

## CHADDOCK PHYSICAL ACTIVITY AND NUTRITION PLAN

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**SCOPE:** Chaddock residential clients and students who attend Chaddock School.

**PURPOSE AND GOALS:** To establish an environment that promotes client/student health, well-being, and ability to learn by supporting healthy eating and physical activity through coordinated, holistic, campus-wide planning, promotion, and action.

All Chaddock staff are encouraged to model healthy physical activity and nutrition behaviors. Chaddock offers wellness programming that includes personalized instruction and support about health and well-being.

### INTRODUCTION:

1. The prevalence of overweight and obesity in both children and adults has increased sharply in the last 30 years.
2. One in three Illinois children is obese.
3. Social stigma associated with youth obesity can lead to serious psychosocial and emotional burdens, leading to increased levels of sadness, loneliness, nervousness, smoking, and alcohol consumption.
4. Illinois ranks 20<sup>th</sup> in the country for obesity or overweight children (10-17 years of age)
5. 15.5% adolescents are overweight ( $\geq 85^{\text{th}}$  and  $95^{\text{th}}$  percentiles for BMI by age and sex), 15.2% were obese ( $\geq 95^{\text{th}}$  percentile BMI by age and sex)
6. Only 26% were physically active (activity that increase the heart rate and makes you breathe hard for some of the time) for a total of at least 60 minutes per day
7. 60.8% of adolescents attend daily physical education classes when in school
8. 70.1% of adolescents ate fruits and drank 100% fruit juice less than 2 times per day
9. 88% ate vegetables less than 3 times per day
10. 13.7% drank a non-diet soda pop beverage at least one time daily
11. Obesity is linked to chronic diseases such as heart disease, stroke, diabetes, sleep apnea, hypertension, high cholesterol, respiratory disease
12. Obesity, poor nutrition and physical inactivity are second only to tobacco as a major risk factor to cancer.
13. The health of students is linked to their academic success and physical activity and healthy eating may improve academic achievement.

### FOOD SERVICE OPERATION:

**Purpose:** To ensure that all clients/students have affordable access to varied and nutritious foods needed to stay healthy and learn well.

The Food Service Program offers daily meals and snacks under the nutritional guidelines of the USDA's National School Lunch and Breakfast Act and the Healthy Hunger Free Kids Act as amended and applicable laws and regulations of the State of IL. The program will comply with USDA's disability requirement for modified diets and is strongly encouraged to meet ethnic dietary requests.

### Food Content Targets:

1. Fruit/vegetable juices must be 100%
2. Milk includes: fat free flavored, 1%, and fat free white
3. 80% the grains served are whole grain

4. Freely available drinking water (in school cafeteria and cottages)
5. When possible, a food item will have no more than:
  - a. 35% of its calories from fat
  - b. 10% of its calories from saturated fat
  - c. 35% of its calories from added sugars
6. Foods will be trans- fat free
7. Goal for sodium content per serving is no more than: 230 mg for snack foods, 480 mg for pasta and meats, and 600mg for pizza, sandwiches, soups, and main dishes.

**The Food Service Program shall:**

1. Monitor the nutrient breakdown of menus to ensure USDA guidelines are met.
2. Employ an individual (Lead Food Service Worker) who is qualified, certified and/or credentialed according to current professional standards to administer the program and satisfy reporting requirements.
3. Implement a training program for all food service personnel to possess necessary skills and resources to work in food service settings. Other staff (teachers, para pros) shall receive appropriate training in how to maintain safe, orderly and pleasant eating environments.
4. Employ staff who have adequate pre-service training and hold a State issued or equivalent training certificate.

**ENVIRONMENT:**

1. All equipment and facilities must meet applicable local and state standards concerning health (food preparation, handling, storage, drinking water, sanitation, and workplace safety).
2. Plans and guidelines are implemented to prevent food illness.
3. Convenient access to facilities for handwashing and oral hygiene must be available during all meal times.
4. Clients, students, and staff shall have adequate space to eat meals in pleasant surroundings, having adequate time to eat, relax, and socialize. (10 minutes after sitting down for breakfast and 20 minutes after sitting down for lunch).
5. Use of non-traditional methods for servicing meals such as “grab N go”, cottage, or classroom meals are utilized to promote availability.
6. Rewards and incentives for academic performance should be given careful consideration as to the message sent to clients/students receiving them. If food is included in recognition of academic performance, it should be used in the general celebration of the achievement, not as the reward.
7. Food is not withheld from clients/students as punishment.
8. Classes and cottages are encouraged to order foods for parties/celebrations from Chaddock’s Food Service Program.

**NUTRITION EDUCATION:**

1. Food Service will collaborate with teachers, cottage staff, and nursing about food services environment and nutrition education as well as convey consistent nutrition messages.
2. Activities shall stress the appealing aspects of healthy eating and be participatory, developmentally appropriate, and enjoyable and engage families/cottage staff/teachers as partners in their children’s education.

3. Curriculum and materials are assessed for accuracy, completeness, and to ensure balance and consistency with the states/districts educational goals and standards by the Lead Food Service Worker and Associate Director of Educational Services.
4. Staff responsible for education shall be adequately prepared and regularly participate in professional development activities to effectively deliver the program as planned. Development activities shall provide basic knowledge of nutrition, combined with skill practice in program specific activities, instructional techniques, and strategies designed to promote healthy eating habits.
5. Instructional staff shall collaborate with community agencies and groups to convey consistent information to clients, students, and families.
6. Materials are examined for inappropriate commercial messages.
7. Nutrition education topics shall be:
  - a. integrated within the health education program (I.E. math, science, language arts) taught at every grade level
  - b. focus on client/student eating behaviors, based upon theories and proven methods effective by published research and be consistent with the state's/district's health education standards/guidelines/framework
  - c. designed to help clients/students learn:
    - I. Nutritional knowledge including but not limited to benefits of healthy eating essential nutrients, nutritional deficiencies, principles of weight management, use and misuse of dietary supplements, safe food preparation, handling, and storage.
    - II. Nutrition related skills including but not limited to planning a healthy meal, understanding and using food labels, critical evaluation of nutrition information, misinformation, and commercial food advertising.
    - III. How to assess one's personal eating habits, set goals for improvement and achieve those goals.

**PHYSICAL ACTIVITY:**

1. Physical Education courses:
  - a. Shall be provided in an environment in which students learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
  - b. Are taught by state certified physical education teachers
  - c. Have a teacher/student ratio comparable with other classes
  - d. Is consistent with national standards with a focus on student's development of motor skills, movement forms, and health related fitness.
  - e. Provide an environment that encourages safe and enjoyable activity for all students
2. Physical activity involves bodily movement that results in an expenditure of energy of at least a moderate intensity level and for duration sufficient to provide a significant health benefit for students.
3. Clients/students should participate in at least a total of 60 minutes of physical activity on all or most days of the week which may be accomplished through several periods of activity lasting 15 minutes or more daily.
4. Extended periods of inactivity (periods of 2 or more hours) is discouraged.
5. The goal is that clients/students are moderately to vigorously active at least 50% of the time while participating.

6. Use of physical activity or withholding participation in class as punishment or use of class time to complete other class assignments is prohibited
7. Daily recess periods of at least 30 minutes is provided for all elementary students.
8. Intramural programs and after school activities which meet the needs and interests of all clients/students are offered.
9. Use of the school's physical activity facilities are encouraged outside of the normal school day.
10. Encourage parents/cottage staff to institute programs that support physical activity such as walking and/or developmentally appropriate physical activity for clients to reduce or eliminate the time spent in sedentary activities.

**MONITORING:**

1. The principal or designee will:
  - a. Ensure compliance with established nutrition and physical activity wellness policies
  - b. Report on the school's compliance to the school district superintendent or designee
  - c. Develop a summary report every three years on the compliance with the school/cottage established nutrition and physical wellness policies.
2. Associate Director of Operations or designee will ensure compliance with nutrition policies with the school/cottage area and will report on this matter to the principal.

**REVIEW:**

The Physical Activity and Nutrition Plan is reviewed by the Food Committee and approved by Director of Education, or designee.

**REFERENCES:**

1. Child Nutrition and WIC Reauthorization Act of 2004, PL 108-265, Section 204.
2. Child Nutrition Act, 42 U.S.C. 1771 et seq.
3. Healthy Hunger Free Kids Act, 2010
4. Obesity Prevention Initiative, A Report to the Illinois General Assembly; Obesity Prevention Act (PA 96-0155), Illinois Department of Public Health, December 2010.
5. Illinois State Obesity Data, Rates and Trends: The State of Obesity, 2014.
6. Illinois State Nutrition, Physical Activity, and Obesity Profile, National Center for Chronic Disease Prevention and Health Promotion; Centers for Disease Control, September 2012.
7. National School Lunch Act, 42, U.S.C. 1758.
8. 23 IL Administrative Code Part 305, Food Program.