</u> (fruit and/or vegetable) that students participate in	0
NE4	District provides <u>nutrition education training for teachers</u>	1
NE5	Nutrition education is <u>integrated</u> into <u>other subjects</u> beyond health education	0
NE6	Nutrition education teaches <u>skills</u> that are behavior focused, interactive, and/or participatory	1
NE7	Specifies <u>number</u> of nutrition education <u>courses</u> or <u>contact hours</u>	0
<b>Subtotal for Section 1 Nutrition Education</b>		<b>57</b>
<b>Comprehensiveness Score</b> Count the number of primary items coded as “1” or “2” and divide this number by 7. Multiply by 100. Do not count an item if the rating is “0.”		57
<b>Strength Score</b> Count the number of primary items coded as “2” and divide this number by 7. Multiply by 100.		29

**Comprehensiveness Score** = There are two items coded as “1” and two items coded as “2,” for a total of four items. Four divided by seven equals 0.57, multiplied by 100 for a score of 57.

**Strength Score** = There are two items coded as “2.” Two divided by seven equals 0.29, multiplied by 100 for a score of 29.

## Section 1. Nutrition Education (Note: See Appendix for additional NE-related guidance)

#	Item	Coding Guidance
NE1	Federal Wellness: Includes goals for nutrition education that are designed to promote student wellness in a manner that the local education agency determines is appropriate	0 <ul style="list-style-type: none"> <li>• No goals for nutrition education are mentioned</li> <li>• Policy clearly detracts from requirement</li> </ul>
		1 <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Nutrition education goal is implied</li> <li>• Policy <u>only</u> repeats the language of the federal wellness requirement regarding nutrition education</li> <li>• Policy only mentions “total learning environment” language and no other NE-related language included.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The district is committed to nutrition education.”</li> <li>• “Includes goals for nutrition education...designed to promote student wellness in a manner that the local educational agency determines is appropriate,” (and no other NE goals are stated).</li> <li>• “Nutrition policies and guidelines for reimbursable meals will not be <u>more</u> restrictive than federal and state regulations.”</li> </ul>
		2 <p><u>Any</u> nutrition education goal statement is mentioned</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Schools should provide nutrition education and engage in nutrition promotion.”</li> </ul>
NE2	Nutrition <u>curriculum</u> provided for each <u>grade level</u>	<p><b>UIC NOTE: Health education curriculum should only be coded for this item if there is some reference to nutrition or healthy eating being a component of the curriculum/lessons/topics, etc. A wellness curriculum that does not mention nutrition/healthy eating does not count.</b></p> <p>0</p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned.</li> <li>• Integrating nutrition education into other subjects beyond health education does not qualify for a “1” or “2” for NE2.</li> <li>• Solely incorporating NE consistent with the state Dept of Ed. standards.</li> <li>• Mentions “standards-based NE” without mentioning curriculum/program</li> <li>• Addresses a “wellness curriculum” or health education curriculum without including nutrition/healthy eating as part of the curriculum components.</li> </ul>
		1 <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Describes general <u>health</u> curriculum for “K-12” or “all levels,” and/or it is unclear if each grade will receive <u>nutrition</u> education</li> <li>• Addresses NE quality or number of courses/hours but not clear that each grade will receive NE.</li> <li>• Standards-based NE curriculum</li> <li>• Addresses “sequential NE” without mentioning curriculum or grade levels</li> <li>• Addresses “sequential-based NE curriculum” without mentioning grade levels</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Enable students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.” (Not clear that NE is actually taught at each grade level.)</li> <li>• “Nutrition and physical activities lessons will be designed for integration into the curriculum and the health education program.”</li> </ul>
		2 <p>Clear that district has a <u>nutrition</u> education curriculum in each grade</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Nutrition topics shall be integrated within the comprehensive health education curriculum taught at every grade level (K-12).”</li> </ul>
NE3	School has a <u>garden</u> (fruit and/or vegetable) that students participate in (includes garden club, kitchen classroom, integration into the curriculum)	0 Not mentioned
		1 <p>Vague, suggested</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “The NE program shall include enjoyable interactive activities such as contests, taste testing, field trips, and school gardens.”</li> </ul>
		2 <p>School garden required/definitively in place</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Each school will establish a school garden to give students the opportunity to plant, harvest, prepare, cook and eat food they have grown.”</li> </ul>

## Section 1. Nutrition Education (continued)

NE4	District provides <u>nutrition education training for teachers</u>	0	Not mentioned. Training on school wellness policy does not qualify for a “1” or “2”
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Type of training is vague (even if required)</li> <li>Provision of training is suggested</li> <li>Specifies only health/nutrition education teachers will receive training</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“In-service training for health education teachers is encouraged.”</i></li> <li><i>“Training opportunities for staff in the area of food nutrition is encouraged.” (Count this as long as not in the food service section of the policy. This variable is for teachers/NE teachers; not food service staff.)</i></li> </ul>
		2	<p><b>All of the following:</b></p> <ul style="list-style-type: none"> <li>Provision of training is specific to nutrition education and required</li> <li>Policy implies that a broad set of teachers will receive training (not only health education teachers)</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Professional development training will be offered in the area of nutrition education for all interested MPS faculty and staff.” (<b>NOTE:</b> This is different than the coding for US8=1 because the goal in US8 is that all food service staff will have professional development whereas NE4 seeks to ensure that all staff will be provided the opportunity for professional development.)</li> </ul>
NE5*	Nutrition education is <u>integrated</u> into <u>other subjects</u> beyond health education  *See Coding Appendix for additional clarification	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“...will encourage teachers to integrate nutrition education into the broader curriculum.”</i></li> <li><i>“Staff shall teach, encourage, and support healthy eating by students by providing NE and engaging in nutrition promotion for all grade levels throughout the school day in a number of different instructional settings. Instruction shall be integrated and include information about nutrition, exercise, and/or healthy choices that:....”</i></li> <li><i>Instructional staff are encouraged to integrate nutritional themes into daily lessons when appropriate.”</i></li> </ul>
		2	<p>Requires that nutrition education be integrated into other subjects</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“Nutrition education will be integrated into mathematics classes.”</i></li> <li><i>“Nutrition education will be integrated into the broader curriculum, where appropriate.”</i></li> <li><i>“The wellness committee is responsible for overseeing policy implementation in the following areas...integration of nutrition into overall curriculum.”</i></li> </ul>
NE6	Nutrition education teaches <u>skills</u> that are behavior-focused, interactive, and/or participatory	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Skill-based nutrition education is suggested</li> <li>Specific skills are mentioned, but none are required</li> <li>Skill-based nutrition education is suggested outside of the NE section of the policy</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices.” (This language was included in a policy with a weak NE section; this language fell under “other school based activities.”)</i></li> <li><i>“Schools will provide NE to foster lifelong habits of healthy eating.” (Key here is “habits”—we equated lifelong habits similar to skills)</i></li> <li><i>“Students will receive NE that fosters the adoption and maintenance of healthy eating behaviors.”</i></li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Skill-based nutrition education is required</li> <li>Specific skills or activities are identified and required (e.g., media awareness or understanding calorie balance, energy expenditure, and nutrition facts labels)</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li><i>“Nutrition education will provide the knowledge and skills necessary to promote student health.”</i></li> </ul>

## Section 1. Nutrition Education (*continued*)

NE7	Specifies <u>number</u> of nutrition education <u>courses</u> or <u>contact hours</u>	0	Not mentioned
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Amount of nutrition education is vague and/or suggested</li> <li>NE is included in HE, but it is unclear how many credits/hours are for NE</li> </ul> <p><b>Example:</b> • “An appropriate number of class hours should be designated for nutrition education.”</p>
		2	<p>Number of hours or courses are specified and required</p> <p><b>Example:</b> • “...will ensure that four hours of class time will be designated for nutrition education every month.”</p>
NE7a	<p>Amount of nutrition education courses, contact hours, or credits required (Specify)</p> <p>Note: must be specific to NE (not HE)</p>	<p>Specify the amount of nutrition education courses, contact hours, or credits required for graduation. Be sure to include the quantity and the unit. (e.g., 2 courses, 1 credit, 40 hours, 2 Carnegie units)</p> <p>_____ # hours/credits or _____ units (Fill in # or units)</p> <p><b>Note: ONLY COMPLETE if NE7=2; otherwise leave it blank.</b></p>	

## Section 2. Standards for USDA Child Nutrition Programs and School Meals

**Note:** This section relates to U.S. Department of Agriculture (USDA) school meals and NOT regulations for competitive foods. If the policy specifies regulations for “all foods” at school, and it is not clear whether the statement applies to either meals or competitive foods, apply those regulations to both this section (Standards for USDA Child Nutrition Programs and School Meals) and section 3 (Nutrition Standards for Competitive and Other Foods and Beverages).

US1	Federal Wellness: Assures that guidelines for reimbursable school meals shall not be less restrictive than USDA school meal regulations	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>No mention of district meeting federal/USDA school meal regulations/standards</li> <li>Guidelines clearly detract from federal/USDA school meal regulations/standards</li> <li>Just requires meal programs to meet the 2005 Dietary Guidelines</li> </ul>
		1	<p>Policy states that district “should” or “strives” to meet federal/USDA school meal regulations/standards</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Nutritional standards for the school breakfast and lunch program are established that typically exceed state and federal standards.”</li> <li>“Nutritional standards for reimbursable school meals will not be <u>more</u> restrictive than federal and state requirements.”</li> </ul>
		2	<p>Policy requires or assures that the district meet federal/USDA school meal regulations/standards</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The district shall provide school breakfasts and lunches that meet the nutritional standards required by the USDA School Breakfast and National School Lunch Programs.”</li> <li>“The district provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than USDA meal regulations and guidance.”</li> <li>“The Food Service Program shall provide healthy food choices for students...Meals shall meet or exceed federal nutrition standards.”</li> <li>“...the district will ensure that reimbursable school meals meet the federal program requirements.”</li> <li>“All food sold or served will comply with USDA guidelines.”</li> <li>Policy states that the district regulation/procedure “SHOULD” provide an assurance that guidelines for reimbursable meals shall not be less restrictive than the USDA regulations and guidance; <u>however</u>, the regulation goes on to state that: “All food made available in the federal program to students during the school day by the Office of Food Services will comply with or exceed the current federal and state requirements.” [The combination of the two statements—policy and then regulation—should be treated as a requirement]</li> </ul>
US2	Addresses access to and/or promotion of the <u>School Breakfast Program (USDA)</u>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Promotes a breakfast program without specifying the “School Breakfast Program” (USDA) or CFR Part 220</li> <li>Encourages or suggests participation in the School Breakfast Program</li> <li>Notifies parents of the availability of the School Breakfast Program</li> <li>Encourages students to start each day with a healthy breakfast</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The district shall make every effort to offer school breakfast.”</li> <li>“The Food Service Program shall provide healthy food choices for students. Breakfast and lunch meals shall meet or exceed federal nutrition standards.”</li> </ul>
		2	<p>Includes language to institutionalize the School Breakfast Program (i.e., specific reference to School Breakfast Program or CFR Part 220)</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“All schools will provide breakfast through the USDA School Breakfast Program.”</li> <li>“Food services include breakfast and lunches in all schools through participation in the National Child Nutrition Programs.”</li> <li>“All school breakfasts comply with USDA regulations.”</li> <li>“To the maximum extent possible, all schools in the district will participate in available federal school meal programs (including NSLP, SBP).”</li> </ul>

## Section 2. Standards for USDA Child Nutrition Programs and School Meals

US3	Addresses <u>nutrition standards</u> for school meals <u>beyond USDA</u> (National School Lunch Program / School Breakfast Program) minimum standards	<p><b>Note: U.S. Department of Health and Human Services (HHS) and U.S. Department of Agriculture (USDA) 2005 Dietary Guidelines for Americans exceed the minimum standards for the USDA school meals programs.</b></p>	
		0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Unless defined, ambiguous references to federal or USDA standards/guidelines/requirements (e.g., “federal nutrition standards,” “USDA standards,” or “USDA guidelines”) do not qualify for a “1” or “2” because it is not clear that these standards refer to anything other than the minimum legal requirements for USDA school meals programs</li> <li>• “Striving to meet” or “should meet” the 2005 Dietary Guidelines does not qualify for a “1” or “2”</li> <li>• Exploring increased use of whole grains or exploring including salads, yogurts and other healthy foods to the meal menu</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Vague and/or suggested</li> <li>• Specifies the <u>2005 Dietary Guidelines for Americans</u> and no other standards. To receive a “1” for specifying the Dietary Guidelines for Americans, a policy must at least state that it will meet the “Dietary Guidelines”</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “...encourage the consumption and choice of nutrient dense food, such as whole grains, fruits, and vegetables.”</li> <li>• “...all meals will follow the food guide system developed by USDA.”</li> <li>• “...all foods sold/served on campus will meet USDA Dietary Guidelines.” (and no other mention about school meal programs in the policy that would alter the coding for this item)</li> <li>• “School meals promote fresh fruits, vegetables, whole grains, and low-fat items.”</li> <li>• “Four fruits and/or vegetables will be offered daily. Fruits and vegetables may be canned, frozen, fresh, or dried.”</li> </ul>
2	School meals are required to meet specific standards (e.g., 4 fruits and/or non-fried vegetables per day; only 1% and fat-free milk served; at least half of grains are whole grain; eliminates trans fats)		
US4	Specifies use of <u>low-fat versions</u> of foods and/or <u>low-fat methods</u> for preparing foods	0	Not mentioned. Low-fat food mandated by law does not qualify for “1” or “2”
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Cooking methods to reduce fat in school meals shall be used whenever possible.”</li> <li>• “Healthy food preparation for meals...”</li> <li>• “School meals promote fresh fruits, vegetables, and low fat items.”</li> <li>• “Final preparation method cannot be deep-fat fried.”</li> </ul>
		2	<p>Specific and required</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “All cooked foods offered as part of a meal will be baked or steamed.”</li> <li>• “Purchasing programs and preparation methods will be used to decrease fat, calorie, and sodium levels in food.”</li> <li>• “No deep fried foods shall be offered as part of school meals.”</li> </ul>

## Section 2. Standards for USDA Child Nutrition Programs and School Meals

US5	<p>Specifies <u>strategies to increase participation</u> in school meal programs</p> <p>“School meal programs” can be assumed to refer to breakfast and/or lunch</p> <p><b>UIC Note:</b> For now, continue coding closed campus here and in US5a (US15a).</p>	0	<p>Not mentioned or weak statement. Notifying parents of eligibility requirements for free/reduced price meals is a federal requirement and does not qualify for “1” or “2”</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Schools will provide meals that are culturally/ethnically diverse.”</li> <li>“Child Nutrition Services will collaborate with ES buildings to encourage the consumption of F&amp;B including opportunities for taste-testing among students.” (under NE in policy, taste-testing is used as a teaching tool and not for menu development)</li> </ul>
		1	<p>Mentions vague and/or suggested strategies</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“School meals shall be <u>made attractive</u> to students by appealing to their taste preferences.”</li> <li>“Meals shall be appealing...”</li> <li>“...bus schedules should be arranged to facilitate participation in the school breakfast program.”</li> <li>“The district has a closed campus policy unless the Principal provides permission for students to leave during the lunch period.”</li> <li>“To the extent possible, school and transportation schedules shall be designed to encourage participation in school meal programs.”</li> </ul>
		2	<p>Requires specific strategies such as promotional mailings or events, alternative breakfast systems, altered bus schedules, closed campus, student input on the menu, or “Grab and Go” or “Fun on the Run” promotions</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Students will have the opportunity to provide input on local, cultural, and ethnic favorites.”</li> <li>“...shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.”</li> <li>“Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.”</li> </ul>
US5a	<p><u>Closed campus</u></p>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Mentions vague and/or suggested strategies</li> <li>Suggests that students are not allowed to leave campus for lunch/encourages schools to have a closed campus OR closed campus is a goal</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“The district has a closed campus policy, unless the Principal provides permission for students to leave during the lunch period.”</li> </ul>
		2	<p>Required</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Students are prohibited from leaving campus for lunch.”</li> </ul>
US6	<p>Timing of recess in relation to lunch</p> <p><b>Note:</b> code for elementary school only</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Recess is scheduled <u>after</u> lunch</li> <li>PA is scheduled before lunch (PA is not defined and/or definition of PA does not include recess)</li> </ul>
		1	Suggests recess is scheduled <u>before</u> lunch
		2	Definitively requires recess to be scheduled <u>before</u> lunch
US7	<p>Ensures <u>adequate time to eat</u></p>	<p><b>If no standards are mentioned, code according to state law</b></p>	
		0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Schools are encouraged to permit all full-day students a daily lunch period of not less than 20 minutes.”</li> <li>“Personnel will schedule enough time so students do not have to spend too much time waiting in line.”</li> <li>“The school district will provide students with a minimum of 20 minutes to eat their meals.” (this gets a coding of “1,” because it is not clear whether “meals” includes lunch only or breakfast and lunch)</li> </ul>
2	<p>Requires meal periods to include ≥20 minutes for lunch and, if time for breakfast is mentioned, ≥10 minutes for breakfast</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“After obtaining food, students will have at least 20 minutes to eat lunch.”</li> <li>“Students will be provided adequate time (minimum of 20 minutes) to eat lunch.”</li> </ul>		

## Section 2. Standards for USDA Child Nutrition Programs and School Meals

US7a	Specifies minimum minutes for breakfast	_____ minutes for breakfast (circle day or week w/ red pencil) <b>Note: ONLY COMPLETE</b> If minutes for breakfast is specified in US7=1 or US7=2 (US17); otherwise leave it blank.						
US7b	Specifies minimum minutes for lunch	_____ minutes for lunch (circle day or week w/ red pencil) <b>Note: ONLY COMPLETE</b> If minutes for lunch is specified in US7=1 or US7=2 (US17); otherwise leave it blank.						
US8	Ensures <u>training or professional development</u> for <u>food service staff</u>	<table border="1"> <tbody> <tr> <td data-bbox="652 453 695 485">0</td> <td data-bbox="703 453 1502 485">Not mentioned</td> </tr> <tr> <td data-bbox="652 667 695 699">1</td> <td data-bbox="703 495 1502 877"> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Vague and/or suggested</li> <li>Only <u>food safety training</u> is addressed (food handling permit, HACCP, etc.)</li> <li>Only mentions <u>pre-service</u> training                             <ul style="list-style-type: none"> <li>"All food service personnel will have adequate training in food service operations."</li> <li>"Professional development training will be offered in the area of nutrition education for all interested MPS faculty and staff." (<b>NOTE:</b> This is different than the coding for NE4=2 because the goal here is that all food service staff will have professional development whereas NE4 seeks to ensure that all staff will be provided the opportunity for professional development in NE.)</li> <li>"...we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers according to their level of responsibility."</li> </ul> </li> </ul> <p><b>Examples:</b></p> </td> </tr> <tr> <td data-bbox="652 930 695 961">2</td> <td data-bbox="703 888 1502 993"> <p><u>Nutrition</u> training is required for food service staff. Providing only food safety training does not qualify for a "2"</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...shall ensure that professional development in the area of food and nutrition is provided for food service staff."</li> </ul> </td> </tr> </tbody> </table>	0	Not mentioned	1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Vague and/or suggested</li> <li>Only <u>food safety training</u> is addressed (food handling permit, HACCP, etc.)</li> <li>Only mentions <u>pre-service</u> training                             <ul style="list-style-type: none"> <li>"All food service personnel will have adequate training in food service operations."</li> <li>"Professional development training will be offered in the area of nutrition education for all interested MPS faculty and staff." (<b>NOTE:</b> This is different than the coding for NE4=2 because the goal here is that all food service staff will have professional development whereas NE4 seeks to ensure that all staff will be provided the opportunity for professional development in NE.)</li> <li>"...we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers according to their level of responsibility."</li> </ul> </li> </ul> <p><b>Examples:</b></p>	2	<p><u>Nutrition</u> training is required for food service staff. Providing only food safety training does not qualify for a "2"</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...shall ensure that professional development in the area of food and nutrition is provided for food service staff."</li> </ul>
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2	<p><u>Nutrition</u> training is required for food service staff. Providing only food safety training does not qualify for a "2"</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...shall ensure that professional development in the area of food and nutrition is provided for food service staff."</li> </ul>							
US9	<u>Nutrition information</u> for school meals (e.g., calories, saturated fat, sugar) is available	<table border="1"> <tbody> <tr> <td data-bbox="652 1077 695 1108">0</td> <td data-bbox="703 1077 1502 1108">Not mentioned</td> </tr> <tr> <td data-bbox="652 1171 695 1203">1</td> <td data-bbox="703 1119 1502 1255"> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Vague and/or suggested</li> <li>Only available upon request</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...will provide nutrition information to parents <u>upon request</u>."</li> </ul> </td> </tr> <tr> <td data-bbox="652 1297 695 1329">2</td> <td data-bbox="703 1266 1502 1350"> <p>Specific and required</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...will share and publicize information about the nutritional content of meals with students and parents."</li> </ul> </td> </tr> </tbody> </table>	0	Not mentioned	1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Vague and/or suggested</li> <li>Only available upon request</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...will provide nutrition information to parents <u>upon request</u>."</li> </ul>	2	<p>Specific and required</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...will share and publicize information about the nutritional content of meals with students and parents."</li> </ul>
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US10	Farm-to-school or farm-to-cafeteria program  *State coding: establishing a FTSP gets a "1"	<table border="1"> <tbody> <tr> <td data-bbox="652 1413 695 1444">0</td> <td data-bbox="703 1413 1502 1444">Not mentioned</td> </tr> <tr> <td data-bbox="652 1528 695 1560">1</td> <td data-bbox="703 1455 1502 1644"> <p>Suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Schools are encouraged to make available locally grown produce to students for all school meals and food items sold outside of the reimbursable school meal program."</li> <li>"Schools are encouraged to source fresh fruits and vegetables from local farmers where practicable."</li> </ul> </td> </tr> <tr> <td data-bbox="652 1686 695 1717">2</td> <td data-bbox="703 1654 1502 1738"> <p>Required/definitively in place</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Produce from area farms shall be sold/served at all locations where F&amp;B are sold/served."</li> </ul> </td> </tr> </tbody> </table>	0	Not mentioned	1	<p>Suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Schools are encouraged to make available locally grown produce to students for all school meals and food items sold outside of the reimbursable school meal program."</li> <li>"Schools are encouraged to source fresh fruits and vegetables from local farmers where practicable."</li> </ul>	2	<p>Required/definitively in place</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Produce from area farms shall be sold/served at all locations where F&amp;B are sold/served."</li> </ul>
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## Section 2. Standards for USDA Child Nutrition Programs and School Meals

US11	Addresses limiting fat content of milk (served as part of meals)	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Whole milk is allowed</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Limiting milk to only low-fat (1%) or non-fat/skim is specified but suggested</li> <li>Full-fat milk is prohibited, but reduced-fat milk (2%) is allowed</li> <li>Policy mentions that non-fat/skim, low-fat (1%), or reduced-fat (2%) is “allowed,” “offered,” “served,” or “provided” without specifying “only”</li> </ul> <p><b>Example:</b> • “All milk sold or served through school meals will be reduced fat (2%), low-fat (1%) or fat free milk.”</p>
		2	<ul style="list-style-type: none"> <li>Meets IOM standard: <u>Only</u> low-fat (1%) or non-fat/skim milk is allowed (i.e., reduced fat (2%) and full-fat is prohibited)</li> </ul> <p><b>Examples:</b> • “All milk sold or served through school meals will be either low-fat (1%) or fat free milk.”</p> <ul style="list-style-type: none"> <li>“Only low-fat (1% or less) and fat-free milk will be offered in the school meal programs for all children above the age of two.”</li> </ul>
US12	Specifies at least half of grains are whole grains	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Example:</b> • “At least 50% of grains served as part of the reimbursable meals and snacks <u>should</u> be 100% whole grains.”</p>
		2	<p>Specific and required</p> <p><b>Example:</b> • “At least 50% of grains served as part of the reimbursable meals and snacks <u>will</u> be 100% whole grains.”</p>
US13	Specifies number of fruits and/or vegetables served	0	<p>Not mentioned</p> <p><b>Example:</b> • “Fruit and/or vegetables must be offered daily on all points of service.”</p>
		1	<p>Vague and/or suggested</p> <p><b>Example:</b> • “<b>Four</b> fruits and/or vegetables <u>should</u> be offered daily.”</p>
		2	<p>Specific and required</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“To help ensure variety, schools will offer at a minimum 3 different fruits in 1 week, <b>five</b> different non-fried vegetables, 1 serving of fruit or vegetable per day will be dark green or orange, 1 serving of fruit or vegetable will be fresh or raw.”</li> <li>“Schools will offer a three-quarter cup serving of two or more vegetables or fruits, or both, of which at least one-half cup serving a week shall be a fresh fruit or vegetable.”</li> <li>“<b>Four</b> fruits and/or vegetables will be offered daily. Fruits and vegetables may be canned, frozen, fresh, or dried.”</li> </ul>
US14	Water available, free of charge, during <u>meal service</u>	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Example:</b> • “Students and staff <u>should</u> have access to free, safe, and fresh drinking water places where meals are served during meal service</p>
		2	<p>Specific and required</p> <p><b>Examples:</b> • “Students and staff <u>will</u> have access to free, safe, and fresh drinking water places where meals are served during meal service”</p>

## Section 2. Standards for USDA Child Nutrition Programs and School Meals

US15	Addresses limiting <u>sugar</u> content of <u>flavored milk</u> (specific to school meals)	0	Not mentioned
		1	<p><b>Either of the following:</b>            Limit is suggested            Limit is not quantified</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Milk served in the cafeteria <u>shou</u>ld contain no more than 22 grams of sugars/8 ounce serving."</li> <li>• "Milk served in the cafeteria shall be low in sugar."</li> </ul>
		2	<p>Specific and required limit for sugar content of milk</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Milk served in the cafeteria <u>sh</u>all contain no more than 22 grams of sugars/8 ounce serving."</li> </ul>

# Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

**Note:** This section relates to the sale or service of foods outside the USDA school meals. Do not count provisions in the USDA school meals section of the policy for items in this section. If the policy specifies regulations for “all foods” at school, and it is not clear whether the statement applies to either competitive foods or USDA school meals, apply those regulations to this section (Nutrition Standards for Competitive and Other Foods and Beverages) and to section 2 (Standards for USDA Child Nutrition Programs and School Meals).

- Some policies regulate foods “served” at school, while others only regulate foods “sold” at school. The distinction between “served” and “sold” is that “served” includes both foods that are “sold” and foods that are distributed without cost, such as foods served at birthday parties. Most items in this section refer to foods sold, but some refer to the broader category of foods served.
- For a policy to receive a minimum default code for mentioning U.S. Department of Health and Human Services (HHS) and U.S. Department of Agriculture (USDA) [2005 Dietary Guidelines for Americans](#), the policy must state “Dietary Guidelines.”
- A “time-specific” regulation is one that only applies during certain hours (e.g., when class is in session or during lunch).
- A “location-specific” regulation is one that only applies to certain places or grade levels (e.g., in cafeteria or certain grades within MS).

**UIC Note:** “NG” items correspond with the “NS” items in the HER-version of the coding scheme.

**\*See Coding Appendix for several NG-related items**

NG1*	<p><u>Federal Wellness:</u> Includes nutrition guidelines selected by the local education agency for ALL foods available on each school campus during the school day with the objective of promoting student health and reducing childhood obesity</p> <p>*See Coding Appendix for additional clarification</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• No guidelines for competitive foods mentioned or language weaker than “1” code</li> <li>• Strives to/should meet the 2005 Dietary Guidelines for America</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Mentions districts guidelines but does not define them</li> <li>• Mentions plans to create guidelines</li> <li>• Only mentions federal law regarding the National School Lunch Program or Foods of Minimal Nutritional Value</li> <li>• Only repeats the language of the federal wellness requirement regarding nutrition guidelines for all foods during the school day</li> <li>• Indicates guidelines are limited only to <u>particular places</u> (e.g., cafeteria), <u>times during the school day</u> (e.g., 30 minutes before to 30 minutes after the school lunch is served), or <u>categories of items</u> (i.e., food but not beverage; beverage not food)</li> <li>• Guidelines are subject to principal’s discretion or weakened by other exceptions</li> <li>• Guidelines that require provision of healthy food choices to students <i>outside of the school meal program</i> and no other NG language included.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Nutritious meals served by the food services operation and other nutritious food choices served in district schools and district-sponsored events will comply with district guidelines and state and federal law.”</i> (and “district guidelines” are not defined in policy)</li> <li>• <i>“NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.”</i></li> </ul>
		2	<p>Requires specific district guidelines (that are not time- or location- specific), even if only in reference to <u>the 2005 Dietary Guidelines for Americans</u> and even if you feel the guidelines are weak (including guidelines that only apply to a %age of items)</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“All foods served during the school day shall meet district guidelines, which include ...ensuring the provision of whole grains and fruits and vegetables.”</i></li> </ul>
SD	<p>Nutrition standards apply during the school day (SD)</p>	<p><b>Note:</b> The SD coding should be applied for each NG item, as appropriate, for each relevant grade level.</p> <p><b>Note2:</b> Code SD based on however the district defines SD. If SD is defined as only applying through the lunch period, that would count for SD coding. If SD is defined as also including before school, that would include SD.</p>	
		0	<p>No mention of school day or NG apply at all times</p>
		1	<p>NG item(s) limited to/applies only during the school day (SD)</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“Beverages other than soda should/shall be limited to 100% juice drinks, water, and milk during the school day.”</i></li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

NG2*	Competitive food ban/cannot be sold  *See Coding Appendix for additional clarification	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>No suggestion of competitive food ban/not mentioned</li> <li>Only prohibits sale of FMNVs in places where meals are served during mealtimes</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Competitive foods and beverages are prohibited from the start of breakfast until the end of the last lunch period <u>in places where school meals are served.</u>"</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Competitive food ban suggested/encouraged (CSPI/NANA ES model language; see Appendix for coding examples)</li> <li>Competitive food ban is limited to certain hours</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Competitive foods and beverages may not be sold from the time of arrival of the first student until thirty minutes after the lunch period."</li> </ul>
		2	<p>Bans the sale of competitive foods</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Competitive foods and beverages may not be sold on school campuses during the school day."</li> </ul>
NG3	Vending/competitive food contract compliance with NG	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>No mention of vending/competitive food contracts</li> <li>Vending/competitive food contracts do not have to follow NG</li> </ul>
		1	<p>Vague, suggested, location-specific, time-specific</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Upon expiration of the existing competitive food/vendor contracts, all such contracts are <u>encouraged</u> to follow the district's nutrition guidelines/standards."</li> <li>"Schools should pursue contracts that both encourage healthy eating by students and reduce school dependence on profits on sale of FMNVs."</li> <li>"Beverage contracts comply with the Dietary Guidelines for Americans."</li> </ul>
		2	<p>Vending/competitive food contracts required to follow NG</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"The superintendent shall continually evaluate vending contracts. Vending contracts that do not meet the intent of this policy shall be modified accordingly or not renewed."</li> <li>"Upon expiration of the existing vending/competitive food contracts, such contracts must be in accordance with the district's nutrition standards or not be renewed."</li> </ul>
NG4	Restricts fast food sales at school (includes cafeteria, school stores, and other venues)  Note: this is not prohibiting students from bringing fast food from outside	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Allows fast food &gt; 2 days per week</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Restricts access to fast food sold in the cafeteria/on school grounds to 1-2 days per week</li> <li>Vague, suggested, location-specific, time-specific</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...each school shall limit access to no more than one day each week to retail fast food in the cafeteria, whether sold by contract, commercial vendor, or otherwise."</li> </ul>
		2	<p>Prohibits fast food sales on school grounds at all times</p>
NG5	IOM Variable: Allows <u>only</u> fruit and/or vegetables and/or whole grains and/or related combination* products  *Combination products defined from IOM: must contain a total of one or more servings as packaged of fruit, vegetables, or whole grain products per portion  <b>Note:</b> In order to truly meet the IOM standards, the policy must get a 2 here <u>AND</u> must get a 3 or 4 on all items numbered NG16-29	0	<p>Not mentioned OR allows items other than F&amp;V, whole grains, and/or related combination products</p>
		1	<p>Suggestive of meeting IOM Standard: <u>Should</u> allow ONLY F&amp;V, whole grains, and/or related combination products</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"If available, food and beverages sold <u>should</u> be limited to low-fat and non-fat milk, fruits, and non-fried vegetables."</li> </ul>
		2	<p>Meets IOM Standard: Allows ONLY F&amp;V, whole grains, and/or related combination products</p> <ul style="list-style-type: none"> <li>The only F&amp;B that may be sold or served on campus during the school day are fruits and vegetables whole grains, and/or related combination products</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"If available, food and beverages sold <u>will</u> be limited to low-fat and non-fat milk, fruits, and non-fried vegetables."</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

NG6*	<p>Addresses increasing “whole foods:” whole grains, unprocessed foods, or fresh produce</p> <p>*See Coding Appendix for additional clarification</p>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Mentions only dried fruit, fruit juice, fruit roll-ups, etc.</li> <li>• Indicates that schools shall “<i>strive</i>” to meet or “<i>should</i>” meet the USDA Dietary Guidelines</li> <li>• Reference to whole grains, fresh fruits, etc., only relative to school meals</li> <li>• Mentions only high-fiber items or items high in fiber</li> </ul> <p><b>Example:</b>     • “...must include items that meet the 2005 Dietary Guidelines for Americans.”</p>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Encourages offering/consumption of whole grains, unprocessed foods, or fresh produce</li> <li>• Farm-to-school program is suggested</li> <li>• Specifies <u>the 2005 Dietary Guidelines for Americans</u> and no other standards</li> <li>• List of food items includes fruits/vegetables that may include, but are not limited to a list of items including non-fresh fruits/vegetables (e.g., dried/canned fruits/veg)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Schools are encouraged to make available locally grown produce to students for all school meals and food items sold outside of the reimbursable school meal program.”</li> <li>• “Schools are encouraged to source fresh fruits and vegetables from local farmers, where practicable.”</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Definitively offering whole grains, unprocessed foods, or fresh produce</li> <li>• Farm-to-school program is required or definitively in place</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “At least half of the grains served will be whole grains.”</li> <li>• “Only brown rice shall be served.”</li> <li>• “Produce from area farms shall be sold/served at all locations where F&amp;B are sold/served.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

NG7	Addresses food not being used as a <u>reward</u> and/or withheld as a <u>punishment</u>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Encourages the use of healthy food as a reward (not “ONLY” allowing)</li> <li>• Discourages using unhealthy food as a reward (e.g., donuts, FMNVs, etc.)</li> <li>• Only addresses withholding meals as punishment</li> <li>• Use of food as a reward in instructional programs shall require superintendent approval</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“The district will provide teachers with guidelines on the use of food as a reward without specifying guidelines.”</i></li> <li>• <i>“Staff are encouraged to limit the use of non-nutritious food as a reward/incentive and to promote nutritious options.”</i></li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Discourages food as a reward or punishment</li> <li>• Only allows healthy food as a reward</li> <li>• Prohibits or discourages food as a punishment but does not prohibit food as a reward</li> <li>• Strong language for food as a punishment but weaker language for food as a reward</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“No punitive or disciplinary action shall be taken that would deny a student lunch or snack time.”</i> (and policy does not address food as a reward)</li> <li>• <i>“...strongly discourage the use of food/beverages as a reward or punishment.”</i></li> <li>• <i>“...will encourage non-food alternatives as rewards.”</i></li> <li>• <i>“Only healthy foods will be used as a reward.”</i></li> <li>• <i>“Food shall not be withheld as punishment and should not be used as a reward.”</i></li> <li>• <i>“Schools are encouraged to not use food or beverages that do not meet the nutrition standards for F&amp;B sold individually as rewards, and will not withhold food or beverages as punishment.”</i></li> <li>• <i>“Teachers shall not use food as a reward, especially those that do not meet the nutrition standards.”</i></li> </ul>
		2	<p>Prohibits food as a reward (even if using food as a punishment is not mentioned) Prohibition of food as a reward with the exception of Individual(ized) Academic Plans (IAP) or Individual(ized) Education Plans (IEP) still qualifies for a “2”</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior.”</i></li> <li>• <i>“The use of food or candy as a classroom reward for any school is prohibited.”</i></li> </ul>
NG8	<u>Nutrition information</u> (e.g., calories, saturated fat, sugar) available for foods <u>other than school meals</u>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• “Nutrition information and education shall be offered throughout the school campus and based on the USDA Dietary Guidelines” (Not clear that this is specific to actual F&amp;B items sold/served)</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Vague and/or suggested</li> <li>• Only available upon request</li> </ul>
		2	<p>Required</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“...shall provide parents and students a list of detailed nutrition information on all foods and beverages sold at school.”</i></li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (*continued*)

NG9	Addresses access to <u>(free) drinking water</u>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Policy only addresses the sale of bottled water</li> <li>• Providing access to drinking water/fountains only during meal periods/in the cafeteria</li> <li>• Allowing students to bring in bottled water from home</li> <li>• Only addresses water available in the context of PE/PA</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>"Schools should ensure that students have access to appropriate hydration and are encouraged to make use of it during PA."</i></li> </ul>
		1	<p>Availability of free drinking water is suggested or encouraged</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>"Water shall be accessible during hours of school operation through choices such as drinking fountains or vending machines."</i></li> <li>• <i>"Schools are encouraged to provide drinking fountains throughout the school campus..."</i></li> </ul>
		2	<p>Free water is always available</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>"Students and staff will have access to free, safe, and fresh drinking water throughout the school day."</i></li> <li>• <i>"Drinking water fountains will be made available to students and staff throughout the school building."</i></li> <li>• <i>"Students will be provided access to drinking water throughout the day."</i></li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

### Notes for Year 3 Coding:

1. Use Nutrition Guideline Coding Supplement for detailed coding of NG10-NG15 and NG16-NG29
2. Each of the food/beverage restrictions NG16-NG29 are coded separately for each location of sale/provision NG10-NG15; the coding instructions are identical for each location and are not reported below

Places food is available NG10-NG15

		Note: If policy regulates "all foods" or "competitive foods," code according to the strength of that statement.
NG10*	Regulates <u>vending machines</u>  *See Coding Appendix for additional clarification	<p>0</p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• No mention of vending machine regulations or umbrella statement regulating "all foods" or "competitive foods"</li> <li>• Language such as: "The district shall <i>monitor</i> all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs. (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)</li> <li>• Language such as "should strive to sell only healthy foods in VM"</li> <li>• Efforts to minimize sale of FMNVs</li> <li>• Strives to/should meet the 2005 Dietary Guidelines for Americans</li> <li>• Mentions regulating F&amp;B in vending machines/all F&amp;B without specifying guidelines or mentions plans to create guidelines</li> </ul>
		<p>1</p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Vending machine regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions</li> <li>• The 2005 Dietary Guidelines for Americans and no other standards are mentioned to regulate vending machines or "all (competitive) foods"</li> <li>• Regulations only apply to a very limited group of foods (e.g., prohibiting FMNVs in vending machines)</li> <li>• Restrictions only apply to a %age of food and/or beverage items or a limited set of items (e.g., fat content and soda)</li> <li>• (Note: if NG2=1 and there are no other nutrition guidelines, code 10-12=1)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Vending machines shall include items which are healthful."</li> <li>• "Vending machines shall be unplugged during lunch hour."</li> <li>• "FMNVs shall not be sold on school grounds at any time."</li> <li>• "F&amp;B sales in vending machines will support healthy eating."</li> <li>• "...all food and beverages sold will strive to support the district's healthy eating guidelines."</li> <li>• "The sale of food items during the school day shall be restricted to those items in categories of food that meet minimal nutritional value."</li> <li>• "The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students."</li> <li>• "...75% of F&amp;B sold in VM must meet district nutrition standards."</li> <li>• "A minimum of 20% of snacks in vending, stores, concession, and a la carte will be considered health snack offerings."</li> <li>• "NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's nutrition services department or contracted vendors."</li> </ul>
		<p>2</p> <p>Requires regulation of ALL vending machine items or umbrella statement regulating "all (competitive) foods." For a "2," the regulation must meet <b>one of the following:</b></p> <ul style="list-style-type: none"> <li>• Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, and saturated fat content of <u>ALL</u> items sold)</li> <li>• Provide a specific and <u>restricted</u> list of food items allowed to be sold in vending machines or at all times (e.g., limiting vending to only water, fruits, vegetables, whole grains, and nuts) OR</li> <li>• Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) in vending machines or at all times</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Foods sold through vending machines shall be limited to water, 100% juice, and fresh fruits and/or vegetables."</li> <li>• "All items sold through vending machines shall contain no more 35% of total calories from fat and sugars and no trans fats."</li> </ul>
		<p>4</p> <p>Bans vending machines and/or bans all competitive food sales during the school day</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "The sale of F&amp;B is limited to F&amp;B sold through the school meal program."</li> <li>• "Vending machines are prohibited on school grounds."</li> <li>• "No competitive foods or beverages may be sold during the school day."</li> <li>• "Only water is allowed to be sold in vending machines."</li> </ul>



## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (*continued*)

<p>NG11*</p>	<p>Regulates <u>school stores</u></p> <p>*See Coding Appendix for additional clarification</p> <p><b>Note:</b> If policy only mentions concessions or snack bars, do not code for school stores, unless policy defines concessions and/or snack bars as including school stores.</p>	<p><b>Note:</b> If policy regulates “all foods” or “competitive foods,” code according to the strength of that statement.</p>	
		<p>0</p>	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>No mention of school store regulations or umbrella statement regulating “all (competitive) foods”</li> <li>Language such as: “The district shall <i>monitor</i> all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)</li> <li>Any language such as “...should strive to sell healthy F&amp;B in school stores”</li> <li>Efforts to minimize sale of FMNVs</li> <li>Strives to/should meet the 2005 Dietary Guidelines for Americans</li> <li>Mentions regulating F&amp;B/all F&amp;B in school stores without specifying guidelines or mentions plans to create guidelines</li> </ul>
		<p>1</p>	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>School store regulations or umbrella statement regulating “all (competitive) foods” is vague, suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate school stores or “all (competitive) foods”</li> <li>Regulations only apply to a very limited group of foods (e.g., prohibiting Foods of Minimal Nutritional Value [FMNV] in school stores)</li> <li>Restrictions only apply to a %age of food and/or beverage items or a limited set of items (e.g., fat content and soda)</li> <li>(Note: if NG2=1 and there are no other nutrition guidelines, code 10-12=1)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“...ensure some healthy options are sold at school stores.”</li> <li>“Sales of F&amp;B in school stores must comply with state Public School Nutrition Policy.”</li> <li>“...school stores shall strive to include healthy choices for sale...”</li> <li>“All food and beverages sold will strive to support the district’s healthy eating guidelines.”</li> <li>“The sale of food items during the school day shall be restricted to those items in categories of food that meet minimal nutritional value.”</li> <li>“The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</li> <li>“...50% of F&amp;B sold in stores must meet the district nutrition standards.”</li> <li>“NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.”</li> </ul>
		<p>2</p>	<p>Requires regulation of ALL school store items or umbrella statement regulating “all (competitive) foods”</p> <p>For a “2,” the regulation must meet <b>one of the following:</b></p> <ul style="list-style-type: none"> <li>Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, and saturated fat content of <u>ALL</u> items sold)</li> <li>Provide a specific and <u>restricted</u> list of food items allowed to be sold school stores or at all times (e.g., limiting food sales to only water, fruits, vegetables, whole grains, and nuts)</li> <li>Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) in school stores or at all times</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Foods sold through school stores shall be limited to water, 100% juice, and fresh fruits and/or vegetables.”</li> <li>“All items sold through school stores shall contain no more 35% of total calories from fat and sugars and no trans fats.”</li> </ul>
		<p>4</p>	<p>Bans food/beverage sales in school stores and/or bans all competitive food sales during the school day</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The sale of F&amp;B is limited to F&amp;B sold through the school meal program.”</li> <li>“District XYZ does not allow food/beverages to be sold at school stores.”</li> <li>“No competitive foods or beverages may be sold during the school day.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

		<p><b>Note:</b> If policy regulates “all foods” or “competitive foods,” code according to the strength of that statement; if policy addresses food and/or beverage sold by food service program /child nutrition programs etc. but the policy is silent on a la carte, give credit for a la carte.</p>
NG12*	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• No mention of a la carte regulations or umbrella statement regulating “all (competitive) foods”</li> <li>• Language such as: “The district shall <i>monitor</i> all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs” (i.e., a la carte, vending, student stores, etc.)</li> <li>• Language such as: “...should strive to sell healthy a la carte F&amp;B.”</li> <li>• Efforts to minimize sale of FMNVs</li> <li>• Strives to/should meet the 2005 Dietary Guidelines for Americans</li> <li>• Mentions regulating a la carte/all F&amp;B without specifying guidelines or mentions plans to create guidelines</li> </ul>
	1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• A la carte regulations or umbrella statement regulating “all (competitive) foods” is vague, suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>• The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate food service a la carte or “all (competitive) foods”</li> <li>• Regulations only apply to a limited group of foods (e.g., prohibiting FMNVs)</li> <li>• Restrictions only apply to a %age of food and/or beverage items or a limited set of items (e.g., fat content and soda)</li> <li>• Prohibits FMNVs during meals (also code NG17a1=1 and NG24a1=2)</li> <li>• (Note: if NG2=1 and there are no other nutrition guidelines, code 10-12=1)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “...all food and beverages sold will strive to support the district’s healthy eating guidelines.”</li> <li>• “Food service shall strive to include some healthy choices (choices listed) for all a la carte food sales.”</li> <li>• “The sale of food items during the school day shall be restricted to those items in categories of food that meet minimal nutritional value.”</li> <li>• “The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</li> <li>• “...50% of a la carte F&amp;B items must meet district nutrition standards.”</li> <li>• “NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.”</li> </ul>
	2	<p>Requires regulation of ALL a la carte items or umbrella statement regulating “all (competitive) foods”</p> <p>For a “2,” the regulation must meet <b>one of the following:</b></p> <ul style="list-style-type: none"> <li>• Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, or saturated fat content of <u>ALL</u> items sold)</li> <li>• Provide a specific and <u>restricted</u> list of food items allowed to be sold a la carte or at all times (e.g., limiting food sales to only fruits, vegetables, and whole grains)</li> <li>• Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) sold through a la carte or at all times</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “A la carte F&amp;B sales shall be limited to water, 100% juice, and fresh fruits and/or vegetables.”</li> <li>• “All items sold through school stores shall contain no more 35% of total calories from fat and sugars and no trans fats.”</li> </ul>
	4	<p>Bans a la carte food sales or bans all competitive food sales</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The sale of F&amp;B is limited to F&amp;B sold through the school meal program.”</li> <li>• “District XYZ does not allow a la carte food/beverage sales.”</li> <li>• “No competitive foods or beverages may be sold during the school day.”</li> </ul>

Regulates food service a la carte OR food sold as an alternative to the reimbursable school meal program (if not defined as to what this means)

\*See Coding Appendix for additional clarification

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

NG13*	Regulates food served at <u>class parties</u> and other school <u>celebrations</u>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Regulations for class parties or umbrella statement regulating “all (competitive) foods” <u>served/distributed/available</u> is vague, suggested, time- or location-specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate class parties or “all (competitive) foods <u>served/distributed/available</u>”</li> <li>Regulations only apply to a very limited group of foods (e.g., prohibiting Foods of Minimal Nutritional Value [FMNV] at all times)</li> <li>Regulations for class parties are required but weakened (e.g., by allowing one traditional party food) <ul style="list-style-type: none"> <li>“District encourages healthy snacks at parties.”</li> <li>“Celebrations involving food during the school day shall be at the discretion of the school principal.”</li> <li>“The school food environment (including celebrations) on balance and over time should be consistent with healthy food guidelines.”</li> <li>“...permits only one birthday party per month.”</li> <li>“The district shall provide parents with a list of foods that meet the Board’s snack standards for healthy celebrations/ parties, rewards, and fundraising activities...” (and no other mention of celebrations/parties included in the policy)</li> </ul> </li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The district should regulate all food and beverages sold/served as part of classroom activities.”</li> <li>“Classroom parties will offer minimal amounts of foods (maximum 2-3 items) that contain added sugar as the first ingredient and will provide the following: fresh fruits and vegetables, water, 100% fruit juice or milk.”</li> <li>“...classroom parties, celebrations, etc. shall be limited to one snack and one beverage (100% juice, water, or milk).”</li> <li>“The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</li> <li>“NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.”</li> <li>“All F&amp;B available will meet the 2005 Dietary Guidelines for Americans.”</li> </ul>
		2	<p>Requires regulation of ALL foods <u>served/distributed/available</u> at class parties or umbrella statement regulating “all foods <u>served/distributed/available</u>”</p> <p>For a “2,” the regulation must apply to food <u>served/distributed/available</u> and meet <b>one of the following criteria:</b></p> <ul style="list-style-type: none"> <li>Regulate nutritional quality of each individual item <u>served/distributed/available</u> (e.g., regulating maximum calorie, sugar, or saturated fat content of ALL items)</li> <li>Provide a specific and <u>restricted</u> list of food items allowed to be <u>served/distributed/available</u> at class parties or at all times (e.g., limiting to fruits and whole grains)</li> <li>Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) from being <u>served/distributed/available</u> at class parties/celebrations or at all times</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Foods and beverages <u>served</u> at school celebrations must meet the District’s Nutritional Standards.” (and standards are defined)</li> </ul>
		4	<p>Competitive food ban</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Competitive foods and beverages may not be sold or served on school campuses during the school day.”</li> </ul>

NOTE: NG14 evening/community events was dropped from coding beginning in SY 12-13

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (*continued*)

NG15	<p>Regulates food sold for <u>fundraising</u></p> <p><b>Note Year 3 coding change:</b>  <u>Prohibitions on fundraising during the school day (SD) will now be coded as a "2" and the restrictions on SD fundraisers will be coded as a "1" (like other NG variables). If the provisions only apply during the SD, code the SD variable "1" accordingly.</u></p>	<p><b>Note: Must specifically address "<u>fundraising</u>" for a code of a "1" or "2"</b>  <b>Regulating "all foods" during "the school day" or "at all times on school grounds" does not qualify because fundraising can occur off school grounds. (e.g., catalogue orders selling candy or cookies)</b></p>
		<p><b>0</b></p> <p><b>Any of the following</b></p> <ul style="list-style-type: none"> <li>• No mention of nutrition standards for food sold for fundraising</li> <li>• Strives to/should meet the 2005 Dietary Guidelines for Americans</li> <li>• Mentions regulating F&amp;B sold for fundraising/all F&amp;B without specifying guidelines</li> <li>• Mentions plans to establish guidelines for school-sponsored fundraising that involves selling food without mentioning guidelines, healthy food, etc.</li> </ul>
		<p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Regulations of food sold for fundraising are vague, suggested, time- or location-specific subject to principal's discretion, or weakened by other exceptions</li> <li>• The <u>2005 Dietary Guidelines for Americans</u> and no other standards are mentioned to regulate food sold for fundraising</li> <li>• Regulations of food sold for fundraising only apply to a limited group of foods (e.g., prohibiting FMNVs) or a %age of items sold</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "...strongly encouraging the use of only non-food items to raise funds."</li> <li>• "...requiring administrative approval for all fundraisers."</li> <li>• "The district shall provide parents with a list of foods that meet the Board's snack standards for healthy celebrations/ parties, rewards, and fundraising activities..." (and no other language related to fundraising included in the policy)</li> <li>• "...fundraising activities will strive to support healthy eating and wellness."</li> </ul>
		<p><b>2</b></p> <p>Requires specific nutrition standards that apply to food sold for fundraising and the standards meet <b>one of the following criteria:</b></p> <ul style="list-style-type: none"> <li>• Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, or saturated fat content of ALL items sold)</li> <li>• Provide a specific and <u>restricted</u> list of food items allowed to be sold (e.g., limiting sales to water fruits, vegetables, whole grains, and nuts)</li> <li>• Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) from being sold for fundraising</li> <li>• Prohibits the sale of food for fundraising</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Foods purchased to raise funds must also meet the District's nutrition standards." (and standards are defined in the policy)</li> </ul>
		<p><b>4</b></p> <p>Competitive food ban</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• Competitive foods and beverages may not be sold or served on school campuses during the school day."</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

### Notes for Year 3 Coding:

1. Use Nutrition Guideline Coding Supplement for detailed coding of NG10-NG15 and NG16-NG29
2. Each of the food restrictions NG16-NG21 are coded separately for each location of sale/provision NG10-NG15; the coding instructions are identical for each location and are not reported below

### Nutrition standards for competitive and other foods NG16-21

NG16*	Addresses limiting <u>sugar</u> content of foods  *See Coding Appendix for additional clarification	0	Not mentioned If policy specifies the 2005 Dietary Guidelines for Americans and <u>no other standards</u> , code as a "0" Only regulating/limiting candy does not qualify for a "1" or "2"
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified</li> <li>• Limit is suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions</li> <li>• Restrictions on sugar only apply to a %age of food items                             <ul style="list-style-type: none"> <li>• "Dry snacks sold at the K-8 level shall follow District Nutrition Standards <u>minimizing</u> the content of...sugar."</li> <li>• "Prohibits foods listing sugar, corn syrup, or other caloric sweeteners as the first ingredient."</li> <li>• "Schools shall discourage consumption of sugary foods."</li> </ul> </li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "The district will encourage students to make nutritious food choices and will ensure that...schools regulate the sale of foods high in...added sugars."</li> <li>• "The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students."</li> <li>• "...50% of food items sold must prohibit sugar as the first ingredient."</li> <li>• "NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's nutrition services department or contracted vendors."</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Quantified and required limit but is &gt;35% of total calories/total weight from sugar</li> <li>• Quantified and required limits but allows exceptions for certain items                             <ul style="list-style-type: none"> <li>• "F&amp;B sold outside the school meal program must contain no more than 40% of total calories/weight from sugar."</li> </ul> </li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Calories from sugar shall not exceed 35% by weight; this limit shall not apply to fresh, frozen, <u>canned</u> or <u>dried</u> fruits and vegetables."</li> </ul>
		3	Meets IOM standard: ≤35% of total calories/weight from sugar  <b>Example:</b> <ul style="list-style-type: none"> <li>• "K-12 school food service, school store, and school vending machines sale of individual snack items per package shall include no more than 35% total calories from sugar."</li> </ul>
		4	Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate  <b>Example:</b> <ul style="list-style-type: none"> <li>• "Competitive foods and beverages may not be sold on school campuses during the school day."</li> </ul>
NG17	Addresses limiting candy	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Encourages minimizing candy on school campuses</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Candy is limited but not prohibited</li> <li>• Prohibition of candy is suggested, time- or location-specific, or overridden by principal's discretion</li> <li>• Prohibits FMNVs on campus and/or during the school day (<b>note:</b> FMNVs does not include all types of candy)</li> <li>• Prohibits FMNVs during meals (code a la carte only (NG17a))</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Candy is prohibited</li> <li>• Candy is prohibited except for use by the school nurse</li> </ul>
		4	Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate  <b>Example:</b> <ul style="list-style-type: none"> <li>• "Competitive foods and beverages may not be sold on school campuses during the school day."</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

NG18*	Addresses limiting <u>fat</u> content of foods  *See Coding Appendix for additional clarification	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Indicates that schools shall “<i>strive to</i>” or “<i>should</i>” meet the Dietary Guidelines</li> </ul> <p><b>Example:</b> • “...<i>must include items that meet the 2005 Dietary Guidelines for Americans.</i>”</p>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified</li> <li>• Limit is suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>• Specifies <u>the 2005 Dietary Guidelines for Americans</u> and no other standards (applies to all food items)</li> <li>• Restrictions on fat content only apply to a %age of food items</li> <li>• Quantified limit for saturated fat but no mention of total fat</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “<i>All food and beverages available to students at school are recommended to be food items low in fat...</i>”</li> <li>• “<i>The district will encourage students to make nutritious food choices and will ensure that...schools regulate the sale or serving of foods high in fat, sodium, or added sugars.</i>”</li> <li>• “<i>The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.</i>”</li> <li>• “<i>50% of food items must contain no more than 40% of total calories from fat.</i>”</li> <li>• “<i>NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors:</i>”</li> <li>• “<i>No individual food can exceed 10% of calories from saturated fat (no limit on total fat).</i>”</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Quantified and required limit but is &gt;35% total calories from fat</li> <li>• Quantified and require limits but allows exceptions for certain items</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “<i>F&amp;B sold outside the school meal program must contain no more than 40% of total calories/weight from fat.</i>”</li> <li>• “<i>No individual food item can exceed 8 grams of fat per serving.</i>”</li> <li>• “<i>Calories from fat shall not exceed 30%, excluding reduced fat (2%) <u>cheese</u>, nuts, seeds and nut butters.</i>”</li> </ul>
		3	<p>Meets IOM standard: ≤35% of total calories from fat</p> <p><b>Example:</b> • “<i>K-12 school food service, school store, and school vending machine sale of individual snack items per package shall include no more than 35% of calories from fat and nine grams maximum per serving with the exception of nuts.</i>”</p>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b> • “<i>Competitive foods and beverages may not be sold on school campuses during the school day.</i>”</p>
NG19	Limits the amount of trans fats	0	Not mentioned
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Discourages use of trans fats/encourage use of products that are trans-fat free</li> <li>• Limit is suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “<i>The level of trans fats will be as low as possible.</i>”</li> <li>• “<i>Products containing trans-fats are discouraged.</i>”</li> <li>• “<i>Encouraged to use only products that are trans-fat free.</i>”</li> </ul>
		2	<p>Limits the amount of trans fats but not a complete ban on trans fats</p> <p><b>Example:</b> • “<i>...shall contain no more than 2 g/serving of saturated and trans fat combined.</i>”</p>
		3	<p>Meets IOM standard: Trans fat free or no more than 0.5g of trans fat</p> <p><b>Example:</b> • “<i>All foods sold/available at school must be trans-fat free.</i>”</p>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b> • “<i>Competitive foods and beverages may not be sold on school campuses during the school day.</i>”</p>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

NG20*	<p>Addresses limiting <u>sodium</u> content of foods</p> <p>*See Coding Appendix for additional clarification</p>	<p>0</p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Indicates that schools shall “<i>strive to</i>” or “<i>should</i>” meet the Dietary Guidelines</li> </ul> <p><b>Example:</b>     • “...<i>must include items that meet the 2005 Dietary Guidelines for Americans.</i>”</p>
		<p>1</p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Limit is not quantified</li> <li>Limit is suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>Specifies <u>the 2005 Dietary Guidelines for Americans</u> and no other standards (applies to all food items)</li> <li>Restrictions on sodium only apply to a %age of food items</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“<i>Foods to avoid—consume only occasionally: high sodium foods.</i>” <i>(luncheon meats, cheeses, salty popcorn, pickles)</i></li> <li>“<i>The district will encourage students to make nutritious food choices and will ensure that...schools regulate the sale or serving of foods high in fat, sodium, or added sugars.</i>”</li> <li>“...<i>50% of food items must contain no more than 600mg of sodium.</i>”</li> <li>“<i>NGs that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s nutrition services department or contracted vendors.</i>”</li> </ul>
		<p>2</p> <p>Quantified and required limit but is &gt; 200 mg/portion</p> <p><b>Example:</b>     • “<i>A snack food item sold individually shall contain no more than 240mg of sodium per serving.</i>”</p>
		<p>3</p> <p>Meets IOM Standard: ≤ 200 mg/portion for snacks</p> <p><b>Example:</b>     • “<i>A snack food item sold individually shall contain no more than 200mg of sodium per serving.</i>”</p>
		<p>4</p> <p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b>     • “<i>Competitive foods and beverages may not be sold on school campuses during the school day.</i>”</p>
NG21*	<p>Addresses limiting <u>calorie content per serving size</u> of foods</p> <p>*See Coding Appendix for additional clarification</p>	<p>0</p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Policy specifies <u>the 2005 Dietary Guidelines for Americans</u> and <u>no other standards</u></li> <li>Limiting calories from fat, sugar, or any other group of nutrients does not qualify for a “1” or “2.” Provisions related to limiting “additional caloric sweeteners” also do not qualify for a “1” or “2”</li> </ul>
		<p>1</p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Limit is not quantified</li> <li>Limit is suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>Restrictions only apply to a %age of food items</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“<i>Foods sold outside of the National School Lunch Program shall contain a <u>reasonable</u> number of calories per package.</i>”</li> <li>“...<i>50% of food items must contain no more than 300 calories/serving.</i>”</li> </ul>
		<p>2</p> <p>Quantified and required limit but is &gt;200 calories/per serving</p> <p><b>Example:</b>     • “<i>Individually sold snack items shall not exceed 240 calories per package.</i>”</p>
		<p>3</p> <p>Meets IOM standard: ≤200 calories/serving</p> <p><b>Example:</b>     • “<i>Individually sold snack items shall not exceed 200 calories per package.</i>”</p>
		<p>4</p> <p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b>     • “<i>Competitive foods and beverages may not be sold on school campuses during the school day.</i>”</p>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

### Notes for Year 3 Coding:

1. Use Nutrition Guideline Coding Supplement for detailed coding of NG10-NG15 and NG16-NG29
2. Each of the beverage restrictions NG22-NG29 are coded separately for each location of sale/provision NG10-NG15; the coding instructions are identical for each location and are not reported below.

### Nutrition standards for competitive and other beverages NG22-NG29

NG22*	<p>Addresses limiting <u>sugar</u> content of beverages</p> <p>*See Coding Appendix for additional clarification</p> <p><b>Note:</b> There is no level 2 code for this variable</p>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Indicates that competitive beverages “should include” specific beverage items.</li> <li>• Fruit juice/drinks contain less than 50% juice</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Competitive beverages should include milk, water, and 100% juice.”</li> <li>• “Sale of beverages is limited to 100% fruit/veg juice and fruit/veg juice with at least 10% fruit/veg juice.”</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified/specific</li> <li>• Limit is suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions</li> <li>• Restriction only applies to a %age of beverages</li> <li>• Indicates that competitive beverages “must/shall include” specific beverage items (which includes 100% juice)</li> <li>• Fruit /juice drinks containing at least 50% juice</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “... prohibits beverages that contain sugar, corn syrup, or any other caloric sweetener as the first ingredient.”</li> <li>• “...discourages sugar-laden beverages.”</li> <li>• “...shall prohibit soda and allow only water and beverages that are at least <u>50%</u> juice.”</li> <li>• “...allows water and beverages that are less than 100% juice.”</li> <li>• “...50% of beverages must contain no caloric sweeteners.”</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</li> <li>• “Competitive beverages must include 100% juice, milk, water, noncarbonated drinks, and electrolyte replacement drinks.”</li> <li>• “Beverages are limited to water, milk, 50% juice with no added sweeteners, and electrolyte replacement drinks.”</li> <li>• “50% of beverages must be 100% juice, milk, water, and electrolyte replacement drinks.”</li> </ul>
		3	<p>Meets IOM Standard: Prohibits beverages with added sugars</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Beverages with added sugars are not allowed.”</li> <li>• “Only water and 100% juice will be allowed at school.”</li> <li>• “Prohibits the sale of beverages with additional caloric sweeteners.”</li> </ul>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>
NG23*	<p>Addresses limiting <u>calorie content</u> per serving size of beverages</p> <p>*See Coding Appendix for additional clarification</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Language referring to limiting “additional caloric sweeteners” and no other mention of calories</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified</li> <li>• Limit is suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions</li> <li>• Restriction only applies to a %age of beverages</li> </ul>
		2	<p>Quantified and required maximum number of calories permitted per beverage or serving size</p>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>



## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (*continued*)

<p>NG24*</p>	<p>Addresses limiting <u>regular (sugar-sweetened) soda</u></p> <p>*See Coding Appendix for additional clarification</p>	<p>0</p>	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Indicates that FMNVs should not be used as a source of revenue for the food service program</li> <li>• Encourages minimizing FMNVs on school campuses</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“The food service program shall strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of FMNVs.”</i></li> </ul>
		<p>1</p>	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Regular soda is limited but not prohibited</li> <li>• Prohibition of regular soda is suggested, time- or location-specific, or subject to principal’s discretion</li> <li>• Restriction only applies to a %age of beverages</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“If available, food and beverages sold individually <u>should</u> be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.”</i></li> <li>• <i>“(NANA model see Appendix)</i></li> <li>• <i>“50% of beverages must be 100% juice, milk, water, and electrolyte replacement drinks.”</i></li> </ul>
		<p>2</p>	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Regular soda is prohibited</li> <li>• Foods of Minimal Nutritional Value (FMNV) are prohibited at all times on school grounds. Prohibiting FMNV qualifies as a “2” because the definition of FMNV includes soda</li> <li>• Soda is prohibited except for use by the school nurse</li> <li>• Prohibits FMNVs during meals (code a la carte only (NG24a1))</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“Soda will not be available on school grounds.”</i></li> <li>• <i>“FMNVs may not be served/sold in the school cafeteria during lunch periods.”</i></li> </ul>
		<p>3</p>	<p>Meets IOM Standard: Beverages with added caloric sweeteners are prohibited</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Only milk, water, and 100% juice will be available at school.”</i></li> <li>• <i>“Approved beverages: milk, milk products, 100% juice, and water.”</i></li> </ul>
		<p>4</p>	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“Competitive foods and beverages may not be sold on school campuses during the school day.”</i></li> </ul>

Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

NG25*	Addresses limiting <u>beverages other than soda containing added caloric sweeteners</u> such as sweetened teas, juice drinks, energy drinks and sports drinks	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Only bans FMNVs</li> <li>• Allows beverages with added caloric sweeteners at all times</li> <li>• %age of beverages must meet the nutrition guidelines and allows electrolyte replacement drinks/isotonic/sports drinks</li> <li>• Indicates that competitive beverages “must/shall include” beverages beyond milk, 100% juice, and water (includes noncarbonated drinks, electrolyte replacement drinks/isotonic/sports drinks)</li> <li>• Fruit juice/drinks contain less than 50% juice</li> <li>• Allows <u>more than</u> one sugar sweetened beverage</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “50% of beverages must be 100% juice, milk, water, and electrolyte replacement drinks.”</li> <li>• “Allowed beverages include milk, water, 100% juice, and electrolyte replacement drinks.”</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Other beverages with caloric sweeteners are limited but not prohibited</li> <li>• Prohibition is suggested, time- or location-specific, or item-specific (e.g., isotonic drinks, teas, etc.) subject to principal’s discretion, or weakened by other exceptions</li> <li>• Restriction applies to a %age of beverages</li> <li>• Indicates that competitive beverages “must/shall include” specific beverage items that are limited to 100% juice, milk, and water</li> <li>• Fruit/juice drinks containing at least 50% juice</li> <li>• Allows <u>only</u> one sugar sweetened beverage</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Allowed beverages are limited to milk, water, 100% juice, and sports drinks.”</li> <li>• “If available, food and beverages sold individually <u>should</u> be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.” (NANA model see Appendix)</li> <li>• “...50% of beverages will be water, 100% juice, and milk.”</li> <li>• “All beverage machines must/shall include 100% juice, milk, and water.”</li> <li>• “Beverages are limited to water, milk, and 50% juice with no added sweeteners.”</li> </ul>
		3	<p>Meets IOM Standard: Other beverages with added caloric sweeteners are prohibited</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Only milk, water, and 100% juice will be available at school.”</li> <li>• “Approved beverages: milk, milk products, 100% juice and water.”</li> </ul>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>
NG26	Addresses limiting <u>sugar/calorie content of flavored milk</u>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified</li> <li>• Limit is suggested, time- or location-specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>• %age of beverages must meet sugar/calorie provisions for milk</li> </ul>
		2	<p>Quantified limit for sugar or calories that is &gt;22g of total sugars/8 oz. serving</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Milk shall contain no more than 25g of sugars/8 oz serving.”</li> <li>• “Milk may contain no more than 4g of sugar/oz.”</li> <li>• Milk shall contain no more than 150 calories/8 oz. serving.”</li> </ul>
		3	<p>Meets IOM Standard: Flavored milk shall contain no more than 22g of total sugars/8 oz. portion</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Milk shall contain no more than 22g of sugars. 8 oz. portion.”</li> <li>• “All milk sold is low fat and/or skim milk with 35% or less of weight from total sugar (or less than 9 grams per 100 calories).”</li> </ul> <p>Note: 8 oz skim=90 cal, 1%=104 cal, 2%=120cal, and whole=150cal</p>
4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>		

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)

NG27*	Addresses limiting <u>fat content of milk</u>	*See Coding Appendix for additional clarification  <b>Note:</b> There is no level 2 code for this variable	0	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Mentioning nonfat or low-fat dairy <u>products/foods (must specifically mention milk)</u> does not qualify for a “1” or “2”</li> <li>If policy explicitly allows whole milk, code as a “0”</li> </ul>
			1	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>Limiting milk to only low-fat (1%) or non-fat/skim is specified but suggested, time- or location- specific, subject to principal’s discretion, or weakened by other exceptions</li> <li>Full-fat milk is prohibited, but reduced-fat (2%) milk is allowed</li> <li>Policy mentions that non-fat/skim, low-fat (1%), or reduced-fat (2%) milk are “allowed,” “offered,” or “provided” without specifying <u>“only”</u></li> <li>Restrictions on fat content of milk only applies to a %age of beverages                             <ul style="list-style-type: none"> <li>“In high school, reduced fat, low-fat or skim milk may be sold.”</li> <li>“Schools shall offer fat-free milk where beverages are sold.”</li> <li>“At least 50% of beverage selections...shall be 100% fruit juice, <u>low fat or fat free milk</u>, and unflavored or unsweetened water.”</li> </ul> </li> </ul> <b>Examples:</b>
			3	Meets IOM Standard: <u>Only</u> low-fat (1%) or non-fat/skim milk is allowed (i.e., reduced-fat [2%] <b>AND</b> full-fat are <b>prohibited</b> )  <b>Example:</b> <ul style="list-style-type: none"> <li>“Beverages sold will be limited to low-fat or fat-free milk, 100% juice, and water.”</li> </ul>
			4	Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate  <b>Example:</b> <ul style="list-style-type: none"> <li>“Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>
NG28	Addresses <u>servicing size</u> limits for beverages		0	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Policy specifies <u>the 2005 Dietary Guidelines for Americans</u> and <u>no other standards</u></li> </ul>
			1	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Limit for drinks other than water is greater than 12 ounces</li> <li>Limit is suggested, time- or location-specific, subject to principal’s discretion, or weakened by other exceptions                             <ul style="list-style-type: none"> <li>“All beverages other than water and milk shall be 12oz or less.”</li> <li>“The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students.”</li> </ul> </li> </ul> <b>Examples:</b>
			2	Limit for drinks other than water is > IOM standards but <u>no more than</u> 12 ounces/serving
			3	Meets IOM Standards (must meet ALL standards to be coded as a “3” for a given grade level): <ul style="list-style-type: none"> <li>Water any size; AND</li> <li>8 oz./serving for milk (including flavored milk); AND</li> <li>ES/MS Juice: 4 oz./serving for 100% juice; OR (based on grade level)</li> <li>HS Juice: 8 oz./serving for 100% juice</li> </ul>
			4	Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate  <b>Example:</b> <ul style="list-style-type: none"> <li>“Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages *(continued)*

NG29*	<p><u>Addresses limiting caffeine</u> content of beverages (with the exception of trace amounts of naturally occurring caffeine substances)</p> <p>*See Coding Appendix for additional clarification</p> <p><b>Note:</b> There is no level 2 code for this variable</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Indicates that %age of beverage items must meet the nutrition guidelines and allows electrolyte replacement drinks/isotonic/sports drinks</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Limit is not quantified</li> <li>Limit is suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions</li> <li>Restrictions apply to a %age of beverages</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Flavored water shall be caffeine-free."</li> <li>"50% of all beverages offered shall be milk, water, and 100% juice."</li> <li>"100% of all beverages should be limited to milk, water, and 100% juice."</li> </ul>
		3	<p><b>Meets IOM Standard:</b></p> <ul style="list-style-type: none"> <li>Beverages with added caffeine are prohibited</li> <li>All allowable beverages are caffeine-free</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"All beverages shall be caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances."</li> <li>"Allows only low-calorie beverages including flavored, non-caffeinated water."</li> <li>"100% of all beverages offered shall be milk, water, and 50%-100% juice."</li> </ul>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, class party ban, evening/community event ban and/or fundraising ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Competitive foods and beverages may not be sold on school campuses during the school day."</li> </ul>
NG30	<p><u>Addresses availability of water</u> (only applies to vm, ss, al)</p> <p><b>Note:</b> There is no level 2 code for this variable</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Indicates that competitive beverages "should include" specific beverage items.</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions</li> <li>Restrictions apply to a %age of beverages</li> <li>Indicates that competitive beverages "must/shall include" specific beverage item.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"50% of all beverages offered shall be milk, water, and 100% juice."</li> <li>"100% of all beverages <u>should</u> be limited to milk, water, and 100% juice."</li> </ul>
		3	<p><b>Meets IOM Standard:</b></p> <ul style="list-style-type: none"> <li>Only water, milk, and 100% juice allowed.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Only milk, water, and 100% juice will be available at school."</li> <li>"Approved beverages: milk, milk products, 100% juice and water."</li> </ul>
		4	<p>Competitive food ban, vending ban, schools store ban, a la carte ban, as appropriate</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Competitive foods and beverages may not be sold on school campuses during the school day."</li> </ul>

## Section 4. Physical Education (Note: See Appendix for additional PE-related guidance)

Many states list National Association for Sport & Physical Education (NASPE) standards or the American Alliance for Health, Physical Education, Recreation and Dance standards (of which NASPE standards are a part). Only code a "2" for items with NASPE defaults if district actually requires schools to follow NASPE standards, and it is clear from the context of the statement that NASPE standards apply to those items. If NASPE standards are suggested, code as a "1."

PE1*	PE mentioned	0	No mention of PE anywhere in the policy
	*See Coding Appendix for further clarification	1	Any mention of PE
PE2	Addresses physical education <u>curriculum/program</u> for <u>each grade level</u>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>PE is included in the HE curriculum</li> </ul> <p><b>Example:</b> • "Division HE curriculum standards and guidelines address both nutrition and PE."</p>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Unclear if each grade has a physical education curriculum/program</li> <li>A curriculum is identified but limited to only some grade levels</li> <li>Addresses minimum amount of time for physical education but does not mention <u>curriculum/program</u></li> </ul> <p><b>Example:</b> • "Physical education will be provided in K-8." (in a district that extends beyond 8<sup>th</sup> grade)</p>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Clear that district has a PE curriculum/program for each grade (e.g., policy describes a general PE curriculum/program for "K-12," "all levels," or "all students")</li> <li>Clear that PE program is provided for "K-12," "all levels," or "all grades" and mention time requirements (without using the word "curriculum")</li> </ul> <p><b>Example:</b> • "The PE Committee will submit for approval a K-12 comprehensive curriculum/program. All students in grades 1-5 will be scheduled for PE instruction in accordance with state law. All students in grades 6-8 and 9-11 shall participate in the instructional program of PE. PE in 12<sup>th</sup> grade is an elective."</p>
PE3	Addresses <u>time</u> per week of physical education for <u>elementary school</u> students	0	<ul style="list-style-type: none"> <li>Not mentioned</li> <li>Suggests that schools follow "national PE standards" or "nationally recognized guidelines for PE and PA" without mentioning NASPE standards</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Suggests but does not require 150 minutes/week</li> <li>Specifies total amount of physical education, but it is less than 150 minutes/week</li> <li><u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>Specifies number of times per week without duration</li> <li>Time is specified for overall physical activity that specifically includes physical education</li> <li>Requires schools to follow "national PE standards" or "nationally recognized guidelines for PE and PA" without mentioning NASPE standards</li> </ul> <p><b>Example:</b> • "All students in ES will receive 150 minutes of physical activity/week. This will be accomplished with regular PE class and recess." (also code PA3=2)</p>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Requires 150 minutes/week or more of physical education</li> <li><u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul>

## Section 4. Physical Education (*continued*)

PE3a	Specifies <u>minutes</u> of physical education for <u>elementary</u> school students	<p>_____ minutes (circle day or week w/ red pencil)  <b>Note: ONLY COMPLETE</b> If minutes/week is specified in PE3=1 or PE3=2; otherwise leave it blank.</p>						
PE3b	Specifies <u>days</u> per week of physical education for <u>elementary</u> school students	<p>_____ days per week  <b>Note: ONLY COMPLETE</b> If days/week is specified in PE3=1 or PE3=2; otherwise leave it blank.</p>						
PE4	Addresses <u>time</u> per week of physical education for <u>middle school</u> students	<table border="1"> <tbody> <tr> <td data-bbox="652 501 695 606">0</td> <td data-bbox="699 501 1495 606"> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> </td> </tr> <tr> <td data-bbox="652 615 695 898">1</td> <td data-bbox="699 615 1495 898"> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggests but does not require 225 minutes/week</li> <li>• Specifies total amount of physical education, but it is less than 225 minutes/week</li> <li>• <u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Specifies number of times per week without duration</li> <li>• Time is specified for overall physical activity that specifically includes physical education</li> <li>• Requires schools to follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> </td> </tr> <tr> <td data-bbox="652 907 695 1031">2</td> <td data-bbox="699 907 1495 1031"> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Requires 225 minutes/week or more of physical education</li> <li>• <u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul> </td> </tr> </tbody> </table>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul>	1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggests but does not require 225 minutes/week</li> <li>• Specifies total amount of physical education, but it is less than 225 minutes/week</li> <li>• <u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Specifies number of times per week without duration</li> <li>• Time is specified for overall physical activity that specifically includes physical education</li> <li>• Requires schools to follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul>	2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Requires 225 minutes/week or more of physical education</li> <li>• <u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul>
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PE4a	Specifies <u>minutes</u> of physical education for <u>middle school</u> students	<p>_____ minutes (circle day or week w/ red pencil)  <b>Note: ONLY COMPLETE</b> If minutes/week is specified in PE4=1 or PE4=2; otherwise leave it blank.</p>						
PE4b	Specifies <u>days</u> per week of physical education for <u>middle school</u> students	<p>_____ days per week  <b>Note: ONLY COMPLETE</b> If days/week is specified in PE4=1 or PE4=2; otherwise leave it blank.</p>						
PE5	Addresses <u>time</u> per week of physical education for <u>high school</u> students	<table border="1"> <tbody> <tr> <td data-bbox="652 1299 695 1404">0</td> <td data-bbox="699 1299 1495 1404"> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> </td> </tr> <tr> <td data-bbox="652 1413 695 1696">1</td> <td data-bbox="699 1413 1495 1696"> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggests but does not require 225 minutes/week</li> <li>• Specifies total amount of physical education, but it is less than 225 minutes/week</li> <li>• <u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Specifies number of times per week without duration</li> <li>• Time is specified for overall physical activity that specifically includes physical education</li> <li>• Requires schools to follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> </td> </tr> <tr> <td data-bbox="652 1705 695 1829">2</td> <td data-bbox="699 1705 1495 1829"> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Requires 225 minutes/week or more of physical education</li> <li>• <u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul> </td> </tr> </tbody> </table>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul>	1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggests but does not require 225 minutes/week</li> <li>• Specifies total amount of physical education, but it is less than 225 minutes/week</li> <li>• <u>Suggests</u> that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Specifies number of times per week without duration</li> <li>• Time is specified for overall physical activity that specifically includes physical education</li> <li>• Requires schools to follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul>	2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Requires 225 minutes/week or more of physical education</li> <li>• <u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul>
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## Section 4. Physical Education (*continued*)

PE5a	Specifies <u>minutes</u> of physical education for <u>high</u> school students	_____ minutes (circle day or week w/ red pencil) <b>Note: ONLY COMPLETE</b> If minutes/week is specified in PE5=1 or PE5=2; otherwise leave it blank.
PE5b	Specifies <u>days</u> per week of physical education for high school students	_____ days per week <b>Note: ONLY COMPLETE</b> If days/week is specified in PE5=1 or PE5=2; otherwise leave it blank.
PE6	Physical education promotes a <u>physically active lifestyle</u>	<p><b>0</b></p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggests that physical education classes promote a physically active lifestyle</li> <li>• Suggests that physical education programs focus on self-assessment</li> <li>• Suggests that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Requires schools to follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Physical education programs should promote an active lifestyle.”</li> <li>• “...schools will take a wellness approach to PE.”</li> <li>• “Health education will complement PE by reinforcing knowledge, skills, etc...needed to maintain a physically active lifestyle.”</li> </ul> <p><b>2</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Requires physical education to teach lifetime activities</li> <li>• <u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Focuses on self-assessment through a “Fitnessgram” or “Activitygram”</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Physical education shall focus on personal fitness.”</li> <li>• “...shall provide all students physical education that teaches them the skills needed for lifelong physical fitness.”</li> <li>• “Schools will provide PE and NE for all students to foster lifelong habits of healthy eating and physical activity.”</li> </ul>
PE7	Specifies <u>competency assessment</u> (i.e., knowledge, skills, or practice)	<p><b>Note: This item refers to an assessment that is part of the regular physical education curriculum to determine whether students are learning the skills and other content appropriate for their grade (e.g., sports rules). President’s Challenge Fitness Test does not qualify for a “1” or “2.”</b></p> <p><b>0</b></p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• A competency assessment or assessment of knowledge, skills, or practice is suggested and/or vague</li> <li>• Suggests that schools follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Requires schools to follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “...will promote rubrics that objectively evaluate and encourage active participation in physical education in all classes K-12.”</li> <li>• “Students should be able to demonstrate [physical education] competency through application of knowledge, skill development, and practice.”</li> </ul> <p><b>2</b></p> <p>Requires a competency assessment or assessment of knowledge, skill, or practice as part of the physical education curriculum. NASPE standards do not qualify for a “2”</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Students shall be able to demonstrate [physical education] competency through application of knowledge, skill development, and practice.”</li> </ul>

## Section 4. Physical Education (*continued*)

PE8	Addresses <u>physical education classes, courses, or credits</u> as an important part of the curriculum (i.e., on same par as other academic subjects)	0	Not mentioned
		1	Suggested that physical education classes, courses, or credits count toward graduation and/or GPA
		2	Required that physical education classes or credits count toward graduation and/or GPA
PE8a	Specifies number of physical education classes, courses, or credits specified	_____ PE classes, courses or credits toward graduation or GPA (Fill in # or unit) <b>Note: ONLY COMPLETE if PE8=2; otherwise leave it blank.</b>	
PE9	Addresses <u>frequency of required physical education</u> (daily)	0	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Frequency required/suggested but LESS than daily</li> </ul> <b>Example:</b> <ul style="list-style-type: none"> <li>"The equivalent of 1 class period/day of PE for <u>one semester</u> is required for K-8 students."</li> </ul>
		1	Suggested that students will receive daily physical education "Physical education should be provided every day." <b>Example:</b> <ul style="list-style-type: none"> <li>"Physical education should be provided every day."</li> </ul>
		2	Required that all students receive daily physical education <b>Example:</b> <ul style="list-style-type: none"> <li>"Physical education will be provided on a daily basis."</li> </ul>
PE9a	Addresses daily PE waiver  <b>*state level coding only</b>	0	Not mentioned
		1	School districts may apply for a waiver from the state-level daily PE requirement <b>Example:</b> <ul style="list-style-type: none"> <li>Refer to 105ILCS 5/27-6 and 105ILCS 5/2-3.25 for examples of daily PE waiver</li> </ul>
PE10	Addresses <u>teacher-student ratio</u> for physical education	0	Not mentioned or clearly states that PE classes are not subject to the same maximum class size or student-to-teacher ratios as other courses
		1	Vague and/or suggested <b>Examples:</b> <ul style="list-style-type: none"> <li>"For PE classes, the district shall staff those classes to provide for student safety and maximize student participation."</li> <li>"PE classes will have student/teacher ratios similar to those used in other classes."</li> <li>"PE class size is consistent with the requirement of good instruction and standing."</li> </ul>
		2	Specific and required <b>Example:</b> <ul style="list-style-type: none"> <li>"PE classes will have student/teacher ratios of 1:25."</li> </ul>



## Section 4. Physical Education (continued)

PE11	Addresses <u>safe and adequate equipment and facilities</u> for physical education	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Generic statements about safe environment/facilities that do not mention PE or indicative of equipment used for PE</li> <li>• Suggests that schools follow “national PE standards” or “nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“Creating a positive environment for PA – All schools in the district will provide a physical and social environment that encourages safe and enjoyable activity for all students.”</i></li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggested or encouraged</li> <li>• <u>Mentions</u> NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>• Requires schools to follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> <li>• Indicates that play areas, facilities, and equipment used for PA shall meet accepted standards</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“Physical activity facilities (and/or equipment) on school grounds shall be safe.”</i></li> <li>• <i>“Pursuant to district XYZ, PE is required to be offered to all pupils, therefore, schools are required to provide adequate facilities and instructional resources for the institution.”</i></li> </ul>
		2	<p>Ensures that equipment and facilities specifically used for PE are safe and adequate NASPE standards do not qualify for a “2”</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“The physical education program shall be provided adequate space and equipment and conform to all applicable safety standards.”</i></li> </ul>
PE12	Addresses amount of time devoted to <u>moderate to vigorous activity</u> in physical education	0	<p>Not mentioned Recess and other physical activities do not qualify; must be PE specific</p>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Suggested</li> <li>• Duration is not specified</li> <li>• Duration is less than 50% of class time</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>“The physical education program shall devote <u>as much class time as possible</u> to moderate and vigorous activity.”</i></li> <li>• <i>“All students shall have opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs ,and extracurricular programs.”</i></li> </ul>
		2	<p>At least 50% of class time is designated for moderate to vigorous activity</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• <i>“All physical education classes to include at least 50% of moderate to vigorous activity in all or most lessons.”</i></li> </ul>
PE12a	Specifies percent or amount of time allotted for moderate to vigorous activity		<p>_____ % or amount of time for moderate to vigorous activity (fill in % or amount of time) <b>Note: ONLY COMPLETE if PE12=1 or 2 and amount of MVA time is specified; otherwise leave it blank.</b></p>

## Section 4. Physical Education (*continued*)

PE13	<p>Addresses <u>qualifications</u> for physical education <u>instructors</u></p> <p><b>Note:</b> This item assesses whether PE must be taught by someone with a state or national PE endorsement (e.g., licensure or certification). This is <b>not</b> measuring whether the state has specific criterion for someone seeking to receive an endorsement in PE (e.g., minimum # hours) or to become a PE educator.</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned or not suggestive of credentials/qualifications</li> <li>Suggests that schools follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“PE instructors and PE teacher assistants, under the direction of the PE instructor, will teach PE classes.”</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Credentials are vaguely referred to or suggested</li> <li>Suggests NASPE Standards or the standards of the American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> <li>Requires schools to follow “national PE standards or nationally recognized guidelines for PE and PA” without mentioning NASPE standards</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Physical education shall be taught by <u>appropriate staff</u>.”</li> <li>“When possible, physical education will be taught by a licensed instructor.”</li> <li>“Certified teachers will teach all PE and health classes.”</li> <li>“...PE shall be taught by <u>highly qualified staff</u>...”</li> <li>“...PE will be taught by <u>competent staff</u>...”</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Requires that physical education be taught by a licensed instructor</li> <li><u>Requires</u> schools to follow NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance (this Alliance embeds NASPE)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Physical education will be taught by a licensed instructor.”</li> <li>“Health and PE classes will be taught by certified health and PE instructors at the secondary levels, 7-12.” (code this for MS/HS)</li> </ul>
PE14	<p>District provides <u>physical education training</u> for physical education <u>teachers</u></p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Staff only receive training/professional development related to PA without mention of PE</li> </ul>
		1	<p>Suggested that all staff or PE staff receive PE-related training/professional development</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“All staff involved in PE <u>should</u> be provided with opportunities for professional development.”</li> </ul>
		2	<p>Provision of PE training is required for PE teachers If <u>PE-specific training</u> is provided for a broader set of staff or teachers, it is assumed that PE teachers are included and will also receive PE training</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Ensures PE staff will receive professional development on a yearly basis.”</li> <li>“...shall provide staff with adequate training in PE.”</li> </ul>

## Section 4. Physical Education (*continued*)

PE15	Addresses <u>physical education waiver requirements</u> (e.g., substituting physical education requirement with other activities)	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Waivers for physical education are explicitly allowed in all instances</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li><i>“Unless otherwise exempted, all students will be required to engage in the physical education program.”</i> (An exemption could include physical education waivers.)</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Waivers for physical education are discouraged</li> <li>Waivers for physical education are prohibited with the exception of substituting physical activities (e.g., team sports) for physical education</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li><i>“Academic activities shall not take the place of physical education. However, students on the school’s sports teams may substitute participation for physical education credits.”</i></li> </ul>
		2	Prohibits substituting physical education with other activities, including physical activities. If waivers are prohibited with the exception of Individual(ized) Academic Plans (IAP) or Individual(ized) Education Plans (IEP), code as a “2” If the policy coding is grade level-specific, code as a “2” for the elementary level when the policy prohibits recess from taking the place of physical education
PE16*	Requires students to participate in an <u>annual health assessment</u> (e.g., fitness, fitnessgram,, or Body Mass Index [BMI], body composition)  *See Coding Appendix for additional clarification on Fitnessgram/BMI/body composition)	<b>Note: This item refers to a district-wide, systematic assessment after which parents are typically notified about their child’s results</b>	
		0	<p><b>Either of the following</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Only mentions self-assessment for physical fitness</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Vague, suggested, and/or unclear how often</li> <li>Assessment is specific and required, but a positive approach to communicating results is not mentioned</li> <li>Fitnessgram-type of language without including reporting language (see Appendix for sample language)</li> <li>Annual health assessment is required, but only for certain grade levels</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“...shall introduce developmentally appropriate components of Connecticut Physical Fitness Assessment.”</i></li> <li><i>“Schools will sponsor jointly w/the local health department the screening of students for vision, hearing, and height/weight/body mass index for age.”</i></li> <li><i>“During the months of Feb., March, or May, students in grades 5, 7, and 9 shall undergo the physical performance testing by the state BOE. Students shall be provided with their individual results after completing the physical performance testing.”</i></li> </ul>
2	Type of assessment is specified and required, assessment is annual, and a positive approach to communicating results is mentioned	<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“Confidential health reports will be sent directly to parents and will include additional resources.”</i></li> <li><i>“Physical education teachers will assist students in interpreting their personal attainments and compare them to national physical activity recommendations.”</i></li> </ul>	
PE17	Free drinking water available in the <u>gymnasium</u>	0	Not mentioned
		1	Vague and/or suggested  <b>Example:</b> <ul style="list-style-type: none"> <li><i>“Students and staff <u>should</u> have access to free, safe, and fresh drinking water in the gymnasium.”</i></li> </ul>
		2	Specific and required  <b>Example:</b> <ul style="list-style-type: none"> <li><i>“Students and staff <u>will</u> have access to free, safe, and fresh drinking water in the gymnasium.”</i></li> </ul>

## Section 5. Physical Activity

PA1	<p><u>Federal Wellness</u>: Includes goals for physical activity that are designed to promote student wellness in a manner that the local education agency determines is appropriate</p> <p><b>Note:</b> state coding – PA must be specific to Wellness Policy</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Physical activity is not mentioned</li> <li>Policy clearly detracts from requirement</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Physical activity goal is implied</li> <li>Policy <u>only</u> repeats the language of the federal wellness requirement regarding physical activity</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"The district is committed to physical activity."</li> <li>"Includes goals for physical activity designed to promote student wellness in a manner that the local educational agency determines is appropriate." (and no physical activity goals are stated)</li> </ul>
		2	<p>Any physical activity goal is mentioned</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Schools should provide regular physical activity."</li> </ul>
PA2	Physical activity provided for <u>every grade level</u>	0	Not mentioned
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Suggested</li> <li>Mentions provision of physical activity to "students," but it is unclear that each grade will receive physical activity outside of physical education</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...provide adequate time for students to be engaged in physical activity, which includes physical education, recess, and co-curricular activities."</li> </ul>
		2	<p>Clear that each grade will receive physical activity outside of physical education</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Physical activity will be integrated across the curricula for all grades (K-12) and throughout the school day."</li> <li>"All students will have opportunities, encouragement and support to engage in physical activity on a regular basis."</li> <li>"All students shall have opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, and extracurricular programs."</li> </ul>
PA3	Amount of time for PA	0	Amount of time for PA is not mentioned
		1	<p>Amount of time for PA throughout the SD is suggested/encouraged</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Students should be given a minimum of 30 minutes/day for PA through PE classes, daily recess periods in ES, and the integration of PA into the academic curriculum."</li> </ul>
		2	<p>Requires specific amount of time for PA</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Students in K-5 will receive a minimum of 30 minutes daily of PA including recess and/or physical education."</li> </ul>
PA3a	Specifies number of minutes of physical activity		<p>_____ minutes (circle day or week w/ red pencil)</p> <p><b>Note: ONLY COMPLETE</b> if amount of time is specified in PA3=1 or PA3=2; otherwise leave it blank.</p>
PA3b	PA definition includes PE		<p>The definition of PA produced in PA3 includes PE? <b>yes/no</b> (circle yes/no w/ red pencil)</p> <p><b>Example:</b> "PA will be included in a school's daily education program. PA will include regular instructional PE as well as co-curricular activities and recess."</p>
PA3c	PA definition includes recess (ES only)		<p>The definition of PA produced in PA3 includes recess? <b>yes/no</b> (circle yes/no w/ red pencil)</p> <p><b>Example:</b> "PA will be included in a school's daily education program. PA will include regular instructional PE as well as co-curricular activities and recess."</p>

## Section 5. Physical Activity

PA4*	Regular physical activity opportunities are <u>provided throughout the day</u> (NOT including recess)  *See Appendix for additional clarification.	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Only addresses physical activity <u>before</u> or <u>after</u> school</li> </ul> <p>Only addresses physical activity breaks relative to testing periods</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Students will be given opportunities for PA on a regular/daily basis. Opportunities for PA shall be provided through before and after school programs and extracurricular/interscholastic activities and programs.”</li> <li>• “When mandatory school-wide testing makes it necessary for students to be inactive for extended periods of time, schools will give students periodic breaks to stand and be moderately active”.</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Vague and/or suggested</li> <li>• Addresses PA for all students in the classroom setting w/o addressing frequency</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “All students will have opportunities, encouragement and support to engage in physical activity on a regular basis.”</li> <li>• “Classrooms shall incorporate, where possible, appropriate, short breaks that include physical movement.”</li> <li>• “The district will encourage teachers to integrate PA into the curriculum where appropriate.”</li> <li>• “PA will be integrated into the classroom setting.” (into the classroom setting is vague and does not specify throughout the school day)</li> <li>• “Students do not have periods of two or more hours of inactivity.”</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Regular physical activity throughout the day is required</li> <li>• Policy requires training for teachers on activities that incorporate physical activity throughout the day</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “Physical activity opportunities shall be offered daily during the school day.”</li> <li>• “Shall provide Take 10! training to all teachers.”</li> <li>• “All students will have opportunities, encouragement and support to engage in physical activity throughout the school day/on a daily basis.”</li> <li>• “For students to receive the nationally recommended 60 minutes of daily PA and for students to fully embrace PA as a personal behavior, students need opportunities for PA beyond PE classes. Toward that end: opportunities for PA will be incorporated into other subject areas.”</li> <li>• “Students shall be provided physical activity breaks throughout the school day.”</li> </ul>
PA5	Addresses <u>community use of school facilities</u> for physical activity outside of the school day	0	Not mentioned
		1	<p>Availability of school facilities for physical activity is suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The district should allow community-based organizations to use facilities outside school hours.”</li> <li>• “The district shall encourage community access to and student use of the school’s PA facilities outside the school day.”</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• States effort to <u>promote</u> the use of facilities</li> <li>• Ensures that facilities will be available</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “The district shall promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations.”</li> <li>• “Schools shall provide an environment that includes school facilities that support PA/PE...schools shall also provide an environment that enforces...shared/joint use agreements.”</li> </ul>
PA6	Addresses <u>safe active routes</u> to school	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “The school district may consider programs such as promoting safe and walkable routes to school.”</li> </ul>
		2	<p>Ensures effort to promote safe active routes to school (e.g., by seeking funding, working with local transit, organizing walking school bus, or ensuring safe walking paths)</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Each school is responsible for working with community groups to facilitate and promote walking and biking to school by students and staff using safe routes and safe practices.”</li> </ul>

## Section 5. Physical Activity (continued)

PA7	Addresses not using physical activity (extra or restricted) as <u>punishment</u>	0	Not mentioned
		1	Discouraged <b>Example:</b> <ul style="list-style-type: none"> <li>“Students <u>should</u> not be pulled out of physical education for any other content area instruction or punishment.”</li> </ul>
		2	Prohibited. Prohibition with exceptions for Individual(ized) Academic Plans (IAP) or Individual(ized) Education Plans (IEP) qualifies for a “2” <b>Example:</b> <ul style="list-style-type: none"> <li>“Staff members shall not deny participation in recess or other physical activity opportunities as a form of discipline or punishment unless the safety of students is in question.”</li> </ul>
PA8	Addresses <u>daily recess</u> in <u>elementary</u> school	0	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Less than daily recess specified</li> </ul>
		1	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Daily recess frequency suggested</li> <li>Recess is included in a list of possible activities where a frequency is specified (i.e., “daily”)</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>“Students will be given opportunities...to be physically active through developmentally appropriate <u>daily</u> activities such as recess, PE, etc....”</li> <li>“Supervised recess time should be provided to all students <u>within each school day</u> at all elementary schools.”</li> </ul>
		2	Specific and required <u>daily</u> recess <b>Examples:</b> <ul style="list-style-type: none"> <li>“All elementary school students shall have <u>daily</u> recess...”</li> <li>“Elementary students in grades 1 through 6 will be provided a time for supervised, outdoor recess <u>daily</u>, weather permitting.”</li> <li>“Students will be given opportunities to be physically active during the SD through <u>daily</u> recess, PE classes, and integration of PA into the classroom.”</li> </ul>
PA9	Addresses <u>recess frequency or amount (less than daily)</u> in <u>elementary</u> school	0	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Daily recess specified</li> </ul>
		1	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Frequency of recess is vague and/or suggested</li> <li>Recess is included in a list of possible activities where a frequency is specified but less than daily</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>“Students will be given opportunities...to be physically active through developmentally appropriate activities such as recess, PE, etc....”</li> <li>“Supervised recess time should be provided to all students at all elementary schools.”</li> </ul>
		2	Specific and required recess but less than daily <b>Examples:</b> <ul style="list-style-type: none"> <li>“All elementary school students shall have recess...”</li> <li>“Elementary students in grades 1 through 6 will be provided a time for supervised, outdoor recess, weather permitting.”</li> <li>“Students will be given opportunities to be physically active during the SD through recess, PE classes, and integration of PA into the classroom.”</li> </ul>

## Section 5. Physical Activity (continued)

PA8a	Specifies number of minutes for recess	<p>_____ minutes (circle day or week w/ red pencil)  <b>Note: If PA8 or PA9=1 or 2, fill in # of minutes specified for recess. If # minutes is not addressed, leave blank.</b></p>	
PA10	PA opportunities before and/or after school ( <u>excluding</u> intramural/extramural/ interscholastic)	0	Not mentioned or only mentions intramural/extramural/interscholastic PA opportunities
		1	<p>PA opportunities before and/or after school vague and/or suggested</p> <p><b>Example:</b> • "School spaces and facilities <u>should</u> be available to community agencies and organizations offering PA and nutrition programs."</p>
		2	<p>Specific and required opportunities for PA before and/or after school (e.g., school affiliated programs such as YMCA, park district, child-care centers).</p> <p><b>Examples:</b> • "Schools <u>shall</u> work with recreation agencies and other community organizations to coordinate and enhance opportunities available to students and staff for physical activity during their out-of-school time."</p>
PA11s	Laws authorizing school districts to open recreational facilities to the public/community organizations, but not necessarily requiring them to do so ( <b>state only</b> )	0	Not mentioned
		1	<p>Authorizing school districts to open recreational facilities to the public/community organizations</p> <p><b>Example:</b> • "The governing board may operate school buildings and grounds for the purpose of providing a public play and recreation center."</p>

## Section 6. Staff PA/Wellness/Modeling

ST1	Includes physical activity opportunities for school staff	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Training for teachers in PA to promote enjoyable lifelong PA for themselves and students</li> </ul> <p><b>Example:</b> • "...will incorporate PA into 1 of 3 professional days for school staff."</p>
		1	<p>Provision is suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "...should promote periodic and ongoing programs to increase the activity choices for faculty and staff."</li> <li>• "School district will encourage school staff to participate in PA..."</li> <li>• "The district desires to provide a comprehensive program promoting healthy eating and PA for district students and staff."</li> </ul>
		2	Provision is required
ST2	Includes <u>staff wellness</u> programs specifically addressing the health of staff	<p><b>Note: The focus of this variable is on staff wellness generally so the policy does not have to address both nutrition education and PA to get credit; either one will suffice for credit.</b></p>	
		0	<p>Not mentioned</p> <p>If policy encourages staff health but does not offer any programs or education</p> <p><b>Example:</b> • "School staff will be encouraged to improve their own health and wellness in relation to nutrition and physical activity."</p>
		1	<p>Program suggested or suggestion of staff wellness council/committee</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "...will <u>promote</u> periodic and ongoing programs to increase nutritional knowledge and activity for faculty and staff."</li> <li>• "...the school district highly values the health and well being of staff members with plans and policies that support personal efforts by staff to maintain a healthy lifestyle."</li> <li>• "Employee wellness education and involvement will be promoted at suitable school activities."</li> <li>• "The district desires to provide a comprehensive program promoting healthy eating and PA for district students and staff."</li> </ul>
2	<p>Program required</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Presentations on nutrition will be provided to staff."</li> <li>• "Activity programs will be available for staff, and gym memberships will be subsidized."</li> <li>• "Health and wellness classes will be offered to staff."</li> </ul>		
ST3	Encourages staff to <u>role model</u> healthy behaviors	0	Not mentioned
		1	<p>Suggested that staff be encouraged to model healthy behavior</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Each school in the district <u>should</u> encourage staff to model..."</li> <li>• "It will be necessary for not only the staff, but also the parents and the public to be involved in a community-wide effort to promote, support, and <u>model</u> such healthy eating behaviors."</li> </ul>
		2	<p>Required that staff shall be encouraged to model healthy behavior</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Staff <u>will be</u> encouraged to model health eating and physical activity as a valuable part of daily life."</li> </ul>



## Section 7. Stakeholder Involvement/Feedback

CP1*	Federal Wellness: Involve parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the <u>development</u> of the school wellness policy	<p><b>Note:</b> This should have happened in the past because it deals exclusively with policy DEVELOPMENT; however since language may not have been updated, code future orientation (i.e., “shall form a committee”) the same as present orientation.</p>	
		0	Neither policy nor supporting documentation specifies who was on policy development team or only specifies who shall be involved in revising the policy, monitoring implementation, or developing additional policies Participating in the wellness planning process mentioned in the policy does not count for this item
		1	Policy (or supporting documentation) specifies who was on policy development team, but not all required groups were represented Even if only one of the stakeholder categories is missing, code as a “1”
		2	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Policy (or supporting documentation) specifies who was on policy development team, and <u>all</u> required groups were represented</li> <li>Names of individuals are listed on the cover of the WP and it clearly states that these individuals were involved with development of the WP and <u>all</u> required groups are represented</li> <li>The WP states that the Board adopted the policy and indicates that all required participants are involved in developing the district wellness plan (implementation regulations)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The school district will engage students, parents, administrators, food service professionals, school board, and other interested community members in developing, implementing, monitoring, reviewing, and revising district nutrition and PA policies.”</li> <li>“A district-wide wellness advisory committee has been established for the purpose of assessing nutrition and PA environment throughout the district and is in compliance w/ current laws and regs.” (and all required groups are listed)</li> </ul> <ul style="list-style-type: none"> <li>Parents</li> <li>Students</li> <li>School food authority</li> <li>School Board</li> <li>School administrators</li> <li>Public</li> </ul>
CP2	Addresses <u>methods</u> to solicit or encourage <u>input</u> from stakeholder groups (e.g. two-way sharing)	0	Not mentioned
		1	<p>Specific methods suggested</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“The Superintendent or designee shall recommend for Board approval specific quality indicators...to measure implementation. These measure shall include feedback from food service personnel, school administrators, the school health council, parents/guardians, students and other appropriate persons.”</li> </ul>
		2	<p>Required to solicit input from stakeholders, and specific methods are named</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Students <u>will</u> be given the opportunity to provide input on local, cultural, and favorite ethnic foods.”</li> <li>“The school will consider student needs in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys and attention will be given to their comments.”</li> <li>“Shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.”</li> <li>“The food service director will be available to speak with parents during open house.”</li> <li>“The school food service program shall involve students, parents,..in the selection of competitive food items to be sold in the schools.”</li> <li>“Food services <u>will</u> provide families opportunities for input and monitoring of their children’s food purchases at the K-8 level.”</li> <li>“Student satisfaction surveys will be completed to assess satisfaction with meal service in the cafeteria.”</li> </ul>

## Section 7. Stakeholder Involvement/Feedback

CP3	<p>Specifies <u>how</u> district will engage parents or community to meet district wellness goals</p> <p>(e.g., through website, email, parent conferences, or events)</p>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Methods are vague</li> <li>• Specific methods are mentioned but not required</li> <li>• Specific methods are mentioned but it is unclear if school will engage parents or community</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Nutrition information should be provided to parents and staff through newsletters, publications, health fairs, and other activities..."</li> <li>• "Nutrition education may be provided in the form of handouts, the school website, articles and information provided in district or school newsletters, presentations that focus on nutrition and healthy lifestyles, a communication sent home, and through any other appropriate means available to reach parents." (See NOTE in "2" coding below.)</li> </ul>
		2	<p>Clear that the district or schools will engage parents or community, and specific methods are listed</p> <p>Even if it is unclear that each method listed will be used, as long as engaging parents or community is required, code as a "2"</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Nutrition education <u>will</u> be provided to parents. Nutrition education may be provided in the form of handouts, the school website, articles and information provided in district or school newsletters, presentations that focus on nutrition and healthy lifestyles, a communication sent home, and through any other appropriate means available to reach parents." (NOTE: It is the combination of the two sentences that warrant the "2" coding. The second sentence by itself would only warrant a "1" coding).</li> </ul>
CP4	<p>Involve parents, students, representatives of the school food authority, the school board, school administrators, and the public in the <u>periodic review</u> of the school wellness policy</p>	0	Only specifies which stakeholders were involved with development, and does not mention who is involved with periodic review of the wellness policy.
		1	Policy (or supporting documentation) specifies who is involved with <u>periodic review</u> of the wellness policy, but not all required groups are represented
		2	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Policy (or supporting documentation) specifies who is involved with <u>periodic review</u> of the policy, and <u>all</u> required groups are represented</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "The school district will engage students, parents, administrators, food service professionals, school board, and other interested community members in developing, implementing, monitoring, <u>reviewing</u>, and revising district nutrition and PA policies."</li> </ul> <ul style="list-style-type: none"> <li>• Parents</li> <li>• Students</li> <li>• School food authority</li> <li>• School Board</li> <li>• School administrators</li> <li>• Public</li> </ul>
CP5	<p>Involve parents, students, representatives of the school food authority, the school board, school administrators, and the public in the <u>update/revision</u> of the school wellness policy</p>	0	Only specifies which stakeholders were involved with development, and does not mention who is involved with updating the wellness policy
		1	Policy (or supporting documentation) specifies who is involved with <u>update/revision</u> of the policy, but not all required groups are represented
		2	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Policy (or supporting documentation) specifies who is involved with <u>update/revision</u> of the policy, and <u>all</u> required groups are represented</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "The school district will engage students, parents, administrators, food service professionals, school board, and other interested community members in developing, implementing, monitoring, reviewing, and <u>revising</u> district nutrition and PA policies."</li> </ul> <ul style="list-style-type: none"> <li>• Parents</li> <li>• Students</li> <li>• School food authority</li> <li>• School Board</li> <li>• School administrators</li> <li>• Public</li> </ul>

## Section 8. Messaging, Marketing, & Promotion

MP1	<p>Specifies district using Centers for Disease Control and Prevention's <u>(CDC) Coordinated School Health Program (CSHP) model</u> or other coordinated/comprehensive method</p> <p>The CSHP model consists of 8 interactive components: (1) health education, (2) family/community involvement, (3) health promotion for staff, (4) healthy school environment, (5) counseling, psychological and social services, (6) physical education, (7) health services, and (8) nutrition services</p>	0	<p>Not mentioned OR</p> <p>Components of CSHP are included in the policy but there is no mention of the CSHP by name in any way</p>
		1	<p>Mentions that district is considering use or working toward use of a coordinated school health model. Must say "coordinated school health"</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"We will strive toward integrating nutrition into a coordinated school health approach."</li> </ul>
		2	<p>Includes language to institutionalize a coordinated school health model</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Schools <u>will</u> link nutrition education activities with the coordinated school health program."</li> <li>"The coordinated school health council will develop, monitor, and implement administrative guidelines and improvement plans in the following eight areas [lists 8 CSHP areas]..."</li> </ul>
MP2	<p>Specifies <u>marketing (including social marketing/PSAs)</u> to promote healthy choices/strategies to encourage healthy choices</p>	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Indication that food and beverages sold by the food service program must be sold at "reasonable prices"</li> <li>Only addresses restricting marketing of unhealthy choices MP2 (CP89)</li> <li>The food service staff will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings</li> </ul>
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"It is recommended that organizations operating concessions at school functions market healthy food choices at a lower profit margin to encourage student selection."</li> <li>"Nutrition education materials, such as the Food Guide Pyramid, will be displayed where appropriate."</li> <li>"Healthy food options <u>should</u> be comparably priced."</li> <li>"Nutrition education will be conducted in the cafeteria through posters, campaigns, etc."</li> </ul>
		2	<p>Specific (posters, pricing structures, etc.) and required</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Schools shall label/mark healthy food items available so students know which are healthy items."</li> <li>"Snacks and beverages that meet the nutritional parameters for Balanced Choices are prominently identified with the signature Balanced Choices icon on menu signs and serving lines, in snack bars, and in vending machines. Balanced Choices snack and beverage signage is placed at eye-level as a strategy to encourage students to choose these items."</li> <li>"The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeterias to encourage students to make healthy choices."</li> <li>"Healthy food options <u>will</u> be comparably priced."</li> </ul>
MP3	<p>Specifies <u>restricting marketing/ advertising of unhealthful choices</u></p>	0	<p>Not mentioned or policy only addresses marketing of healthy choices</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Advertising associated with product and vending shall be limited to signage on equipment, paper cups, and a banner at booster sale locations."</li> </ul>
		1	<p>Restrictions are suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Display and advertising of FMNVs is strongly discouraged on school grounds."</li> <li>"School-based marketing will follow district nutrition standards." (the standards are not detailed)</li> <li>"...requires food service providers to be sensitive to the nutrition environment when displaying logos/trademarks on school grounds by encouraging healthy eating."</li> </ul>
		2	<p>Required</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Education materials shall be free of brands and illustrations of unhealthful foods."</li> <li>"Soft drink logos are not allowed on school materials or school property."</li> <li>"No vending machine front may display any product that does not contain fruit juice or water."</li> <li>"School-based marketing will be limited to the promotion of healthy items."</li> <li>"School-based marketing shall be consistent with the district's nutrition standards." (the standards are clearly specified)</li> </ul>

## Section 9. Evaluation

E1	<p><u>Federal Wellness</u>: Establish a plan for measuring implementation of the local wellness policy, including designation of one or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy</p>	0	Not mentioned
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>A plan is implied</li> <li>Describes a plan but does not designate one or more persons charged with ensuring compliance</li> <li>Describes a plan, but the person or group responsible for compliance is vague (e.g., “the school,” “school officials,” or “the district”)</li> <li><u>Only</u> repeats the language of the federal wellness requirement regarding a plan for measuring implementation</li> </ul>
		2	<p>Describes a plan and designates &gt;=1 person(s) charged with ensuring compliance</p> <ul style="list-style-type: none"> <li><i>“A district-wide Wellness Committee shall be established for the purpose of monitoring the implementation of the district’s Wellness Policy and its nutrition and physical activity components through the Superintendent or his/her designee.”</i></li> <li><i>“The Superintendent or designee shall ensure compliance with established district wide nutrition and physical activity policies. In each school, the building administrator or designee shall ensure compliance with those policies in his or her school.”</i></li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“The superintendent shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.”</i></li> <li><i>“The school district will form a wellness committee comprised of...to oversee development, implementation, monitoring, and reviewing of district-wide nutrition and PA policies.”</i></li> <li><i>“The superintendent or designee shall provide periodic implementation data and/or reports to the board concerning this policy’s implementation sufficient to allow the Board to monitor and adjust the policy.”</i></li> </ul>
E2	<p>Addresses a <u>plan for policy implementation</u>, including a person or group responsible (initial or ongoing)</p>	0	Not mentioned
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Identifies having or developing a plan without strong language or without identifying a person or group responsible</li> <li>Identifies a plan, but the person or group responsible is vague (e.g., “the school,” “school officials,” or “the district”)</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li><i>“The district will strive to implement the policy by...”</i></li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Uses strong language, identifies having or developing a plan for implementation and identifies a person or group responsible</li> <li>Policy mentions a plan for implementation of specific activities, such as, “the principal shall ensure that vending machines are in compliance with district standards</li> </ul> <ul style="list-style-type: none"> <li><i>“The Superintendent or designee shall ensure compliance with established district wide nutrition and physical activity policies. In each school, the building administrator or designee shall ensure compliance...”</i></li> <li><i>“The superintendent shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.”</i></li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li><i>“The school district will form a wellness committee...to oversee development, implementation, monitoring, and reviewing of district-wide nutrition/PA policies.”</i></li> <li><i>“The superintendent or designee shall provide periodic implementation data and/or reports to the board concerning this policy’s implementation sufficient to allow the Board to monitor and adjust the policy.”</i></li> </ul>

## Section 9. Evaluation (continued)

E3	<p>Establishes a <u>health advisory committee</u> or school health council that is <u>ongoing</u> beyond policy development</p> <p>*See Coding Appendix for additional clarification</p>	0	Not mentioned
		1	<p>Suggested and/or not clear that the committee will be ongoing</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "A wellness policy committee will be formed in district XYZ."</li> </ul>
		2	<p>Committee is required and clearly ongoing</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "The Nutrition and Physical Activity Advisory Council shall include stakeholders) and shall meet a minimum of two times annually to monitor and evaluate the implementation of the policy."</li> <li>• "Review of this policy shall occur every 5 years, by a committee appointed by the Board, consisting of representative(s) of the Board, the administration, the food service provider, the parents, the students, and the public. The committee shall provide the Board with any recommended changes to the policy."</li> <li>• "The health advisory committee is responsible for implementation, evaluation and revisions of the wellness policy"</li> <li>• "The health advisory committee will meet periodically to review, assess and revise the wellness policy."</li> </ul>
E4_new	<p>Body Mass Index (BMI)/body composition/measurement</p> <p>*See Coding Appendix for additional clarification on Fitnessgram/BMI/body composition/ height and weight</p>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Health assessment/screening not specific to BMI</li> <li>• Only assesses height/weight without calculating BMI</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Statue requires the County Health Dept. w/ the School District Board to develop a plan that includes provisions for Growth and Development Screening."</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• BMI/body composition/fitnessgram assessment suggested/encouraged (not required) with or without parental reporting</li> <li>• Body composition assessment required (but does not specify BMI)</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• BMI/body composition/fitnessgram assessment required for some but not all grades within the grade range (e.g., ES, MS, or HS) with or without parental reporting</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Schools will sponsor jointly w/the local health department the screening of students for vision, hearing, and height/weight/body mass index for age."</li> </ul>
		3	BMI/body composition/fitnessgram assessment required for all grades but <u>no parental reporting required</u>
		4	BMI/body composition/fitnessgram assessment required for all grades <u>with parental reporting required</u>

## Section 9. Evaluation (continued)

E5	Addresses a plan for policy <u>evaluation</u> , including a person/group responsible for tracking outcomes	0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Implementation language mentions “monitor” or “review” without suggesting some type of assessment or evaluation</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Some kind of pre-post assessment is <u>implied</u></li> <li>An evaluation plan is required, but the person or group responsible is vague (e.g., “the school,” “school officials,” or “the district”)</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“The district shall conduct an assessment of the health and fitness policy.”</li> <li>“The superintendent shall measure how well this policy is being implemented, managed, and enforced.”</li> <li>In the section on adopting/implementing health and PE curriculum, the following statement was included: “Evaluation procedures will utilize classroom-based assessment strategies...”</li> </ul>
		2	<p><b>ALL of the following:</b></p> <ul style="list-style-type: none"> <li>An evaluation plan is required</li> <li>A person/group responsible for tracking evaluation is identified</li> </ul> <p>Specific outcomes to be measured are stated (i.e., health impact, fiscal impact, student learning, School Health Index)</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“The <u>Advisory Council</u> shall meet at least annually to review nutrition and physical activity policies, <u>evidence on student health impact</u>, and effective programs and program elements.”</li> </ul>
E6	Addresses the <u>audience</u> and <u>frequency</u> of a <u>report</u> on compliance and/or evaluation	0	Not mentioned
		1	Some kind of report on compliance or evaluation is implied
		2	<p><b>ALL of the following:</b></p> <ul style="list-style-type: none"> <li>Reporting on compliance or evaluation is <u>required</u></li> <li><u>Specific items</u> are stated (e.g., compliance with nutrition guidelines, listing of activities and programs conducted to promote nutrition and physical activity, recommendations for policy and/or program revisions, feedback received from stakeholders)</li> <li>It is clear that a report will be made to a <u>specific audience</u> (e.g., board of education, administration, Parent Teacher Association [PTA] / Parent Teacher Organization [PTO], and the public)</li> <li><u>Frequency</u> of reporting is stated</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“The advisory council shall prepare a report annually for the Superintendent evaluating the implementation of the policy and regulations and include any recommended changes or revisions.”</li> </ul>
E7	Identifies <u>funding support</u> for wellness activities or policy evaluation	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>“Adequate funding will be provided.”</li> <li>“Funding for wellness activities should be made available through the local budget process.”</li> <li>“Major fitness opportunities will be added through Grant purchases.”</li> </ul>
		2	<p>Ensures that funding will be provided, and identifies a specific source</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>“Funding for the school wellness evaluation will be allocated from the general operations budget.”</li> </ul>

## Section 9. Evaluation (continued)

E8	Identifies a plan for <u>revising the policy</u>	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Implementation language mentions “monitor” or “review” without suggesting some type of revision or review for the purpose of revising the policy</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Future orientation in making a decision to revise</li> <li>• Revision is mentioned, but it is unclear if it refers to the <u>policy</u></li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “...<u>may</u> meet to discuss revisions to policy.”</li> <li>• “...<u>may</u> suggest changes.”</li> <li>• “...<u>shall</u> implement <u>program</u> changes.”</li> <li>• “...it is the goal of the district to review the policy to make necessary changes, as appropriate...”</li> </ul>
		2	<p>Discusses revision to policy in any way by any person or group</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• “...<u>will</u> meet to discuss revisions to policy.”</li> <li>• “The policy shall be revised as necessary.”</li> <li>• “...the school district will engage...in developing, implementing, monitoring, reviewing, and revising district nutrition and physical activity policies.”</li> </ul>

E9	Reporting Frequency	NA	Not Applicable – use this when E6=0
		NS	Not Specified—use this when E6=1 or 2 but frequency not specified
		<p>Fill in the Blank: How often/frequent is reporting on policy implementation/compliance supposed to occur?</p> <p>Notes on this item: -If frequency is mentioned for multiple reports, default to the generalized report -Give credit for weak language if frequency is mentioned</p> <p><b>Examples:</b></p> <p>Annual</p> <ul style="list-style-type: none"> <li>• “Wellness Program coordinators will report to the board <u>annually</u>.”</li> <li>• “The Superintendent will be responsible for reporting to the Board on an <u>annual</u> basis the progress of the School District in implementing this policy.”</li> </ul> <p>Triennial</p> <ul style="list-style-type: none"> <li>• “The Superintendent or designee will develop a summary report every <u>three years</u> on district-wide compliance with the district’s established nutrition and physical activity wellness policies. That report will be provided to the school board.”</li> </ul>	

## Section 9. Evaluation (continued)

E10	Update Frequency	NA	Not Applicable—use this if E8=0
		NS	Not Specified—use this if E8=1 or 2 but frequency not specified
		Fill in the Blank: How often is the policy scheduled to be reviewed for changes/updates?	
		Notes on this item: -Give credit for recommended revisions that have specific frequency. -No credit if meet annually to review implementation -No credit for assessing compliance	
		<b>Examples:</b>	
	Annual	<ul style="list-style-type: none"> <li>“The HR Director is responsible for implementation of the wellness policy and will recommend policy changes as necessary. The wellness program coordinators will meet <u>annually</u>, or as necessary, to review Missouri Eat Smart Guidelines.”</li> <li>“An ongoing school health advisory council will review the wellness policies on a <u>yearly</u> basis. They will make suggestions to the board for approval changes to policies.”</li> </ul>	
	Biannual	<ul style="list-style-type: none"> <li>“The committee will meet <u>2 times a year</u> to review the policy. This will include assessing the school using the Healthy School Index.”</li> </ul>	
	Triennial	<ul style="list-style-type: none"> <li>“The district will conduct an assessment of the school's existing nutrition and physical activity policies. Assessments will be repeated <u>every three years</u> to help review policy compliance, assess progress, and determine areas in need of improvement.”</li> </ul>	
E11	Evaluation/implementation Review Frequency	NA	Not applicable—use this if E5=0
		NS	Not specified—use this if E5=1 or 2 but frequency not specified
		Fill in the blank: How often is a review/assessment/evaluation of implementation/compliance scheduled to occur?	
		<b>Examples:</b>	
			Biannual
	Triennial	<ul style="list-style-type: none"> <li>“The district will conduct an assessment of the school's existing nutrition and physical activity policies. Assessments will be repeated <u>every three years</u> to help review policy compliance, assess progress, and determine areas in need of improvement.”</li> </ul>	



## Section 9. Evaluation (continued)

E12	Requires district to report to the state	0	Does not address district reporting to the state
		1	Encourages district to report to the state OR requires reporting to the state but does not specify what they are to report on <b>Example:</b> <ul style="list-style-type: none"> <li>“...require that goals and objectives for nutrition and PA be incorporated into the annual school planning and reporting process.”</li> </ul>
		2	Requires district to report to the state with a copy of the policy, implementation progress, compliance, evaluation results, etc. <b>Examples:</b> <ul style="list-style-type: none"> <li>“Each school district shall submit to the DOE a copy of its school wellness policy. Each school district shall annually review its wellness policy...and provide a procedure for public input and revisions. Each school district shall send an updated copy of its wellness policy to the Dept. when a change or revision is made.”</li> <li>“Each local school administrative unit shall collect baseline data at the individual school level and report the baseline data to the Dept. of Public Instruction for Analysis. At minimum, the baseline data will include: minutes of PE, number of PE classes/week, BMI...”</li> <li>“Each school year, a school district board shall determine whether the school district is in compliance w/ the standards required by law [for food and beverages sold in school] and report the results of that determination to the DOE.”</li> </ul>
E13	TA to district/LEA for wellness policy implementation  *state level coding	0	Not mentioned
		1	Encourages the state DOE to post on its website resources and other materials to facilitate development and implementation of school policy requirements <b>Example:</b> <ul style="list-style-type: none"> <li>“The state DOE shall employ a health and PE coordinator who shall be responsible...to provide TA to public schools and school systems as needed.”</li> </ul>
		2	Requires the state DOE to post on its website resources and other materials to facilitate development and implementation of school policy requirements <b>Examples:</b> <ul style="list-style-type: none"> <li>“The [state] Nutrition and Physical Activity Advisory Committee will assist in the development of local policies...including, but not limited to the following...Assist with implementation of nutrition and physical activity standard development by the Committee..., integrate nutrition and PA into the overall curriculum.”</li> <li>“The DOE and Dept. of Workforce Education will provide TA in helping schools integrate health education curricula that will include the nutrition components.”</li> </ul>
E14	Monitor schools/LEA for compliance with state requirements  *state level coding	0	Not mentioned
		1	Vague and/or suggested <b>Example:</b> <ul style="list-style-type: none"> <li>“The DOE may monitor whether school districts are in compliance with the standards required by law [standards for food and beverages sold in school].”</li> </ul>
		2	Requires state to monitor schools/LEA for compliance with state requirements <b>Examples:</b> <ul style="list-style-type: none"> <li>“The statewide Health Advisory Council’s responsibilities will include monitoring and evaluating current PE and PA programs...”</li> <li>“All complaints received by state regarding competitive foods violations, regardless of source, will be forwarded to the local school food service supervisor for initial investigations.”</li> <li>“The PA coordinator shall present a state physical activity plan each year to the Governor’s Commission on Physical Fitness and Sports...”</li> <li>“Each sponsor’s implementation of the Free and Reduced Price Policy and the Model School Nutrition Policy shall be reviewed and evaluated by the Division on a continuing basis.”</li> </ul>

## Section 9. Evaluation (continued)

E15	Penalties for district failure to comply  *state level coding	0	Not mentioned
		1	Vague and/or suggested  <b>Example:</b> <ul style="list-style-type: none"> <li>“Federal and State child nutrition program funds <i>may</i> be withheld and/or fiscal action taken against sponsors found not in compliance w/ applicable Federal regulations and the Department’s Model School Nutrition Policy.”</li> </ul>
		2	Requires penalties for district failure to comply with state requirements  <b>Example:</b> <ul style="list-style-type: none"> <li>“Any public school that violates min. nutritional standards for foods sold outside school lunch programs shall be subject to a penalty to be assessed by the commissioner of education.”</li> </ul>
E16	Corrective action plan for schools/LEA for non-compliance  *state level coding	0	Not mentioned
		1	Vague and/or suggested
		2	Requires a corrective action plan for schools/LEA for non-compliance with state requirements  <b>Example:</b> <ul style="list-style-type: none"> <li>“A School district that the Superintendent finds to be noncompliant with the mandatory provisions of this article [Pupil Nutrition, Health, and Achievement Act] shall adopt and provide to the Sup., a corrective action plan that sets forth the actions taken by the school district...”</li> </ul>
E17	State evaluation and reporting required  *state level coding	0	Not mentioned
		1	Vague and/or suggested
		2	Requires state evaluation and reporting by schools/LEA  <b>Examples:</b> <ul style="list-style-type: none"> <li>“The Department...shall annually report on progress in implementing the nutrition and PE standards to the ...[state legislature].”</li> <li>“The [state] taskforce shall report its evaluation of the effectiveness of school wellness policies to the General Assembly and the Governor...”</li> <li>“The DOE shall submit a written report to the Senate and House committees on education...regarding the status of health and physical education in the public elementary and secondary schools in the state, including findings and recommendations.”</li> </ul>

## Section 10. Reporting

R1	Public posting/access to WP on district website	0	Not mentioned
		1	Vague and/or suggested <b>Examples</b> <ul style="list-style-type: none"> <li>• "The district will ensure school and community awareness of this policy through various means, <u>such as</u> publication in District newsletters, website, and/or the District calendar."</li> </ul>
		2	Requires district to post its WP on its district website <b>Examples</b> <ul style="list-style-type: none"> <li>• "All public schools and public charter schools shall promote their local wellness policy to faculty, staff, parents, and students. A copy shall be: posted on each school's website."</li> </ul>
R2	Public posting/access to WP non-website	0	Not mentioned
		1	Vague and/or suggested <b>Examples</b> <ul style="list-style-type: none"> <li>• "The district will ensure school and community awareness of this policy through various means, <u>such as</u> publication in District newsletters, website, and/or the District calendar."</li> </ul>
		2	Requires district to post its WP (other than district website) <b>Examples</b> <ul style="list-style-type: none"> <li>• "Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas."</li> </ul>
R3	District reporting of WP to state	0	Not mentioned
		1	Vague and/or suggested
		2	Requires district to report its WP to the state <b>Examples</b> <ul style="list-style-type: none"> <li>• "By September 1, 2006, each school district shall submit to the Department of Education a copy of its school wellness policy."</li> </ul>
R3s*	State DOE/BOE posting district wellness policies on its website *state level coding	0	Not mentioned
		1	Vague and/or suggested
		2	Requires state DOE/BOE to post district wellness policies on its website
R4	Reporting to public	0	Not mentioned
		1	Encourages district to report to the public
		2	Requires district to report to the public
R5	Reporting to district	0	Not mentioned
		1	Encourages district to report to the district (e.g., board, superintendent)
		2	Requires district to report to the district (e.g., board, superintendent)

## Section 10. Reporting (continued)

R6	Reporting to state	0	Not mentioned
		1	Encourages district to report to the state
		2	Requires district to report to the state
R7	Reporting to other/NS	0	Not mentioned
		1	Encourages reporting (other or group not specified)
		2	Requires reporting (other or group not specified)
R8	Reporting on food safety inspections	0	Not mentioned
		1	Vague and/or suggested <b>Example</b> • <i>"In accordance with Federal Law, the Cafeteria Mangers will take such necessary action to obtain a minimum of 2 food safety inspections per school year...The report of the most recent inspection will be posted in a publicly visible location and a copy of the report will be available upon request."</i>
		2	Requires district to report on food safety inspections
R9	Reporting on local WP compliance	0	Not mentioned <b>Examples</b> • <i>"Building administrators will annually report to the district the steps taken to improve wellness in their building."</i>
		1	Vague and/or suggested <b>Example</b> • <i>"The Superintendent or designee shall measure implementation of the wellness policy by conduction periodic reviews or receiving periodic reports."</i>
		2	Requires district to report on local WP compliance <b>Examples</b> • <i>"The advisory council shall prepare a report annually for the Superintendent evaluating the implementation of the policy and regulations and include any recommended changes or revisions."</i>
R10	Reporting on meal program participation	0	Not mentioned • Reporting on eligibility for FRPL does not qualify; must mention reporting on overall meal participation rates.
		1	Vague and/or suggested
		2	Requires district to report on meal program participation rates <b>Examples</b> • <i>"The wellness committee will be responsible for preparing an annual report by June 15 of each year that includes: monthly district menus and meal counts."</i>

## Section 10. Reporting (continued)

R11	Reporting on nutritional quality of program meals	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Example</b>     •“The report may include: Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.”</p>
		2	<p>Requires district to report on the nutritional quality of program meals</p> <p>•“School food service staff, at the school or district level, will ensure compliance with nutrition policies within food service areas and will report on this matter to the Food Service Director [and the district WP addresses nutritional content of school meals].”</p> <p>•“The superintendent shall require the school FSD to complete the assessment of the nutrition program required under KRS 158.856 (KY) and to issue an annual report at least 60 days prior to the public hearing required by that statute. The nutrition assessment report may be issued via posting on the District web site. [from KRS 158.8560] (1) Each school food service director shall annually assess school nutrition in the district and issue a written report to parents, the local school board, and school-based decision making councils. The report shall include: (a) An evaluation of compliance with the National School Breakfast and National School Lunch programs.”</p> <p>•“The director of Food and Nutrition Service will provide an annual report to the superintendent setting forth the nutrition guidelines and procedures for selection of all foods made available through the Food Service Program.”</p> <p>•“The Superintendent or designee shall report to the Board at least every two year on the implementation of this policy and any other Board policies related to nutrition and physical activity. To determine whether the policy is being effectively implemented districtwide and at each district school, the following indicators shall be use: An analysis of the nutritional content of meals served based on a sample of menus”</p>
R12	Reporting on competitive F&B available/sold	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Examples</b></p> <ul style="list-style-type: none"> <li>• “The superintendent will annually report to the board on the district’s compliance with laws and policies related to student wellness. The report <u>may</u> include: review of all F&amp;Bs sold in schools for compliance with established NGs.”</li> <li>• “The FSD will conduct on-site audits at each school a minimum of 2 times a year to ensure compliance with nutrition requirements stated in this policy. Audit results will be shared with cafeteria managers and principals for review and modifications as required.”</li> <li>• “The report may include: Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.”</li> </ul>
		2	<p>Requires district to report on competitive F&amp;B available and/or sold</p> <ul style="list-style-type: none"> <li>• “The wellness committee will be responsible for preparing an annual report by June 15 of each year that includes: listing of all a la carte, vending, and competitive foods sold by school food service; listing of all other sales of foods throughout the district including vending machines, school stores, culinary and special ed. Programs, in-school and in-class fundraisers etc.”</li> <li>• “The district food service program administrator will provide an annual report to the superintendent, setting forth the nutrition guidelines and procedures for selection of all foods made available to campus, to ensure compliance with the wellness policy.”</li> <li>• “The Superintendent or designee shall report to the Board at least every two year on the implementation of this policy and any other Board policies related to nutrition and physical activity. To determine whether the policy is being effectively implemented districtwide and at each district school, the following indicators shall be use: Any sales of non-nutritious foods an beverages in fundraisers or other venues outside of the district’s meal program.”</li> </ul>

## Section 10. Reporting (continued)

R13	Reporting on PE/PA requirements	0	Not mentioned
		1	Vague and/or suggested
		2	<p>Requires district to report on PE/PA requirements</p> <p><b>Examples</b></p> <ul style="list-style-type: none"> <li>• <i>“The superintendent or designee will report the following annually: implementation of PE and PA minutes for students K-5.”</i></li> <li>• <i>“The district will report to SDE by June 15<sup>th</sup> (each year) the daily PE/PA activity for students by school, grade, and class.”</i></li> <li>• <i>“The council will assist the superintendent in creating an annual report which includes minutes of PA and PE and/or healthful living education received by students in the district each school year.”</i></li> <li>• <i>“The school district will report to the community...the percentage of students participating in PE classes...”</i></li> </ul>
R14	Reporting on Fitness Assessments	0	Not mentioned
		1	Vague and/or suggested
		2	<p>Requires district to report on fitness assessments</p> <p><b>Examples</b></p> <ul style="list-style-type: none"> <li>• <i>Students' health-related fitness reports will be shared with parents/legal guardians at grades 5, 8, and high school.</i></li> </ul>
R15	Reporting on BMI	0	Not mentioned
		1	Vague and/or suggested
		2	<p>Requires district to report on BMI</p> <p><b>Examples</b></p> <ul style="list-style-type: none"> <li>• <i>“Beginning with kindergarten and then in even numbered grades, schools will be required to include, as a part of a student health report to parents, a BMI percentile by age for each student in a private and confidential manner.”</i></li> </ul>
R16	Reporting on other/SHI	0	Not mentioned
		1	<p>Vague and/or suggested</p> <p><b>Example</b></p> <ul style="list-style-type: none"> <li>• <i>“District PA/health and fitness programs will be monitored and assessed regularly in conjunction with district academic and health-related programs using tools like the Physical Best Program, Healthy Youth Survey, CDC SHI, or OSPI approved assessment. Results of the surveys will be reported to the Board, school sites, and made available to parents, and community members on an annual basis.”</i></li> <li>• <i>“Data for the report is available from the following sources: School Lunch Program data.”</i></li> <li>• <i>“The report may include: Evaluation of food service program.”</i></li> </ul>
		2	<p>Requires district to report on other items (such as results of School Health Index [SHI], School Meals Initiative [SMI], PA opportunities)</p> <p><b>Examples</b></p> <ul style="list-style-type: none"> <li>• <i>“The wellness committee will be responsible for preparing an annual report by June 15 of each year that includes: listing of PA programs and opportunities for students throughout the school year.”</i></li> <li>• <i>“The student nutrition supervisor at the school or district level will ensure compliance with nutrition policies in the school nutrition services program and will report to the superintendent or designee on this matter.”</i></li> <li>• <i>“In addition, the district will report on the most recent USDA school meals initiative (SMI) review findings and any resulting changes.”</i></li> </ul>

## UIC WELLNESS POLICY CODING TOOL APPENDIX

This appendix provides specific examples of wellness policy language included in model policies and actual district policies along with the corresponding coding clarifications. Following the coding examples are a series of decision rules to accompany the codebook.

Item/Question	Answer
How do you code header language? (2/28/08)	If a <b>provision of interest is in the header</b> (e.g., Daily Recess; Nutritional Guidelines for All F&B Sold or Served During the School Day) we are going to give them the benefit of the doubt and count it because of their intent. However, if the text of the policy that is below the provisions varies from the header or weakens the header, code based on the text.
How do you code goal language?	<p>If the entire policy is a set of goals such as the following, code everything as a “goal” and not a requirement, assign a “1” where appropriate:</p> <ul style="list-style-type: none"> <li>• The wellness policy goals for XYZ district are: <ul style="list-style-type: none"> <li>○ To provide nutrition education...</li> <li>○ To offer low-fat foods at school meals</li> <li>○ To participate in the School Breakfast program</li> <li>○ To minimize the amount of sugar, fat, sodium in competitive food sales, etc.</li> </ul> </li> </ul> <p>If the entire policy is specified as a goal and then specifies what will be done/required, assign a “2” as appropriate (see the following example language):</p> <ul style="list-style-type: none"> <li>• The overall goal for NE for XYZ school district is to promote the integration of NE into all curriculum areas. We will: <ul style="list-style-type: none"> <li>○ Integrate NE throughout the curriculum</li> <li>○ Provide NE for all grade levels, etc.</li> </ul> </li> </ul> <p>If the policy has the word “Goals” at the top but then follows typical wellness language that is not considered goal language, code as appropriate (either “1” or “2”). For example:</p> <p><b>GOALS:</b> Nutrition education. The XYZ schools aim to teach....Staff members shall teach healthy living skills as part of the regular instructional program...</p> <p>The district shall adopt and implement a comprehensive standards-based health and fitness curriculum...All students in PK-12 will receive regular PE....</p> <p>If the policy provides “Guidelines” and then provides additional “Goals,” code the guidelines as the requirements (i.e., level 2, as appropriate) and the goals as non-requirements (i.e., level 1 as appropriate).</p>
How and when do we code for cross-referenced documents included in the wellness policy?	<p>We only need to code the cross-referenced non-state law documents (e.g., curricula frameworks, Action For Healthy Kids, etc.) if the document is specifically mentioned within the policy as a document that the district is following/should follow for X,Y, Z. For example:</p> <ul style="list-style-type: none"> <li>• School district A encourages the sale of healthy food choices. To this end, all schools in the district must follow the state Action for Healthy Kids guidelines for the sale of competitive foods. In this case, you would incorporate the state Action for Healthy Kids competitive food guidelines into your coding for the district. (See below for specific guidance on coding a cross-referenced document that contains recommendation/“should” language.)</li> </ul> <p>You do NOT have to code for cross-referenced documents that are simply listed as cross-references at the end of the policy. For example:</p> <ul style="list-style-type: none"> <li>• CROSS-REF: <ul style="list-style-type: none"> <li>○ State X Model Wellness Policy</li> <li>○ State X School Board Association Competitive Food Guidelines</li> </ul> </li> </ul> <p><i>Unless these cross-referenced items are specifically mentioned in the policy as something that the district is following/should follow, then they do not need to be coded for the given district.</i></p>
How do you code cross-referenced documents that contain recommendations/provisions that “should” be followed?	<p>If the wellness policy states that District XYZ follows/adheres to/will follow (etc.) [MODEL/ ORGANIZATION NAME ABC]’s nutrition guidelines..and the nutrition guidelines are written as “may” or “should,” count as a “1” because the district is requiring that “weak” model policy be followed (i.e., that contains “should” or “encourage” type language). Typical language may read as follows:</p> <ul style="list-style-type: none"> <li>• “The food service program will comply with current USDA and state Action for Healthy Kids guidelines” for all foods sold/served on campus” (The state AFHK language is full of “should” statements.”</li> </ul>
How do you code language that “strives to meet” weak state policy?	If the policy indicates that the district will “strive to/aim to/goal is to” meet state law that is weak (i.e., a “1” or “0”), then assign a “0” for the district on that item. (upd. 8/19/08)

Item/Question	Answer
<p>How do you code NG items for a policy that simply sets “goals” for developing nutrition guidelines for competitive foods (including or such as) vending machines, school stores, a la carte, etc.?</p>	<p>If the policy simply states that is the “goal” of the district to develop guidelines for competitive foods...including/such as, vending machines, a la carte, etc...and no other language is included, <b>ONLY</b> code NG1=1; do not code any other NG item for this language.</p>
<p>How to code NGs when only a la carte is allowed (and specific guidelines for a la carte are defined) and all other competitive foods are banned (i.e., vending, school stores). *typically this language is seen at the ES level</p>	<p>Example:  “An ES may not serve competitive foods to students on school premises throughout the SD until the end of the last scheduled class. This does not pertain to food items made available by the food service department .” (in this case, includes a la carte, and they have specific guidelines for a la carte)</p> <p>NG1=2  NG2=1  NG10=4 (vending ban)  NG11=4 (school store ban)  NG12=2 (code as appropriate, according to the strength of the a la carte guidelines)  All other NGs will be coded “1” or “2” as appropriate, depending on the strength of the a la carte guidelines.</p>
<p>How to code school year variance, when mentions nutrition guidelines will be implemented by a specific date.</p>	<p>For example:  “By Sept 1, 2007 <b>ONLY</b> milk, water and 100% juice may be sold on school grounds.”  This wellness policy was adopted Sept 18, 2006, so it is suggestive that these guidelines <b>should</b> be implemented within the 2006-2007 school year and <b>will</b> be implemented by the 2007-2008 school year.  Thus, code NG22, NG24, NG25, NG29=1 for 2006-2007 (and code NG22, 24, 25, 29=2 for 2007-2008)</p>



Item/Question	Answer
<p><b>How do you code NG2 and other NG items for CSPI model/like and NANA model/like language?</b></p>	<ul style="list-style-type: none"> <li>• <b>CSPI-like Model:</b> Elementary Schools. The school food service program will approve and provide all food and beverage sales to students in the elementary grades. Given young children's limited nutrition skills, food in elementary grades <u>will</u> be sold as balanced meals. If available, foods and beverages sold individually <u>will be limited to</u> low-fat, and non-fat milk, fruits, and non-fried vegetables. <ul style="list-style-type: none"> <li>○ <b>If this were the <u>only</u> language for ES for this district for the NG items, you would also code as follows:</b> <ul style="list-style-type: none"> <li>▪ NG1=2</li> <li>▪ NG2=2</li> <li>▪ NG5=2</li> <li>▪ NG6=2</li> <li>▪ NG10-12=4</li> <li>▪ NG16=4</li> <li>▪ NG17=4</li> <li>▪ NG18=4</li> <li>▪ NG19=4</li> <li>▪ NG20=4</li> <li>▪ NG22=4</li> <li>▪ NG24=4</li> <li>▪ NG25=4</li> <li>▪ NG27=4</li> <li>▪ NG29=4</li> </ul> </li> </ul> </li> <li>• <b>CSPI/NANA Model:</b> Elementary Schools. The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools <u>should</u> be sold as balanced meals. If available, foods and beverages sold individually <u>should be limited to</u> low-fat and non-fat milk, fruits, and non-fried vegetables. <ul style="list-style-type: none"> <li>○ <b>If this were the <u>only</u> language for ES for this district for the NG items, you would also code as follows:</b> <ul style="list-style-type: none"> <li>▪ NG1=1</li> <li>▪ NG2=1</li> <li>▪ NG5=1</li> <li>▪ NG6=1</li> <li>▪ NG10-12=1</li> <li>▪ NG16=1</li> <li>▪ NG17=1</li> <li>▪ NG18=1</li> <li>▪ NG19=1</li> <li>▪ NG20=1</li> <li>▪ NG22=1</li> <li>▪ NG24=1</li> <li>▪ NG25=1</li> <li>▪ NG27=1</li> <li>▪ NG29=1</li> </ul> </li> <li>○ <b>The difference here is the “should” language rather than the “will” language above.</b></li> </ul> </li> </ul> <p><b>NOTE TO CODERS:</b> Be <u>very careful</u> when coding following the CSPI/NANA models. We have seen several “slightly” revised versions of the language that could have coding implications. Also, the distinction between the two examples is entirely the “will” vs. “should.” We felt that even for NG1, the distinction was enough to warrant a differential coding for the two scenarios. (upd. 8/19/08)</p> <ul style="list-style-type: none"> <li>• <b>District Policy modified CSPI/NANA Model:</b> Elementary Schools. <i>The school food service program shall manage all food and beverage sales to students in elementary schools. Foods and beverages sold individually in elementary schools <u>shall be limited to water, 100% juice with no added sweeteners (4 oz.), 1% or fat-fat milk (8 oz.), fruits, and non-fried vegetables.</u></i> <ul style="list-style-type: none"> <li>○ <b>If this were the <u>only</u> language for ES for this district for the NG items, you would code as follows:</b> <ul style="list-style-type: none"> <li>▪ NG1=2</li> <li>▪ NG2=1</li> <li>▪ NG5=2</li> <li>▪ NG6=2</li> <li>▪ NG10-12=2</li> <li>▪ NG16=4</li> <li>▪ NG17=4</li> <li>▪ NG18=4</li> <li>▪ NG19=4</li> <li>▪ NG20=4</li> <li>▪ NG22=3</li> <li>▪ NG24=3</li> <li>▪ NG25=3</li> <li>▪ NG27=3</li> <li>▪ NG28=3</li> <li>▪ NG29=3</li> </ul> </li> <li>○ <b>The difference here is the addition of 100% juice.</b></li> </ul> </li> </ul>

Item/Question	Answer
<p><b>Please clarify the distinction between PE1 and PE2.</b></p>	<p>PE1 was created by UIC to capture situations where the district mentions that they have some type of PE but the language included in the policy is not enough to warrant any coding on any of the PE variables. PE1, therefore, was created as a dummy variable to capture the presence/absence of any PE component. PE2 captures information specifically on PE curriculum requirements.</p>
<p><b>Why do we downgrade for “when possible” or “where appropriate” for PA4 but <u>not</u> for NE5?</b></p>	<p><b>CONCEPTUALLY:</b></p> <ul style="list-style-type: none"> <li>• NE5 is an item that is DIRECTLY measuring the incorporation of nutrition education into other subjects, PA4 is an item examining the opportunities for PA outside of PE during the school day <ul style="list-style-type: none"> <li>○ PA4 language such as “<i>classrooms shall incorporate short breaks that include physical movement, when possible,</i>” is just one component of a broader concept being evaluated and should be coded as a “1”</li> <li>○ NE5 language such as, “<i>nutrition education will be integrated into the broader curriculum, where appropriate,</i>” is directly addressing what the item is referencing and should be coded as a “2”</li> </ul> </li> <li>• <b>Bottom line:</b> The students may or may not be experiencing PA breaks in the classroom during the school day based on the above language, BUT NE is definitely being offered in classes other than health/nutrition, it is not clear which courses the NE is being integrated or which classes within the course that NE is being addressed (which is not necessary for a “2” coding).</li> </ul> <p><b>LITERALLY:</b></p> <ul style="list-style-type: none"> <li>• NE can only easily/appropriately be integrated into the curriculum where it fits (i.e., Basic Math or Science) and does not easily fit into other topics (i.e., English, French, Geometry)...also NE will not be the topic addressed in each lesson of a course b/c otherwise it would be a nutrition course and NOT a Science course...so the language above fits with what NE5 is addressing...stating that NE will be incorporated into other courses BUT only the ones that it fits into appropriately OR NE will be addressed in other classes (e.g., science) BUT NE will be incorporated only in appropriate science lessons.</li> <li>• PA can be incorporated into every classroom...so it is possible to provide it in all classes therefore stating that it will only be incorporated “when possible” weakens the overall statement...and does not DEFINITELY indicate the PA is being offered in classes OR during the school day outside of PE...</li> </ul>

Item/Question	Answer
<p><b>Clarification on E3 coding where E3=2</b></p> <p>(See below for E3=1 language)</p>	<p><b>The following language, in its entirety (i.e., the sum of the parts), would warrant a level 2 code for E3 because of the “package” of language and the fact that it mentions “periodic.” You do <u>not</u> have to have specific time periods mentioned to code “2” for E3.</b></p> <p>GUIDELINES WELLNESS COMMITTEE</p> <p>The Board shall appoint a Wellness Committee comprised of at least one (1) of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, member of the public, teacher, school nurse, school counselor, physical education teacher or coach, health professional, representative of community organization, and any other individuals chosen by the Board.</p> <p>The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with law to recommend to the Board for adoption.</p> <p>The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.</p> <p>The Wellness Committee may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.</p> <p>The Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.</p> <p><b>An additional example of E3=2 language that is suggestive of an ongoing council (From NANA):</b></p> <p>“The school district and/or individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)”</p>
<p><b>Clarification on E3 coding where E3=1</b></p> <p>(See prior example for E3=2 language)</p>	<p><b>The following language (obtained from the PBSA template dated 9/07) would be coded as a 1 for E3 (CP90) because the whole section is “may” be established (even though the Council is to provide periodic reports):</b></p> <p>Advisory Health Council</p> <ul style="list-style-type: none"> <li>• An Advisory Health Council may be established by the Superintendent to study student health issues and to assist in organizing follow-up programs.</li> <li>• The Advisory Health Committee may examine related research, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues.</li> <li>• The Advisory Health Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.</li> <li>• The Advisory Health Council may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.</li> <li>• The Advisory Health Council shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.</li> <li>• Individuals who conduct student medical and dental examinations shall submit to the Advisory Health Council annual reports and later reports on the remedial work accomplished during the year.</li> </ul>
<p><b>How do you code Fitnessgram and Fitnessgram-like language (i.e., body composition, height/weight, etc.) for PE16 and E4?</b></p>	<p>“The fitnessgram <b>shall</b> be used to assess student health and fitness.” → Code: PE16=1, E4=2</p> <p>“The fitnessgram <b>shall</b> be used to assess student health. Results will be reported to parents.” → Code: PE16=2, E4=3</p> <p>“The fitnessgram shall be used in grades 4-10 to assess student health. Students will be notified of their results.” →Code: PE16ES=1 16MS=2 16HS=1 E4ES=1 5E4MS=2 E4HS=1</p> <p><i>For examples using body composition or height/weight, just trade out Fitnessgram and replace it with body composition or height/weight in the above examples.</i></p>

Item/Question	Answer
	<p><b>Fitnessgram's relation with body composition is below, taken directly from the Fitnessgram website. The assessment items are as follows:</b></p> <p><b>Aerobic Capacity</b></p> <ul style="list-style-type: none"> <li>• PACER test</li> <li>• One-mile run/walk</li> <li>• Walk test (ages 13 or greater)</li> </ul> <p><b>Body Composition</b> (may select one option)</p> <ul style="list-style-type: none"> <li>• Percent body fat (calculated from triceps and calf skinfolds)</li> <li>• Body mass index (calculated from height and weight)</li> </ul> <p><b>Muscular Strength, Endurance, and Flexibility</b></p> <ul style="list-style-type: none"> <li>• Abdominal strength and endurance (curl-up)</li> <li>• Trunk extensor strength and endurance (trunk lift)</li> <li>• Upper body strength and endurance (choose from push-up, modified pull-up, and flexed arm hang)</li> <li>• Flexibility (choose from back-saver sit-and-reach and shoulder stretch)</li> </ul>

New Variable	Old Variable	Label	ES				MS				HS				SY VAR	State+ Dist	State Only	Notes
NE1	NE1	FW: goals for NE	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE2	NE2	Nutrition curriculum each grade	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE3		School Gardens	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE4	NE5	NE training for teachers	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE5	NE6	NE integrated into other subjects	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE6	NE7	NE teaches behavior focused skills	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE7	NE8	Number of NE courses or hours	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NE7a		Amount of NE courses/hours/credits				-8				-8				-8				
US1	US10	FW: guidelines not less restrictive	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US2	US11	School Breakfast Program (USDA)	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US3	US13	Guidelines beyond USDA Diet Gdn	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US4	US14	Low-fat versions/methods	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US5	US15	Strategies to increase participation	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US5a	US15a	Closed campus	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US6		Recess before lunch	0	1	2	-8												
US7	US17	Adequate time to eat	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US7a		Minutes of breakfast				day / wk				day / wk				day / wk				
US7b		Minutes of lunch				day / wk				day / wk				day / wk				
US8	US20	Training for food service staff	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US9	US22	Nutrition information	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US10	NG38a	Farm-to-school	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US11		Fat content of milk	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US12		Half of grains are whole grains	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US13		Specifies number of fruits/vegetables	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US14		Free drinking water during meals	0	1	2	-8	0	1	2	-8	0	1	2	-8				
US15		Flavored Milk	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG1	NG23	FW: NG for ALL foods at school	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG2	NG23b	Competitive food ban/cannot be sold	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG3	NG23c	Contracts must/should comply with NG	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG4		Bans fast food on campus	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG5		Meets IOM F&V and/or whole grain std	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG6	NG38	Whole, unprocessed, & fresh food	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG7	NG40	Food as a reward or punishment	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG8	NG41	Nutrition info for other foods	0	1	2	-8	0	1	2	-8	0	1	2	-8				
NG9	NG51	Free drinking water	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE1	PE52a	Goals for PE	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE2	PE52	PE curriculum for each grade	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE3	PE53	Time/week of PE for elementary	0	1	2	-8												
PE3a		minutes of PE for elementary				day / wk												
PE3b		days/week of PE for elementary																
PE4	PE54	Time/week of PE for middle					0	1	2	-8								
PE4a		minutes of PE for middle								day / wk								
PE4b		days/week of PE for middle																
PE5	PE55	Time/week of PE for high school									0	1	2	-8				
PE5a		minutes of PE for high school												day / wk				
PE5b		days/week of PE for high school																
PE6	PE56	Physically active lifestyle	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE7	PE57	Competency assessment	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE8	PE60	Addresses PE classes or credits									0	1	2	-8				
PE8a		Amount of PE courses/hours/credits																
PE9	PE61	Frequency of required PE	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE10	PE62	Teacher-student ratio for PE	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE11	PE63	Safe/adequate equipment/facilities	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE12	PE64	Moderate to vigorous activity	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE12a		Percent or amount of time for MVPA				-8				-8				-8				
PE13	PE65	Qualifications for PE instructors	0	1	2	-8	0	1	2	-8	0	1	2	-8				
PE14	PE66	PE training for teachers	0	1	2	-8	0	1	2	-8	0	1	2	-8				

New Variable	Old Variable	Label	ES				MS				HS				SY VAR	State+ Dist	State Only	Notes		
			0	1	2	-8	0	1	2	-8	0	1	2	-8						
PE15	PE67	PE waiver requirements	0	1	2	-8	0	1	2	-8	0	1	2	-8						
PE16	PE68	Annual health assessment	0	1	2	-8	0	1	2	-8	0	1	2	-8						
PE17		Free drinking water in the gymnasium	0	1	2	-8	0	1	2	-8	0	1	2	-8						
PA1	PA69	FW: goals for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8						
PA2	PA70	PA for every grade level	0	1	2	-8	0	1	2	-8	0	1	2	-8						
PA3		Amount of time for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8						
PA3a		Minutes of PA	day / wk				day / wk				day / wk									
PA3b		Definition of PA includes PE	PE: y / n n/a				PE: y / n n/a				PE: y / n n/a									
PA3c		Definition of PA includes recess	Recess: y / n n/a																	
PA4	PA72	PA throughout the day	0	1	2	-8	0	1	2	-8	0	1	2	-8						
PA5	PA74	Community use facilities for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8						
PA6	PA75	Safe active routes to school	0	1	2	-8	0	1	2	-8	0	1	2	-8						
PA7	PA76	Not using PA as punishment	0	1	2	-8	0	1	2	-8	0	1	2	-8						
PA8	PA77	Recess freq or amt for elementary	0	1	2	-8														
PA9		Recess freq (less than daily) for	0	1	2	-8														
PA8a		Minutes for recess for elementary	day / wk																	
PA10		PA before/after school (excluding intra/	0	1	2	-8	0	1	2	-8	0	1	2	-8						
ST1	PA71	PA for school staff	0	1	2	-8	0	1	2	-8	0	1	2	-8						
CP80		Staff wellness programs	0	1	2	-8	0	1	2	-8	0	1	2	-8						
ST3	CP82	Staff to role model	0	1	2	-8	0	1	2	-8	0	1	2	-8						
CP1	CP79	FW: Stakeholders involved in	0	1	2	-8	0	1	2	-8	0	1	2	-8						
CP2	CP85	Methods to solicit input	0	1	2	-8	0	1	2	-8	0	1	2	-8						
CP3	CP86	How to engage parents/community	0	1	2	-8	0	1	2	-8	0	1	2	-8						
CP4		Stakeholders involved in periodic	0	1	2	-8	0	1	2	-8	0	1	2	-8						
CP5		Stakeholders involved in update of WP	0	1	2	-8	0	1	2	-8	0	1	2	-8						
MP1	CP84	Coordinated School Health Model	0	1	2	-8	0	1	2	-8	0	1	2	-8						
MP2	CP88	Marketing healthy choices	0	1	2	-8	0	1	2	-8	0	1	2	-8						
MP3	CP89	Restricted marketing	0	1	2	-8	0	1	2	-8	0	1	2	-8						
E1	E91	FW: Measuring implementation	0	1	2	-8	0	1	2	-8	0	1	2	-8						
E2	E92	Plan for implementation	0	1	2	-8	0	1	2	-8	0	1	2	-8						
E3	CP90	Ongoing health advisory committee	0	1	2	-8	0	1	2	-8	0	1	2	-8						
E4_new	PE68a	BMI	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8
E5	E93	Plan for evaluation	0	1	2	-8	0	1	2	-8	0	1	2	-8						
E6	E94	Audience and frequency of a report	0	1	2	-8	0	1	2	-8	0	1	2	-8						
E7	E95	Funding support	0	1	2	-8	0	1	2	-8	0	1	2	-8						
E8	E96	Plan for revising the policy	0	1	2	-8	0	1	2	-8	0	1	2	-8						
E9	E97	Reporting frequency (fill in blank) -- NO																		
E10	E98	Update frequency (fill in blank)--NOT gr																		
E11	E99	Implementation review (fill in the blank)					DE Initials: DE Date:				QA Initials: QA Date:									
E12	E100	Requires district to report to the state	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R1		Public posting/access WP website	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R2		Public posting/access WP non-website	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R3		District reporting WP to state	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R4		Reporting to public	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R5		Reporting to district	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R6		Reporting to state	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R7		Reporting to other/NS	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R8		Reporting on food safety inspections	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R9		Reporting on local WP compliance	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R10		Reporting on meal program participatio	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R11		Reporting on nutritional quality of progr	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R12		Reporting on competitive F&B available	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R13		Reporting on PE/PA requirements	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R14		Reporting on Fitness Assessments	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R15		Reporting on BMI	0	1	2	-8	0	1	2	-8	0	1	2	-8						
R16		Reporting on other/SHI	0	1	2	-8	0	1	2	-8	0	1	2	-8						

New Variable	Old Variable	Label	ES (SD)						MS (SD)						HS (SD)						SY VAR	State+ Dist	State Only	Notes
			0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
<b>NG10</b>	<b>NG24</b>	<b>Vending machines</b>	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG16vm	NG33	Sugar content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG17vm		Limits candy	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG18vm	NG34	Fat content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG19vm		Limits amount of trans fats	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG20vm	NG35	Sodium content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG21vm	NG36	Calorie content per serving size	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG22vm	NG42	Sugar content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG23vm	NG44	Calorie content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG24vm	NG45	Regular soda	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG25vm	NG46	Beverages other than soda	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG26vm	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG27vm	NG48	Fat content of milk	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG28vm	NG49	Serving size limits for bevs	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG29vm	NG50	Caffeine content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG30vm		Water	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
<b>NG11</b>	<b>NG25</b>	<b>School Stores</b>	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG16ss	NG33	Sugar content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG17ss		Limits candy	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG18ss	NG34	Fat content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG19ss		Limits amount of trans fats	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG20ss	NG35	Sodium content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG21ss	NG36	Calorie content per serving size	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG22ss	NG42	Sugar content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG23ss	NG44	Calorie content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG24ss	NG45	Regular soda	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG25ss	NG46	Beverages other than soda	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG26ss	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG27ss	NG48	Fat content of milk	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG28ss	NG49	Serving size limits for bevs	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG29ss	NG50	Caffeine content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG30ss		Water	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
<b>NG12</b>	<b>NG26</b>	<b>A la carte</b>	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG16al	NG33	Sugar content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG17al		Limits candy	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG18al	NG34	Fat content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG19al		Limits amount of trans fats	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG20al	NG35	Sodium content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG21al	NG36	Calorie content per serving size	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG22al	NG42	Sugar content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG23al	NG44	Calorie content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG24al	NG45	Regular soda	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG25al	NG46	Beverages other than soda	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG26al	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG27al	NG48	Fat content of milk	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG28al	NG49	Serving size limits for bevs	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG29al	NG50	Caffeine content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG30al		Water	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				

New Variable	Old Variable		ES (SD)						MS (SD)						HS (SD)						SY VAR	State+ Dist	State Only	Notes
			0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
<b>NG13</b>	<b>NG27</b>	<b>Class Parties</b>	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG16cp	NG33	Sugar content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG17cp		Limits candy	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG18cp	NG34	Fat content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG19cp		Limits amount of trans fats	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG20cp	NG35	Sodium content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG21cp	NG36	Calorie content per serving size	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG22cp	NG42	Sugar content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG23cp	NG44	Calorie content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG24cp	NG45	Regular soda	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG25cp	NG46	Beverages other than soda	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG26cp	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG27cp	NG48	Fat content of milk	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG28cp	NG49	Serving size limits for bevs	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG29cp	NG50	Caffeine content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
<b>NG15</b>	<b>NG32</b>	<b>Food sold for fundraising</b>	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG16fr	NG33	Sugar content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG17fr		Limits candy	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG18fr	NG34	Fat content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG19fr		Limits amount of trans fats	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG20fr	NG35	Sodium content of foods	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG21fr	NG36	Calorie content per serving size	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG22fr	NG42	Sugar content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG23fr	NG44	Calorie content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG24fr	NG45	Regular soda	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG25fr	NG46	Beverages other than soda	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG26fr	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG27fr	NG48	Fat content of milk	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG28fr	NG49	Serving size limits for bevs	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				
NG29fr	NG50	Caffeine content of beverages	0	1	2	3	4	-8	0	1	2	3	4	-8	0	1	2	3	4	-8				



New Variable	Old Variable	Label	ES				MS				HS				SY VAR	Notes
			0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE1	NE1	FW: goals for NE	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE2	NE2	Nutrition curriculum each grade	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE3		School Gardens	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE4	NE5	NE training for teachers	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE5	NE6	NE integrated into other subjects	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE6	NE7	NE teaches behavior focused skills	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE7	NE8	Number of NE courses or hours	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NE7a		Amount of NE courses/hours/credits				-8				-8				-8		
US1	US10	FW: guidelines not less restrictive	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US2	US11	School Breakfast Program (USDA)	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US3	US13	Guidelines beyond USDA Diet Gdln minimum	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US4	US14	Low-fat versions/methods	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US5	US15	Strategies to increase participation	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US5a	US15a	Closed campus	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US6		Recess before lunch	0	1	2	-8										
US7	US17	Adequate time to eat	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US7a		Minutes of breakfast			day / wk	-8			day / wk	-8			day / wk	-8		
US7b		Minutes of lunch			day / wk	-8			day / wk	-8			day / wk	-8		
US8	US20	Training for food service staff	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US9	US22	Nutrition information	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US10	NG38a	Farm-to-school	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US11		Fat content of milk	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US12		Half of grains are whole grains	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US13		Specifies number of fruits/vegetables	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US14		Free drinking water during meals	0	1	2	-8	0	1	2	-8	0	1	2	-8		
US15		Flavored Milk	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG1	NG23	FW: NG for ALL foods at school	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG2	NG23b	Competitive food ban/cannot be sold	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG3	NG23c	Contracts must/should comply with NG	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG4		Bans fast food on campus	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG5		Meets IOM F&V and/or whole grain std	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG6	NG38	Whole, unprocessed, & fresh food	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG7	NG40	Food as a reward or punishment	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG8	NG41	Nutrition info for other foods	0	1	2	-8	0	1	2	-8	0	1	2	-8		
NG9	NG51	Free drinking water	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE1	PE52a	Goals for PE	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE2	PE52	PE curriculum for each grade	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE3	PE53	Time/week of PE for elementary	0	1	2	-8										
PE3a		minutes of PE for elementary			day / wk	-8										
PE3b		days/week of PE for elementary				-8										
PE4	PE54	Time/week of PE for middle					0	1	2	-8						
PE4a		minutes of PE for middle							day / wk	-8						
PE4b		days/week of PE for middle								-8						
PE5	PE55	Time/week of PE for high school									0	1	2	-8		
PE5a		minutes of PE for high school											day / wk	-8		
PE5b		days/week of PE for high school												-8		
PE6	PE56	Physically active lifestyle	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE7	PE57	Competency assessment	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE8	PE60	Addresses PE classes or credits									0	1	2	-8		
PE8a		Amount of PE courses/hours/credits												-8		
PE9	PE61	Frequency of required PE	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE9a		daily PE waiver (state only)	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE10	PE62	Teacher-student ratio for PE	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE11	PE63	Safe/adequate equipment/facilities	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE12	PE64	Moderate to vigorous activity	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE12a		Percent or amount of time for MVPA				-8				-8				-8		
PE13	PE65	Qualifications for PE instructors	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE14	PE66	PE training for teachers	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE15	PE67	PE waiver requirements	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE16	PE68	Annual health assessment	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PE17		Free drinking water in the gymnasium	0	1	2	-8	0	1	2	-8	0	1	2	-8		

New Variable	Old Variable	Label	ES				MS				HS				SY VAR	Notes
			0	1	2	-8	0	1	2	-8	0	1	2	-8		
PA1	PA69	FW: goals for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PA2	PA70	PA for every grade level	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PA3		Amount of time for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PA3a		Minutes of PA	day / wk				day / wk				day / wk					
PA3b		Definition of PA includes PE	PE: y / n n/a				PE: y / n n/a				PE: y / n n/a					
PA3c		Definition of PA includes recess	Recess: y / n n/a													
PA4	PA72	PA throughout the day	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PA5	PA74	Community use facilities for PA	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PA6	PA75	Safe active routes to school	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PA7	PA76	Not using PA as punishment	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PA8	PA77	Recess freq or amt for elementary (daily)	0	1	2	-8										
PA9		Recess freq (less than daily) for elementary	0	1	2	-8										
PA8a		Minutes for recess for elementary	day / wk													
PA10		PA before/after school (excluding intra/extramural)	0	1	2	-8	0	1	2	-8	0	1	2	-8		
PA11S		Joint Use (state only)	0	1	2	-8	0	1	2	-8	0	1	2	-8		
ST1	PA71	PA for school staff	0	1	2	-8	0	1	2	-8	0	1	2	-8		
ST2	CP80	Staff wellness programs	0	1	2	-8	0	1	2	-8	0	1	2	-8		
ST3	CP82	Staff to role model	0	1	2	-8	0	1	2	-8	0	1	2	-8		
CP1	CP79	FW: Stakeholders involved in development of wellness policy	0	1	2	-8	0	1	2	-8	0	1	2	-8		
CP2	CP85	Methods to solicit input	0	1	2	-8	0	1	2	-8	0	1	2	-8		
CP3	CP86	How to engage parents/community	0	1	2	-8	0	1	2	-8	0	1	2	-8		
CP4		Stakeholders involved in periodic review of WP	0	1	2	-8	0	1	2	-8	0	1	2	-8		
CP5		Stakeholders involved in update of WP	0	1	2	-8	0	1	2	-8	0	1	2	-8		
MP1	CP84	Coordinated School Health Model	0	1	2	-8	0	1	2	-8	0	1	2	-8		
MP2	CP88	Marketing healthy choices	0	1	2	-8	0	1	2	-8	0	1	2	-8		
MP3	CP89	Restricted marketing	0	1	2	-8	0	1	2	-8	0	1	2	-8		
E1	E91	FW: Measuring implementation	0	1	2	-8	0	1	2	-8	0	1	2	-8		
E2	E92	Plan for implementation	0	1	2	-8	0	1	2	-8	0	1	2	-8		
E3	CP90	Ongoing health advisory committee	0	1	2	-8	0	1	2	-8	0	1	2	-8		
E4 new	PE68a	BMI	0	1	2	3	4	-8	0	1	2	3	4	-8		
E5	E93	Plan for evaluation	0	1	2	-8	0	1	2	-8	0	1	2	-8		
E6	E94	Audience and frequency of a report	0	1	2	-8	0	1	2	-8	0	1	2	-8		
E7	E95	Funding support	0	1	2	-8	0	1	2	-8	0	1	2	-8		
E8	E96	Plan for revising the policy	0	1	2	-8	0	1	2	-8	0	1	2	-8		
E9	E97	Reporting frequency (fill in blank) -- NOT grade spec.														
E10	E98	Update frequency (fill in blank)--NOT grade specific					DE Initials:				DE Date:				QA Initials: QA Date:	
E11	E99	Implementation review (fill in the blank) NOT grade sp														
E12	E100	Requires district to report to the state	0	1	2	-8	0	1	2	-8	0	1	2	-8		
E13	E101	TA to district/LEA for wellness policy implementation	0	1	2	-8	0	1	2	-8	0	1	2	-8		
E14	E102	Monitor schools/LEA for compliance with state reqs.	0	1	2	-8	0	1	2	-8	0	1	2	-8		
E15	E103	Penalties for district failure to comply	0	1	2	-8	0	1	2	-8	0	1	2	-8		
E16	E104	Corrective action plan for schools/LEA for non-compliance	0	1	2	-8	0	1	2	-8	0	1	2	-8		
E17	E105	State evaluation and reporting requirement	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R1		Public posting/access WP website	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R2		Public posting/access WP non-website	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R3		District reporting WP to state	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R3S		State posting WP on its website	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R4		Reporting to public	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R5		Reporting to district	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R6		Reporting to state	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R7		Reporting to other/NS	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R8		Reporting on food safety inspections	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R9		Reporting on local WP compliance	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R10		Reporting on meal program participation	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R11		Reporting on nutritional quality of program meals	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R12		Reporting on competitive F&B available/sold	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R13		Reporting on PE/PA requirements	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R14		Reporting on Fitness Assessments	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R15		Reporting on BMI	0	1	2	-8	0	1	2	-8	0	1	2	-8		
R16		Reporting on other/SHI	0	1	2	-8	0	1	2	-8	0	1	2	-8		

New Variable	Old Variable	Label	ES						SD	MS						SD	HS						SD	SY VAR	Notes/Citation Information
			0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
<b>NG10</b>	<b>NG24</b>	<b>Vending machines</b>	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8			
NG16vm	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG17vm		Limits candy	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8			
NG18vm	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG19vm		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG20vm	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG21vm	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG22vm	NG42	Sugar content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8			
NG23vm	NG44	Calorie content of beverages	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8			
NG24vm	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG25vm	NG46	Beverages other than soda	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8			
NG26vm	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG27vm	NG48	Fat content of milk	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8			
NG28vm	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG29vm	NG50	Caffeine content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8			
NG30vm		Water	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8			
<b>NG11</b>	<b>NG25</b>	<b>School Stores</b>	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8			
NG16ss	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG17ss		Limits candy	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8			
NG18ss	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG19ss		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG20ss	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG21ss	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG22ss	NG42	Sugar content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8			
NG23ss	NG44	Calorie content of beverages	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8			
NG24ss	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG25ss	NG46	Beverages other than soda	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8			
NG26ss	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG27ss	NG48	Fat content of milk	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8			
NG28ss	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG29ss	NG50	Caffeine content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8			
NG30ss		Water	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8			
<b>NG12</b>	<b>NG26</b>	<b>A la carte</b>	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8			
NG16al	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG17al		Limits candy	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8			
NG18al	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG19al		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG20al	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG21al	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG22al	NG42	Sugar content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8			
NG23al	NG44	Calorie content of beverages	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8			
NG24al	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG25al	NG46	Beverages other than soda	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8			
NG26al	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG27al	NG48	Fat content of milk	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8			
NG28al	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG29al	NG50	Caffeine content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8			
NG30al		Water	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8			

New Variable	Old Variable	Label	ES						SD	MS						SD	HS						SD	SY VAR	Notes/Citation Information
			0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG13	NG27	Class Parties	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8			
NG16cp	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG17cp		Limits candy	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8			
NG18cp	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG19cp		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG20cp	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG21cp	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG22cp	NG42	Sugar content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8			
NG23cp	NG44	Calorie content of beverages	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8			
NG24cp	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG25cp	NG46	Beverages other than soda	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8			
NG26cp	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG27cp	NG48	Fat content of milk	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8			
NG28cp	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG29cp	NG50	Caffeine content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8			
NG15	NG32	Food sold for fundraising	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8			
NG16fr	NG33	Sugar content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG17fr		Limits candy	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8			
NG18fr	NG34	Fat content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG19fr		Limits amount of trans fats	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG20fr	NG35	Sodium content of foods	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG21fr	NG36	Calorie content per serving size	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG22fr	NG42	Sugar content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8			
NG23fr	NG44	Calorie content of beverages	0	1	2		4	-8		0	1	2		4	-8		0	1	2		4	-8			
NG24fr	NG45	Regular soda	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG25fr	NG46	Beverages other than soda	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8			
NG26fr	NG47	Sugar/calorie content of milk	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG27fr	NG48	Fat content of milk	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8			
NG28fr	NG49	Serving size limits for beverages	0	1	2	3	4	-8		0	1	2	3	4	-8		0	1	2	3	4	-8			
NG29fr	NG50	Caffeine content of beverages	0	1		3	4	-8		0	1		3	4	-8		0	1		3	4	-8			