

What Works to Improve Student Health?



Brief I-a • 2009

The PLAN research project examined the effects of legislation that required school districts to develop nutrition and physical activity policies. Washington State Senate Bill 5436 required all public school districts to develop a nutrition and fitness policy by the start of the 2005-06 school year. In addition school districts that participate in the national USDA School Meal Program were required to have a Wellness Policy by the start of the 2006-07 school year. PLAN was funded by the Robert Wood Johnson Foundation's Healthy Eating Research Program.

Project Timeline

2006-08: Invite WA middle schools to participate; Collect policies; Interview district leaders about the strategies used to develop the policies; Visit each school to collect data about students' diets and the school environment

2008-09: Analyze results; Share results with schools and policy makers

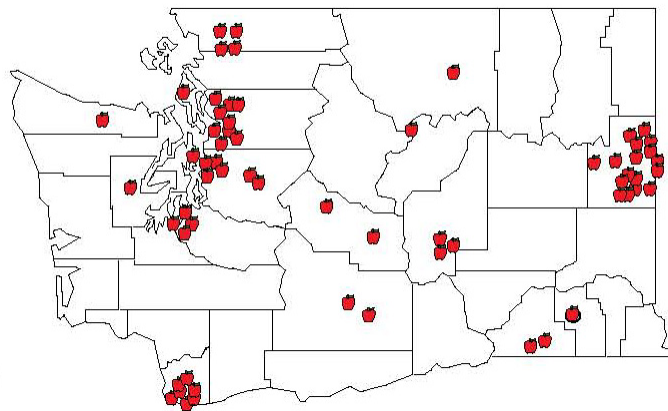
Project Goals

1. To learn about:
 - Strategies used to develop local school nutrition policies
 - Content of the policies
 - How the policies are implemented and enforced
2. To determine how school nutrition policies are related to foods sold at school

Research Activities

In 28 School Districts:

- ✓ Conduct interviews about the development and implementation of the Nutrition and Physical Activity Policy.
- ✓ Analyze the quality of the nutrition and physical activity policies and procedures.



In 64 middle schools in the 28 districts:

- ✓ Record information about all foods and beverages in vending machines, school stores, à la carte and other sources.
- ✓ Interview kitchen manager and principal about the implementation of district nutrition policies.
- ✓ About 10,000 7th graders completed survey about what they ate over the past week while at school, and outside of school.
- ✓ Interview Physical Education (PE) teachers about the PE policies and programs.

