

**Wellness Committee Meeting
Wood Dale School District 7
January 12, 2015 - 6:30 PM**

Wood Dale Board of Education Board Room

Welcome & Review Agenda (15 Minutes)

1. Welcome & Introductions
2. Committee Goals 2015/16
3. Goals and Timeframe for Tonight's Meeting
 - *Advisory Group*

Nutrition & Physical Education - (60 Minutes)

1. Review the wellness policy changes.
2. Arbor Management will present an update of the National School Lunch Program.
3. Arbor Management will review the current menu, participation, and student acceptance.
4. Arbor Dietician will facilitate a Q&A session.
5. Discuss Physical Education program.
6. Brainstorm ideas for improving nutrition / physical education.

Wrap-up & Next Steps (15 Minutes)

1. Next Meeting Date (Proposed 2/10/15)
2. Meeting Process & Productivity Feedback

Why Focus on Health? Did you know...?

1. More than 1 in 3 youth are overweight or obese.²
2. 17% (12.5 million) of the nation's children and adolescents are obese, according to the most recent data from the Centers for Disease Control and Prevention.¹
3. Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years. ^{2,3}
4. The percentage of children aged 6–11 years in the United States who were obese increased from 7% in 1980 to nearly 18% in 2012. Similarly, the percentage of adolescents aged 12–19 years who were obese increased from 5% to nearly 21% over the same period.^{1, 2}
5. If we don't reverse this epidemic, the current generation of young people could live sicker and die younger than their parents.
6. Because of the size and accessibility of the school community, schools play a particularly critical role by establishing a safe and supportive environment with policies and practices that support healthy behaviors. Schools provide opportunities for students to learn about and practice healthy eating and physical activity behaviors.
7. Poor nutrition and lack of physical activity are linked with health problems and increased school absences.
8. The American Medical Association recognizes obesity as a disease.

Benefits of a Healthier School:

1. Studies show that students with better nutrition have better attention spans and better class participation.
2. Proper nutrition improves academic, behavioral and emotional functioning and leads to increased math grades, lowered absenteeism and improved behavior.
3. Higher levels of physical activity can relate to higher self-esteem and lower levels of anxiety and stress as well as impact cognitive skills, enhanced concentration and attention and academic behavior—all of which are associated with improved academic performance.
4. Studies show positive associations between physical education and indicators of academic performance.
5. Studies show positive associations between recess and indicators of cognitive skills, attitudes and academic behavior.
6. Health education research shows promise of having a positive impact on academic achievement as it has on health outcomes of students.
7. Research demonstrates a positive association between healthy behaviors and academic grades.

¹ Centers for Disease Control and Prevention. Childhood Obesity Facts. Centers for Disease Control and Prevention. 28 Mar. 2014. Web. 5 Aug. 2014. . ² Ogden CL, Carroll MD, Kit BK, Flegal KM. Prevalence of childhood and adult obesity in the United States, 2011-2012. *Journal of the American Medical Association* 2014;311(8):806-814. ³ National Center for Health Statistics. *Health, United States, 2011: With Special Features on Socioeconomic Status and Health*. Hyattsville, MD; U.S. Department of Health and Human Services; 2012.