






Facts and Statistics


 Being overweight results from an energy imbalance. This involves eating too many calories and not getting enough physical activity.


 Youth should be physically active at least 60 minutes a day. More than a third of young people in grades 9-12 do not regularly engage in vigorous physical activity.


 Food and drink portions have increased drastically over the last 20 years. Most portions provide enough food for at least two people.

 Soft drinks provide teens 13-18 with an average of 9% of their daily calories.

 Among children ages 2-19, 32% are overweight or obese. More than a quarter of all obese children are showing symptoms of Type 2 Diabetes.

 The percentage of extremely obese boys ages 6-19 has steadily increased, from 9% in 1999-2000 to 15% in 2007-08

 Less than 25% of adolescents eat the recommended five or more servings of fruits and vegetables each day.

 Children ages 2-18, use media, such as TV, music, video, and computers an average of 5 hrs and 29 minutes per day.

Healthy Teens Learn Better

Calories In = Calories Out

Energy is measured as calories
Energy (calories) expended during
physical activity equals a ...
Formula for Good Health!!

Resources

Sweetwater Union High School District

<http://www.suhsd.k12.ca.us/>

Let's Move

<http://www.letsmove.gov/>

California Project Lean

www.californiaprojectlean.org

California School Boards Association

www.csba.org

United States Dept. of Agriculture - My Pyramid

Mypyramid.gov/

National Association for Sports & Physical Education

www.aahperd.org/naspe

San Diego County Childhood Obesity Initiative

www.ourcommunityourkids.org

Team Nutrition: Local Wellness Policy

www.fns.usda.gov/tn/Healthy/wellnesspolicy.html

211 San Diego

<http://www.211sandiego.org/landing-page/>

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*"Sweetwater Union High School District programs and activities shall be free from discrimination based on gender, sex, race, color, religion, ancestry, national origin, ethnic group identification, marital or parental status, physical or mental disability, sexual orientation or the perception of one or more of such characteristics."
SUHSD Board Policy 0410.*



SWEETWATER
UNION HIGH SCHOOL DISTRICT

Wellness Policy



SUHSD

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Student Health Services

Phone: 619-585-6020

Fax: 619-407-4976

E-mail: michelle.lanasabell@suhsd.k12.ca.us

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Why?

In 2004, Congress passed a law requiring every school district that uses federal dollars for school breakfast or lunch to create a local wellness policy by the start of the 2006-2007 school year. SUHSD BP# 5030

A district Wellness Committee consisting of district office personnel, site personnel, & community members, was created to assist and advise the district on health related issues.

The district's local wellness policy applies to every school in the district. The policy will assist schools in improving the health of students by promoting physical activity and nutritious food.

The district plays a critical role in curbing the epidemic of childhood obesity. We are committed to providing a school environment that promotes student wellness, proper nutrition, and regular physical activity as part of our total learning experience.



Physical activity every day!

What?

Physical Education

- **Sweetwater's Policy States:** All students will receive a standards-based physical education program. All schools will have physical education teachers and facilities, equipment, and supplies to deliver quality physical education.
- The district is in compliance with Senate Bill 602 requiring students to pass 5 out of 6 fitness standards in order to seek the two year exemption from PE. For those students that did not master the Fitness Gram, a Fitness for Life class has been developed. This course is designed to help students meet personal fitness goals.
- The district is meeting or exceeding the state mandate of 400 minutes within a 10 day period.
- High School courses are in line with state requirements in covering required eight content areas.

Nutrition Education

Sweetwater's Policy states:

- All students will receive standards-based health education that includes nutrition education, including recommendations from the most current dietary guidelines.

Nutrition Guidelines for Food Served or Sold on School Campus

Sweetwater's Policy states:

- All students will have access to high quality, nutritious food while in school.
- All food and beverages sold between 1/2 hour before school and 1/2 hour after school shall meet or exceed current state and national nutritional standards.

Wow!

District:

Received PEP Grant (Carol White Physical Education Grant) Physical Education Improvement with emphasis on obesity prevention with the use of the body bug technology.

Community:

Sweetwater has partnered with several community agencies including the YMCA, Parks and Recreation, Boys and Girls Clubs, After-School All Stars, South Bay Community Services and the Chula Vista Public Library to provide improved opportunities for physical activity and nutrition education.

School Board:

The Sweetwater School Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. Several Board members participated in the development of the Sweetwater Wellness Policy and continue to provide ongoing support.

School Food Service:

Sweetwater Food Service is reinventing the school cafeteria and improving students' health while increasing revenue. Innovative healthier menu offerings along with livelier, more appealing service areas encourage students to eat well and to eat more often! Student favorites include *Dr. Smoothie*, *PhD* 100 percent fruit and dairy smoothies freshly made on campus, *The Dean of Greens* salads and deli sandwiches, and *The Pizza Master's* popular pasta bowls with low-fat sauces and fresh veggies. Sweetwater students are making the connection between healthy eating and improved fitness.