



DOE's Wellness Guidelines

Promoting student health ... reducing childhood obesity

In August 2007, the Hawaii State Department of Education unveiled its Wellness Guidelines. The guidelines set goals for nutrition education, physical education, physical activities, school-based activities focused on student wellness, and nutrition guidelines for foods served on campus.

DOE Wellness Guidelines are based upon the following principles:

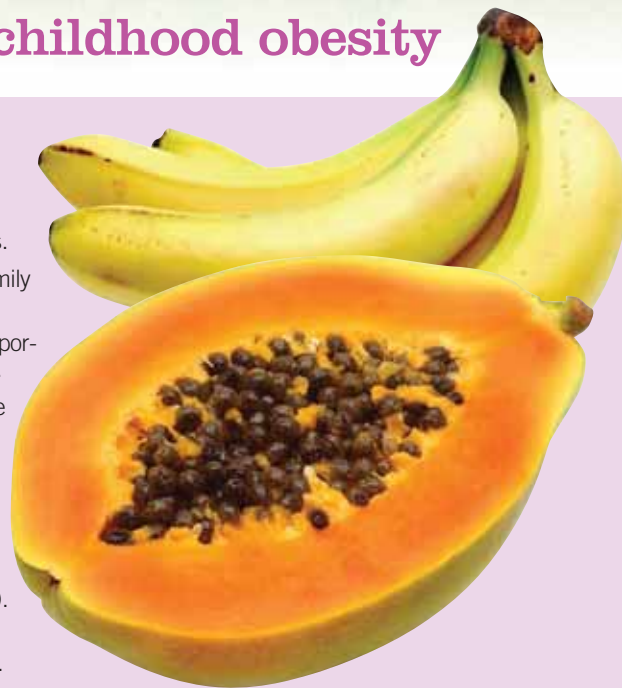
- Healthy students are better able to learn
- Healthy students attend school more often
- Eating habits and active lifestyles that are developed in childhood will affect health throughout life
- All children deserve nutritious and safely prepared food
- Students focus on skills and knowledge relating to nutrition through health education and to daily physical activity through physical education

The DOE Wellness Guidelines meet the requirements under federal law that requires each school food authority (including public, private and charter schools) participating in the National School Lunch Program to establish a local school "wellness policy."

In addition, the Hawaii State Board of Education's Health, Wellness, and Safety Policy (BOE Policy #1110-6) states the Department of Education "has the fundamental responsibility to provide a safe and healthy working and learning environment for all public school students, employees, and persons under its jurisdiction."

Here's a checklist of what families can do:

- Eat breakfast every day, followed by a healthy snack or meal every 3 - 6 hours.
- Prepare meals at home and eat as a family at least 5 - 6 times a week.
- Parents prepare food and serve proper portions; children decide how much to eat.
- Serve at least one colorful fruit/vegetable as part of each meal.
- Serve 3 cups of milk or calcium-rich food daily.
- Limit sweet beverages to no more than 4 ounces of 100% juice per day;
- Serve whole grains (such as brown rice).
- Use the DOE label-reading criteria for choosing healthy snacks for your family.
- Encourage your children to eat school breakfast and lunch (best deal in town).
- 2 hours or less of screen time per day; remove television from children's bedroom.
- Play outside for 1 hour or more daily (play as a family at least once a week);
- Involve the whole family in lifestyle changes, with adults as models of healthy behavior.



<http://doe.k12.hi.us/foodservice/toolkit/index.htm>

The solutions to developing lifelong healthy habits are clear - better health education, more physical activity, and healthier school environments. Together, the DOE and Hawaii State De-

partment of Health (DOE/DOH Wellness Team), are working with all Hawaii public schools to implement the DOE Wellness Guidelines over a four-year period.

Eat right

Exciting changes to the school breakfast and lunch programs:

- Whole wheat breakfast items - pancakes, french toast and waffles
- Adding more whole grains to rolls and buns, at least 50% whole wheat
- Minimum of 50% romaine lettuce in all salads
- Minimum of 50% brown rice to white rice
- More fresh fruits and vegetables
- Zero trans fat

The changes to school meals are extremely important. However, fast food chains and advertising continue to have a strong effect on the increasing role snacks are playing in youth diets. Offering healthy snack options to our youth is vital for good nutrition, lifelong healthy eating habits, and preventing costly diseases such as heart disease, cancer, diabetes, high blood pressure, and obesity.

To help address the “unhealthy snack” issue, the DOE has also adopted the Institute of Medicine’s criteria for healthy snacks that are sold and/or offered to students.

The criteria per serving:

- Calories - Less than or equal to 200 calories
- Total Fat - Less than or equal to 8 grams
- Saturated Fat - Less than or equal to 2 grams
- Trans Fat - ZERO
- Sodium - Less than or equal to 200 milligrams
- Dietary Fiber - More than or equal to 2 grams
- Sugar - Less than or equal to 8 grams.

Join us

The DOE/DOH Wellness team strongly encourages families and the community to join Hawaii’s public schools in promoting student health and reducing childhood obesity. Remember...

Healthy Students = Higher Student Achievement



Go online and log on to,

<http://doe.k12.hi.us/foodservice/toolkit/index.htm>

or contact:

Hawaii State Department of Education

■ Office of Hawaii Child Nutrition Programs, 587-3600

Alice Toguchi-Matsuo, Child Nutrition Specialists
Kenneth Ortiz, Child Nutrition Specialists

■ Office of Curriculum, Instruction and Student Support—Health & Physical Education, 733-9141 ext. 329

Dave Randall, Educational Specialist

■ Office of School Facilities and Support Services—School Food Services, 733-8400

Glenna Owens, Director

Hawaii State Department of Health

■ Healthy Hawaii Initiative, 586-4437

Cathy Yamamoto Tanaka, Departmental School Health Coordinator
Jennifer Ryan, Child and Youth Specialist



Did you know?

The 2007 Hawaii Youth Risk Behavior Survey indicates that among Hawaii high school students...

Obesity

- 16% were obese

Unhealthy dietary behaviors

- 83% ate fruits and vegetables less than five times per day during the 7 days before the survey
- 23% drank a can, bottle, or glass of soda or pop (not including diet soda or diet pop) at least one time per day during 7 days before the survey

Physical inactivity

- 66% did not meet recommended levels of physical activity
- 62% did not attend physical education classes
- 33% watched television 3 or more hours per day on an average school day
- 31% played video or computer games or used a computer for something that was not school work for 3 or more hours per day on an average school day.

School meals and snacks

Beginning with the 2008-09 school year, school cafeterias are offering healthier breakfasts and lunches to students with zero trans fat. Students will eat more grains and whole wheat foods in addition to fresh fruits and vegetables.

Protect Our Keiki: at Home, at Play and On the Way

School-age 5 to 10 years

Developmental Stages and Accomplishments

- * Child has a growing sense of self and ability.
- * Strength, motor skills and coordination develop at their own rate. Children the same age will not have the same skills or abilities.
- * Looks to friends for peer acceptance.



Street and bike safety

- Do not allow child to play in the street or behind a parked car.
- Teach child to stop at the curb and never cross the street without an adult.
- Check to see if your child's bike is the right size. The balls of the child's feet should rest on the ground with hands secure on handlebars.
- Teach child to wear a bike helmet and model the behavior by wearing your own.

Water safety

- Teach child to swim.
- Never let child swim without adult supervision.
- Teach child not to dive until an adult has checked the depth of the water (should be at least 9 feet deep).
- Always have child wear a life jacket on a kayak, canoe or boat.
- Obey water safety warning signs.
- Learn child CPR and first aid.

Sport safety

- Have child wear the clothing and protective equipment recommended for each sport.
- Choose equipment based on child's size and ability.
- Make sure child drinks plenty of water before and after any activity.

Car safety

- Use booster seat/seat belt correctly every time.
- Have child ride in the backseat. It's the safest place.
- Always buckle up. Be a good example.
- Do not leave child alone in the car.



Poisoning

- Use safety caps on all medicines, chemicals and toxic household products and keep them out of reach.
- Teach child about poisonous plants and bugs.

Firearm safety

- Keep guns out of home or unloaded and locked in a place separate from ammunition.
- Ask if home where child visits has a gun.

Fire and burn prevention

- Never allow child to light or play with fireworks even under supervision.
- Do not smoke in home in or around children.
 - Test smoke alarms monthly and replace batteries yearly.
 - Only allow child to use matches, lighters and other heat sources when supervised.
 - Apply sunscreen with SPF 15 or higher whenever child goes in the sun.
 - Lower water heater temperature to 120 $\frac{1}{2}$ F.

Emergency

- Keep list of emergency contact numbers near the phone.
 - Teach child to call 911.



Keiki Injury Prevention Coalition
SAFE KIDS Hawaii

and the Injury Prevention Program,
State Department of Health