National Wellness Policy Study: How Does CPS’ Policy Stack Up in Comparison to National Data?

Comparison of 2013-2014 Comprehensive and Strength Scores, Chicago Public Schools vs Nationally Representative Sample

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Brief Overview of National Wellness Policy Study

• Largest, ongoing nationwide evaluation of school district wellness policies
  – Nationally representative, annual cross-sectional sample of public school districts nationwide
    – Annual samples range from 579 to 748
    – Data compiled for school years (SY) 06-07 through 13-14
    – 94-98% policy collection rates in all years
  – Coded for policies effective as of the day after labor day of each year (proxy for 1st day of each school year)

• Primary policy collection and analysis, included wellness policy and all associated regulations/guidelines/procedures
  – Also included cross-referenced policies/models/embedded state laws
Policy Evaluation Methods

• District policies analyzed by two trained analysts
• Strong policy provisions
  – Required
  – Specified implementation plan or strategy
  – Banned competitive foods or met IOM competitive food standards
• Weak policy provisions
  – Vague terms, suggestions, recommendations
  – Contained exceptions
### Categories of markers included for each wellness policy topic area

<table>
<thead>
<tr>
<th>Category</th>
<th>Number of Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition education</td>
<td>8</td>
</tr>
<tr>
<td>School meals</td>
<td>17</td>
</tr>
<tr>
<td>Competitive foods &amp; beverages</td>
<td>30 (15 of which are coded separately by 6 locations of sale*)</td>
</tr>
<tr>
<td>Physical activity</td>
<td>14</td>
</tr>
<tr>
<td>Physical education**</td>
<td>25</td>
</tr>
<tr>
<td>Staff wellness</td>
<td>3</td>
</tr>
<tr>
<td>Communications/marketing</td>
<td>3</td>
</tr>
<tr>
<td>Evaluation and reporting</td>
<td>28</td>
</tr>
</tbody>
</table>

*A la carte, vending machines, stores, fundraisers, evening/community events, class parties

**Added because of relevance to in-school physical activity
Comparison of 2013-2014 Comprehensive Scores, Chicago Public Schools vs Nationally Representative Sample

Comparison of 2013-2014 Strength Scores, Chicago Public Schools vs Nationally Representative Sample

What do we know from wellness policy implementation nationwide?

• **Requirements** (strong) provisions are more likely to be implemented

• Multi-disciplinary wellness policy councils **key**

• School-level wellness **champions** help

• Policy **review and revisions every 1-3 years** helps to ensure flexibility to meet unique needs of districts and schools

• District policy requirements for having **plans for measuring implementation strongest predictor of school level concordance** with district policy requirements
Bridging the Gap

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