



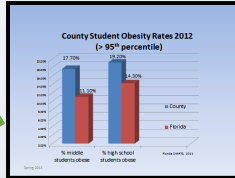
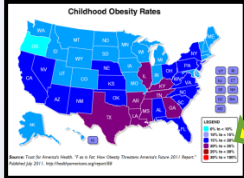
# School Wellness Policy Impact on Body Mass Index

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## Question

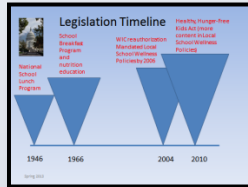
Have the BMI rates of the children in grades K, 1, 3, 6, and 9 in the county improved since the establishment of local school wellness policies in 2006?



Approximately 17% or (12.5 million) children and adolescents aged 2-19 years are **obese** (CDC, 2010)

Healthy People 2020: NWS-10.2 Reduce the proportion of children aged 6 to 11 years who are considered obese

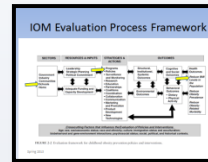
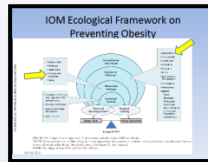
## School Wellness Policies



## Objectives

- Recognize percentile ranking for childhood overweight and obesity.
- Identify the agency responsible for writing the local school wellness policy.
- Discuss the IOM Evaluation Process Framework
- Discuss the evidence for impact of the school wellness policy in a rural county in North Florida.

## IOM Framework

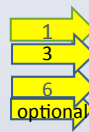


## Methodology

- Retrospective analysis of existing BMI data in the county 2007-2012
- Annual screenings for children in public schools in grades K, 1, 3, 6, 9
- Individual trending and cohort data
- Blind study of the data
- No contact with the children
- IRB approval –Samford University and County School District approval

## Demographics (N=254)

Gender	Age	Mean	SD	Min	Max
Male	10	19.66	4.67	12.11	27.12
Female	10	18.60	4.02	12.11	24.24



## Findings

Length of time between measurements:  
For each year, the BMI increased by .93 points  
First BMI score:  
Scores increased by .60

## BMI Changes Over Time

	Time 1		Time 2	
	Mean	SD	Mean	SD
Male	19.66	4.67	20.71	5.26
Female	18.60	4.02	20.18	4.72

## Conclusions

### Strengths

- Actual two-point data for 254 children
- Baseline BMI-measure as evidence for outcome evaluation
- Longitudinal prospects
- Electronic data

### Limitations

#### Measurement

- Timing (varying times of year)
- Accuracy (personnel/equipment/clothing)
- Sequential measurements (grade progression/9th)
- Documentation/recording
  - Inaccuracies
  - Prior paper charts

### Application

- Larger sample size more generalizable
- Electronic data collection
- Other school districts
- Measure vs. Survey for evidence base

### Recommendations

- Community collaboration on School Wellness Policies
- Continue tracking measurements
- Provide consistency in equipment and timing of year of data collection
- Create systematic procedures for **policy evaluation** in county using IOM Evaluation Process Framework

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