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for Healthy Youth

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

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- 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

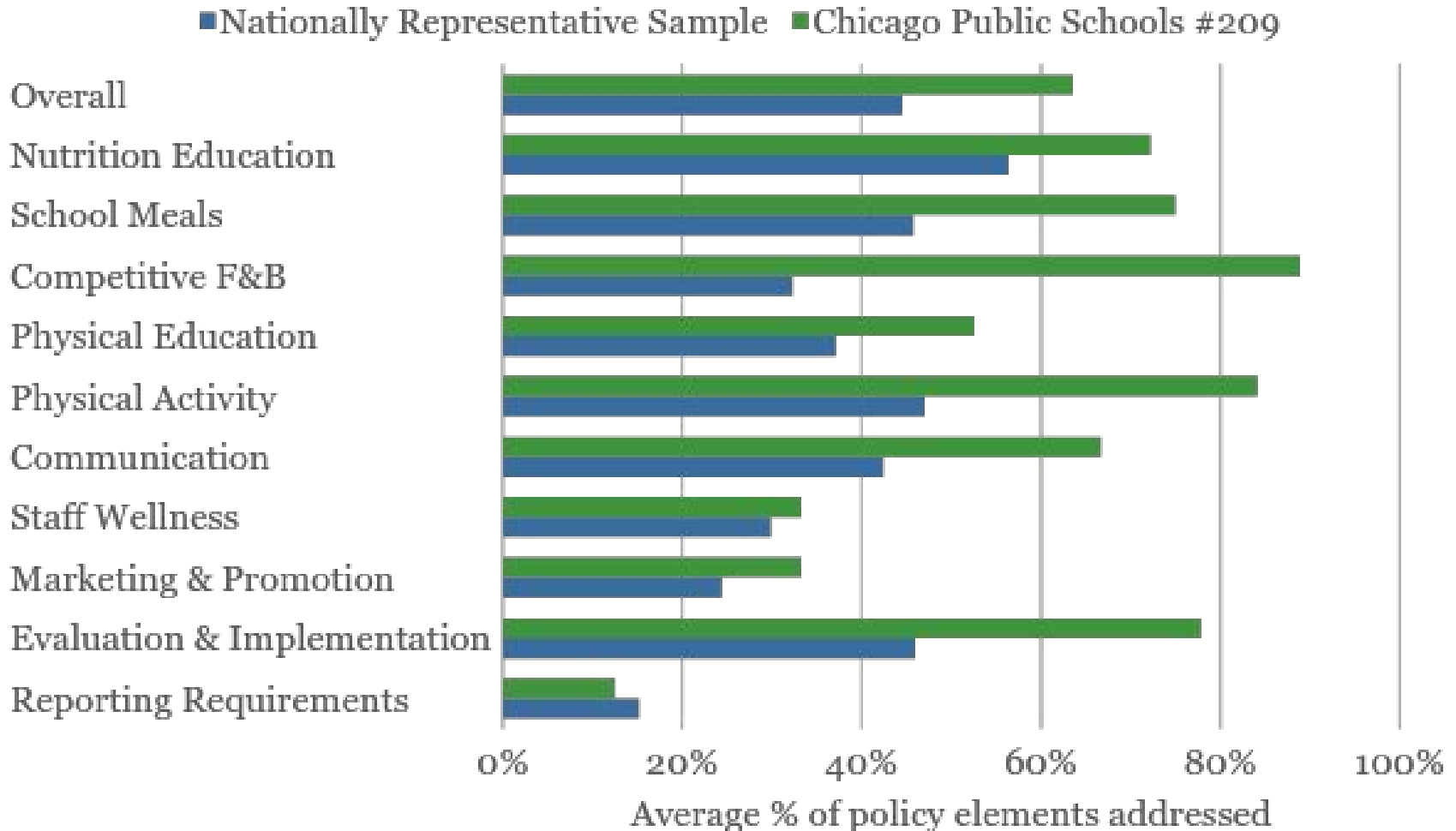


Category	Number of Items
Nutrition education	8
School meals	17
Competitive foods & beverages	30 (15 of which are coded separately by 6 locations of sale*)
Physical activity	14
Physical education**	25
Staff wellness	3
Communications/marketing	3
Evaluation and reporting	28

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

**Added because of relevance to in-school physical activity

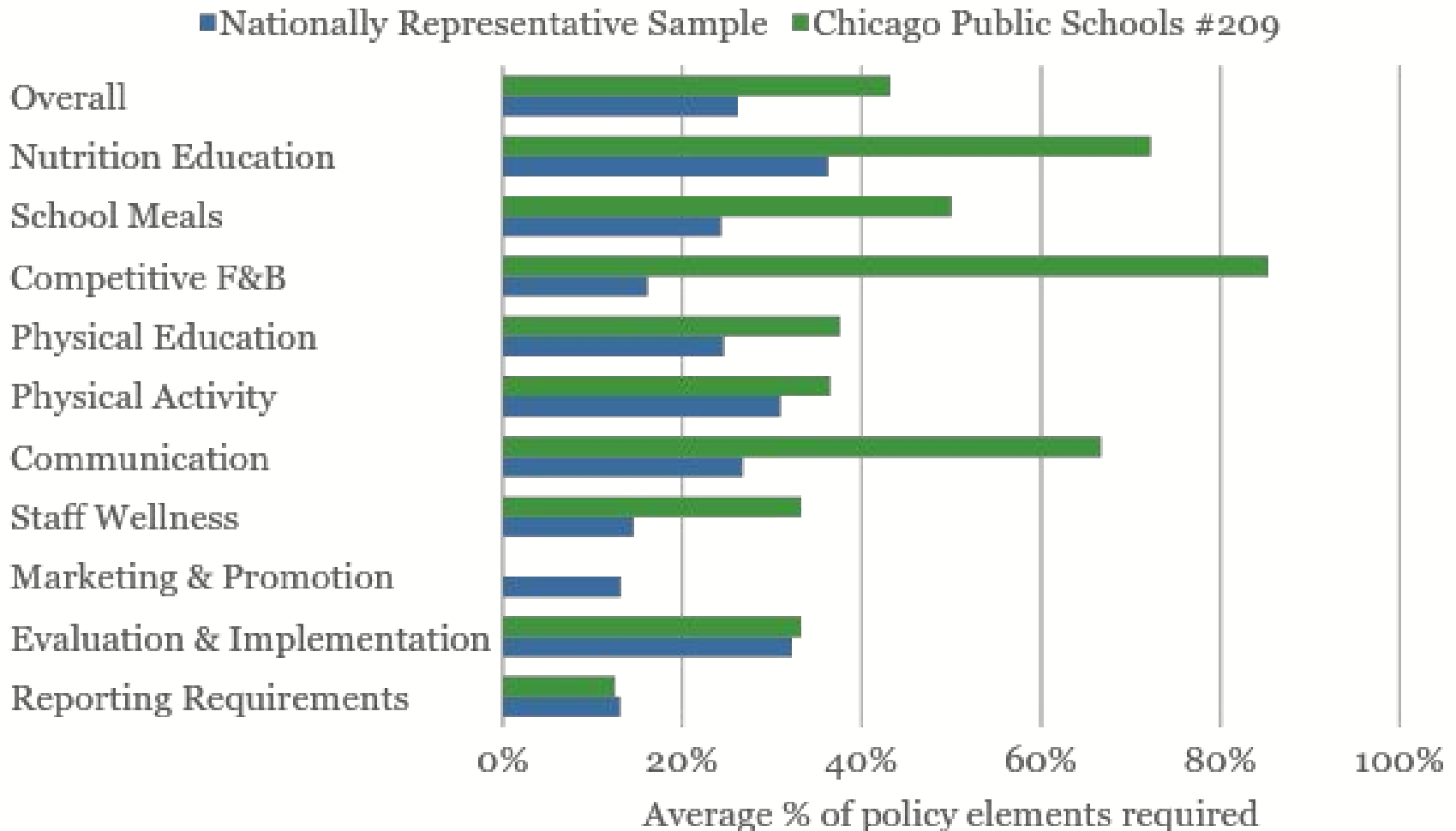
Comparison of 2013-2014 Comprehensive Scores, Chicago Public Schools vs Nationally Representative Sample



Source: National Wellness Policy Study, Institute for Health Research and Policy, University of Illinois at Chicago, 2015

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

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Source: National Wellness Policy Study, Institute for Health Research and Policy, University of Illinois at Chicago, 2015

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

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