

bridging the gap

Research Informing Policies & Practices
for Healthy Youth

Have U.S. School Districts Incorporated the IOM Standards into their Competitive Food and Beverage Policies?

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Acknowledgments

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Study Overview

Nationally representative sample of 593 school district wellness policies for the 2008-2009 SY

Primary policy collection (97% response rate) and analysis included wellness policy, all associated regulations/guidelines/procedures, cross-referenced policies/models/state laws

Policies evaluated for competitive foods using an ordinal coding scheme:

0: No policy/provision

1: Weak policy/provision (should, encourage, may, try, attempt)

2: Strong policy/provision (must, shall, require), but less than IOM standards*

3: Meets IOM standard

4: Competitive food & beverage ban

Data presented weighted to %age of students nationwide in districts with given policy provision

**Not all items had a strong category other than the IOM strong category*

IOM Competitive Food Standards

Fat

No more than 35% of total calories from fat per portion

Trans fat-free (no more than 0.5 g)

Sugar

No more than 35% of total calories from sugar per portion

Sodium

No more than 200 mg of sodium per portion

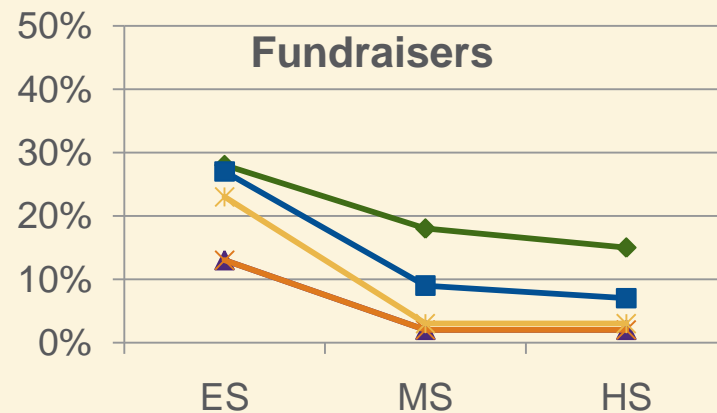
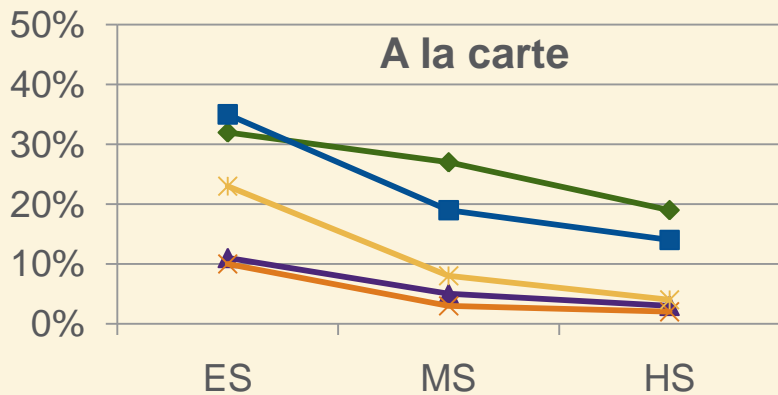
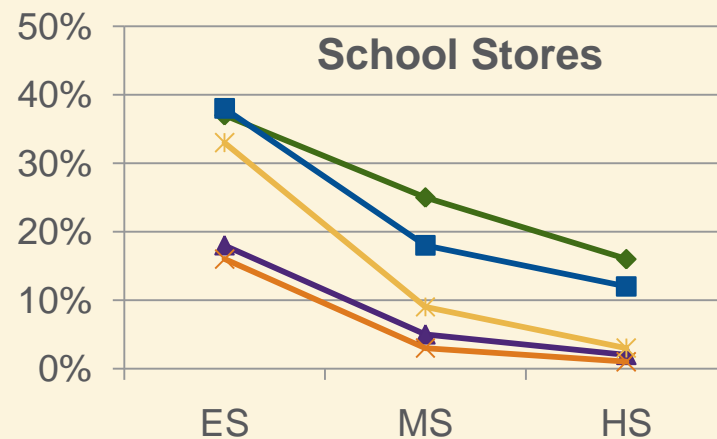
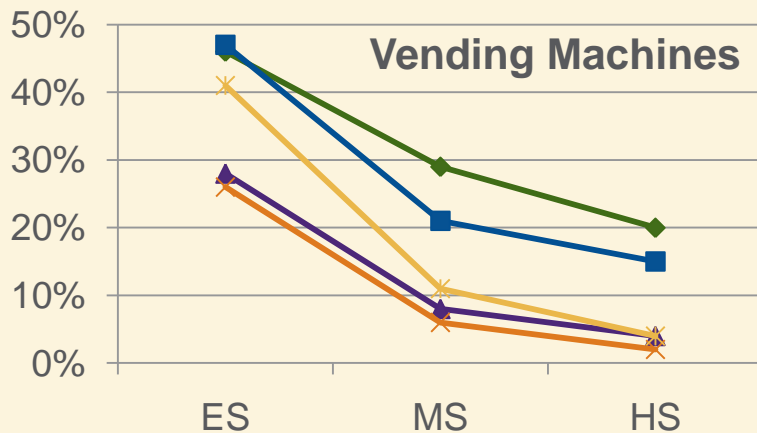
Calories

No more than 200 calories per portion

Institute of Medicine (IOM), *Nutrition Standards for Foods in Schools: Leading the Way toward Healthier Youth*, April 23, 2007.

Competitive Food Content Restrictions that Meet IOM Standards or Ban Such Sales, SY 2008-09

% of students in districts with policy by grade level



◆ Sugar
 ■ Fat
 ▲ Trans Fat
 ✕ Sodium
 ✱ Calories

IOM Competitive Beverage Standards

Sugar-Sweetened Beverages (SSB)

Beverages with added caloric sweeteners are prohibited

Sugar/Calorie Content of Flavored Milk

Less than 22 g of sugars per 8 oz serving

Fat Content of Milk

Only low-fat (1%) or non-fat/skim milk

Serving Size

Water any size; AND

8 oz per serving for milk (including flavored milk); AND

4 oz per serving for 100% juice (ES/MS); AND

8 oz per serving for 100% juice (HS)

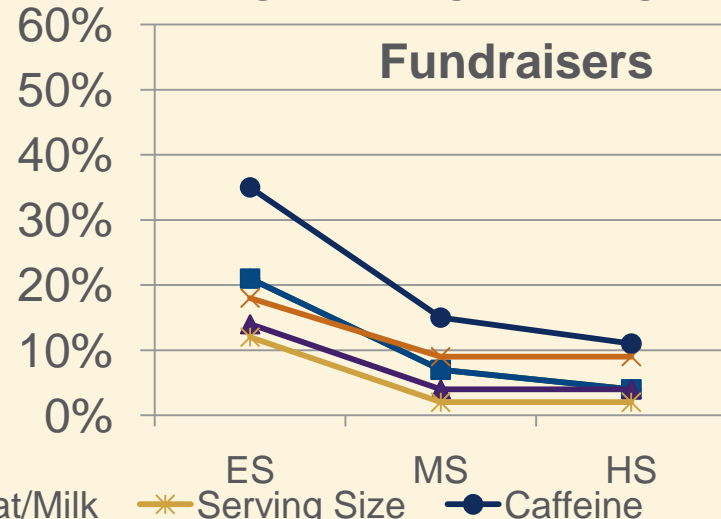
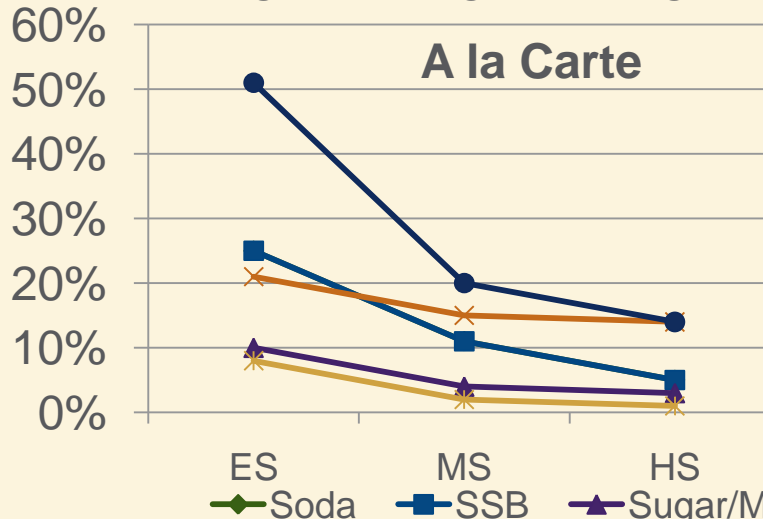
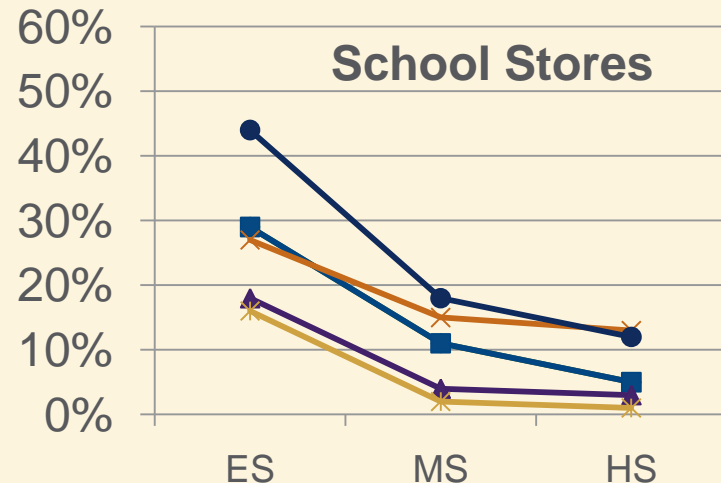
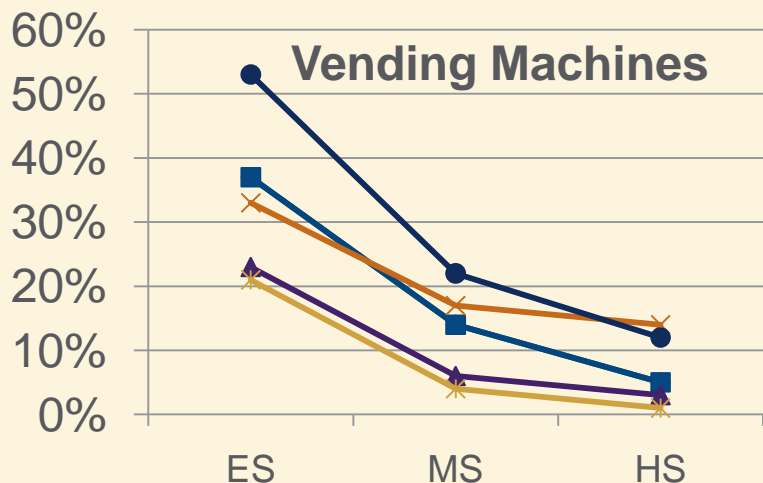
Caffeine

Beverages with added caffeine are prohibited

Institute of Medicine (IOM), *Nutrition Standards for Foods in Schools: Leading the Way toward Healthier Youth*, April 23, 2007.

Competitive Beverage Content Restrictions that Meet IOM Standards or Ban Such Sales, SY 2008-09

% of students in districts with policy by grade level

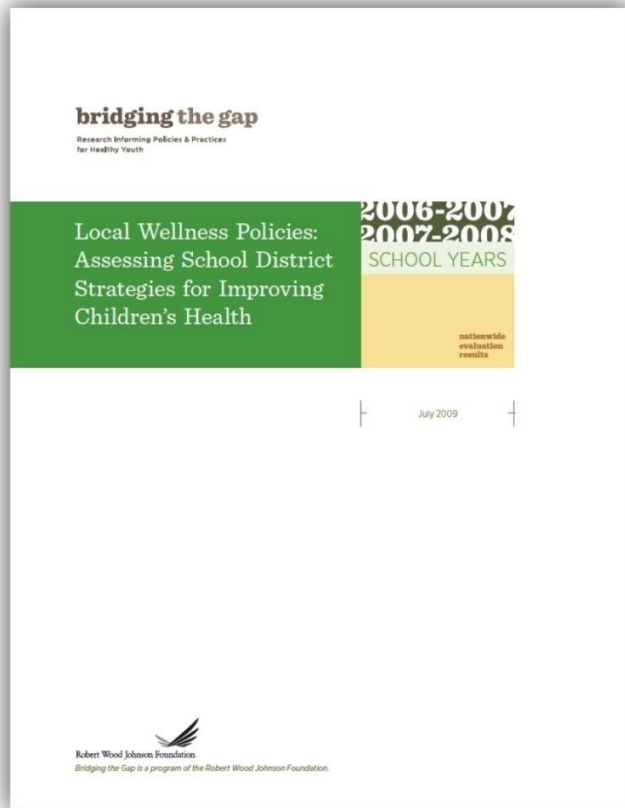


ES MS HS Soda SSB Sugar/Milk Fat/Milk Serving Size Caffeine

***Note: Soda/SSBs overlap**

Report/Data Availability and Next Steps

Data Monographs/Reports



First report released July 2009

Local Wellness Policies: Assessing School District Strategies for Improving Children's Health. School Years 2006-07 and 2007-08.

Executive Summary, Monograph and backup data available at:

www.bridgingthegapresearch.org

New Update report containing 2008-09 data including analyses of competitive food and beverage policies by IOM standards forthcoming, expected release, end of June/early July

Continued Research Planned

- Continued monitoring of district wellness policies for compliance with IOM standards
- Companion monographs on implementation of the competitive food and beverage policies and related practices in elementary, middle and high schools
- Analyses examining the relationships between the competitive food and beverage policies and school practices and student weight outcomes (2ry only)
- Ongoing surveillance of wellness policy and implementation progress and innovation following congressional reauthorization

For more information: www.bridgingthegapresearch.org

The screenshot shows the homepage of the Bridging the Gap website. At the top left is the logo "bridging the gap" with the tagline "Research Informing Policies and Practices for Healthy Youth". To the right is a search bar with the text "Enter Keywords" and a "SEARCH" button. Below the logo is a navigation menu with links for "HOME", "ABOUT US", "RESEARCH PRODUCTS", "CONTACT US", and "RELATED SITES". The main content area features a large banner with a photograph of children in a classroom. On the left side of the banner, there is a red box with the text "District Wellness Policy Report" and a sub-headline "Landmark study reveals majority of district wellness policies fail to provide healthy school environment for kids." Below this is a "LEARN MORE >" link. The main text of the banner reads "Evaluating school district wellness policies". Below the banner, there are three columns of content. The first column is titled "Bridging the Gap" and describes the program's goal. The second column is titled "What We Do" and lists three bullet points: identifying policy factors, tracking trends, and disseminating findings. The third column is titled "New Products" and features two items: a "Report" titled "Local Wellness Policies: Assessing School District Strategies for Improving Children's Health: School Years 2006-07 and 2007-08" and an "Executive Summary" titled "Major Findings from Local Wellness Policies: Assessing School District Strategies for Improving Children's Health: School Years 2006-07 and 2007-08". Both items include a "Download PDF" link. At the bottom of the page, there is a footer with the Robert Wood Johnson Foundation logo and the text "A program of the Robert Wood Johnson Foundation. MORE INFO >". To the right of the footer are links for "HOME", "ABOUT US", "RESEARCH PRODUCTS", "CONTACT US", "RELATED SITES", and "PRIVACY POLICY".

Contact for additional information

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