

# Works-In-Progress Presentation #3

Dr. Luz Elva Tristan  
Imperial County, Cohort 2  
School Wellness Policy



**“ ...We want to create healthy changes that built upon one another and create a system, a nation, that makes the healthy choice the easy choice...”**

**Alliance for a healthier generation**

# Introduction

- Practicing pediatrician. Affiliate of El Centro Regional Medical Center and Pioneers Memorial Brawley Hospital
- Director of Fit and Healthy
- Imperial County Champion Provider Fellow through the Nutrition Education and Obesity Prevention Program



★ Designed by [TownMapsUSA.com](http://TownMapsUSA.com)

# Background

- 86.1% of the school age children receive reduced and free meals
- Children living in low income working families 31.3 %
- 65.9 are English learners
- 44% Childhood Obesity Rate
- School Wellness Policies in Imperial County can be improved

## PSE GOAL

### POLICY

**Assist in the formation of the  
Calexico Unified School  
District Wellness Committee**

**Update the CUSD  
school Wellness Policy  
to include more  
healthy eating and  
active living practices**

## PRIMARY FOCUS

- Enhance healthy fundraising
- Remove unhealthy celebrations
- Implement Smarter Lunchroom Movement (SLM) strategies
- Close campus for lunch (CALEXICO HIGH SCHOOL)
- Increase water fountains/water stations

# Interventions

- Advocate for policy change at the Calexico School Board Meeting.
- Assisted in forming the CUSD School Wellness Committee.
- Participate in the CUSD School Wellness Committee meeting by providing feedback and recommendations on nutrition and physical activity.
- Conducting and analyzing Smarter Lunchroom Movement Assessments.



# Partners

- Imperial County Public Health Department
- Calexico Unified School District
- After school program
- Parent teacher Board
- UC Cal Fresh

# Timeline

- Recruited as Champion Provider in May 2017
- Meetings on a monthly basis.
- Many ideas discussed narrowed down to school wellness and school meals
- Strategizing how to work with CUSD
- August 2017 School Board meeting intervention, invited to be part of a school wellness committee soon to be formed

# Timeline

- October 2017 first School Wellness Committee meeting
- NEOP reviewed WellSAT score given with Wellness Committee
- January 2018 CUSD started making revisions to the school Wellness Policy.
- NEOP working with food director to conduct SLM assessments
- Changes started to happen

# Challenges and Successes

## Challenges

- Lack of a school wellness committee for CUSD
- Time/coordinating meeting time
- Limited funding to make changes

## Successes

- Creation of a School Wellness Committee at CUSD
- Changes to the cafeteria layout and more food options
- Started making changes to the CUSD School Wellness Policy

# Cont....

## **Wellness Policy to Include**

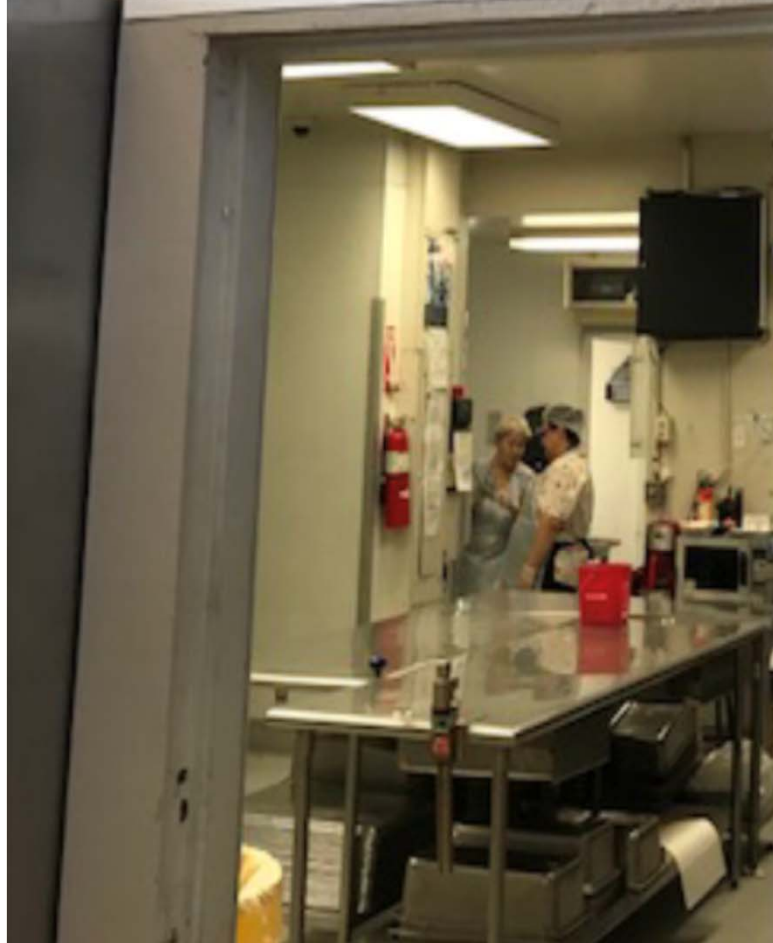
- Smarter Lunch Rooms strategies in the school cafeterias
- Include at least 4 food options each meal time
- Food not to be used as a reward
- Include Vegetarian and Vegan options as part of the 4 food choices



You choose **at least 3** including

- 1/2 cup of fruit or vegetable
- at least two other full components

For best nutrition, **choose all 5!**





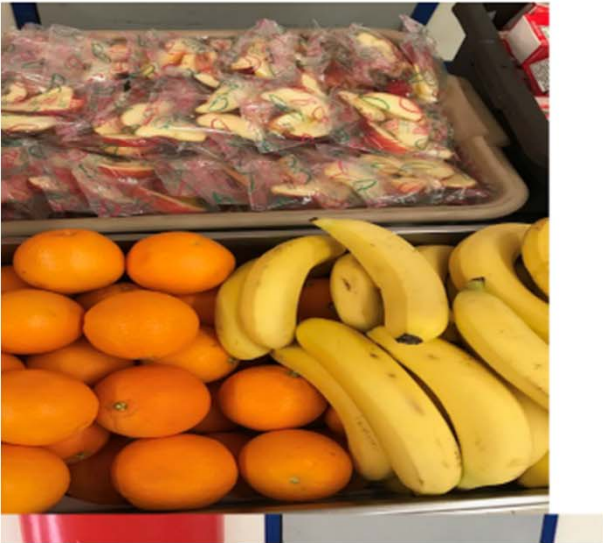












# Progress Report

- Visited school cafeterias and observed changes implemented.
- Board meeting presentation to show progress was presented by Food Director and approved by the Board.

# CHANGES IN THE TIME OF COVID

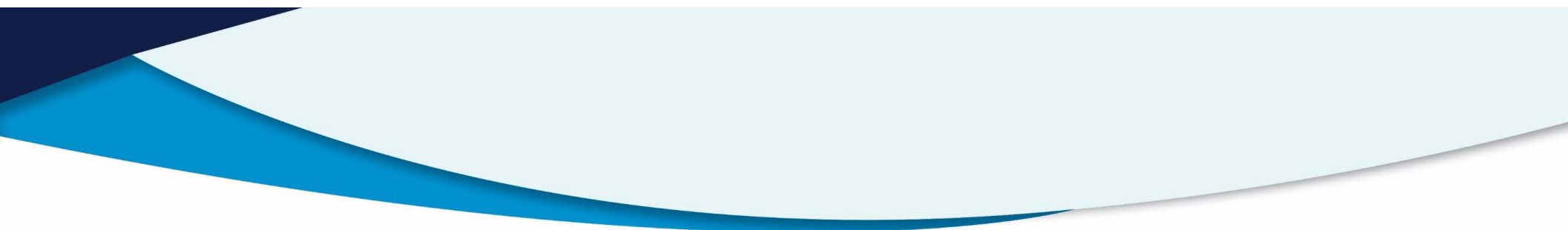
- Imperial County has one of the highest infection rate in the state.
- CUSD has been offering on line schooling.
- Dramatic increase on weight . Patients that had a healthy BMI now are overweight or obese.
- Anxiety and Depression in Children and Adolescents added to the pandemic (obesity not covid )

# Opportunities

- On line services
- Telemedicine
- Alliances/partnerships with the community
- Return to play after covid 19 infection in Pediatric Patients /Guidelines

# ACKNOWLEDGEMENTS

- ICPHD
- Jorge Torres, MBA (ICPHD)
- Champion Provider Fellowship Program



“When schools have effective policies and practices that support the health of their students and staff; absenteeism decreases, concentration improves and behavioral problems are reduced.”

National School Boards Association



# Thank you



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