

State Goal on Wellness Policy Adopted by the Illinois State Board of Education

Based on the requirements of Public Act 094-0199, the following state goal was adopted by the Illinois State Board of Education at its October 2007 Board Meeting:

Research shows a student's academic performance may be impacted by poor nutrition, lack of physical activity, and lack of self esteem. Thereby, the Illinois State Board of Education establishes a state goal that all public school districts must have a locally-developed wellness policy that addresses the following:

- Nutrition guidelines for all foods sold on the school campus during the school day
- Nutrition education
- Physical activity

The Local Wellness Policy should be consistent with the recommendations from the Centers for Disease Control and Prevention (CDC) in these areas and shall not be less restrictive than any federal or state rules that govern these areas. The policy shall be drafted with community participation. School districts that participate in the Federal Child Nutrition Programs were required, based on federal law, to implement a Local Wellness Policy at the beginning of the 2006–2007 school year. All remaining public school districts not participating in the Federal Child Nutrition Programs shall have a Local Wellness Policy in effect no later than the first day of school during the 2008–2009 school year.

After implementation of the Local Wellness Policy, each school district should create a plan to measure the implementation of such policy. The Local Wellness Policy may be modified, when necessary, to reflect the current research in the areas of health, nutrition, physical activity, and wellness for students in addition to changes that occur within the school environment.

Guidance materials are available. The Illinois State Board of Education has partnered with Illinois Nutrition Education and Training (NET) to provide model policies, an action plan to follow for implementing an effective Local Wellness Policy, and more. All of the resources are available at <http://www.kidseatwell.org/LocalWellnessPolicy.html>.

Additional resources may be found on the following websites.

- **Illinois State Board of Education**—
http://www.isbe.net/nutrition/htmls/wellness_policy.htm
- **Illinois Nutrition Education and Training Program**—
<http://www.kidseatwell.org/LocalWellnessPolicy.html>
 - **Model Wellness Policy**—
<http://www.kidseatwell.org/flyers/School%20District%20Model%20Local%20Wellness%20Policy%202006.doc>
- **United States Department of Agriculture(USDA)**—
<http://teammnutrition.usda.gov/Healthy/wellnesspolicy.html>
- **Center for Disease Control and Prevention**—
<http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>
 - **Make a Difference at Your School!**—
<http://www.cdc.gov/HealthyYouth/keystrategies/index.htm>
- **School Nutrition Association**—<http://www.schoolnutrition.org/Index.aspx?id=1075>
- **National Association of State Boards of Education**—
http://www.nasbe.org/publications/Calories_In_Calories_Out/CICO_nonmember.html
- **National Alliance for Nutrition and Activity**—
<http://www.schoolwellnesspolicies.org/WellnessPolicies.html>
- **Action for Healthy Kids**—<http://www.actionforhealthykids.org/>