PROGRAM GOALS: To increase fruit and vegetable consumption; To increase physical activity; To decrease consumption of less healthy foods and beverages

Funding: For the past 12 years the SFUSD’s Nutrition Education Project (Student, Family, and Community Support Department) received funding ($1,605,000 annually) through the USDA Nutrition Education Obesity Prevention (formerly SNAP-Ed) administered through the California Department of Public Health. Beginning in October 2013, the school district will no longer receive direct funding.

Personnel: The Project currently funds 14.3 FTE, including 0.5 Program Manager, 10.0 Site Nutrition Coordinators (8 elementary, 2 secondary) at 20 schools, 1.3 Teachers on Special Assignment, 1.0 Central Nutrition Coordinator, and 1.5 Support Staff.

Program Components: Currently, the Nutrition Education Project (NEP) works with 41 schools (with at least 50% of students participating as free/reduced in the School Lunch Program), including:

- Target Schools: 15 elementary and one K-8 school, assigned a 0.5 FTE nutrition educator, facilitating student and family lessons and events.
- Harvest of the Month Program: All target schools as well as 12 elementary, one K-8 school and one high school participate in a Harvest of the Month program
- Youth Engagement: 11 secondary schools participating in a Youth Engagement Program

2011-2012 NUTRITION EDUCATION PROJECT IMPACT AT TARGET SCHOOLS

Fruit and Vegetable Preference: The NEP six-lesson curriculum was shown to significantly increase fourth and fifth grade students' enjoyment of and preference for fruits and vegetables. The positive results were sustained at least six weeks after the conclusion of the intervention.

Fruit Consumption (California Healthy Kids Survey, grade 5): NEP Schools had a significant increase in the number of students who ate fruit 3 or more times “yesterday” from 32.2% in 2003 to 46.2% in 2011.

Positive Changes in the School Community: Over 93% of staff surveyed report seeing positive changes in the healthy eating habits and physical activity among students in 2011.

Project Sustainability:

- In 2002, when NEP began working with target schools, almost no teachers had healthy snack policies in their classroom. By the end of last school year, nearly all teachers (93%) at NEP schools reported having a healthy snack policy in their classrooms.
- By the end of the 2011-12 school year, 99% of surveyed staff at NEP schools reported they had a school-wide healthy snack policy that was well-publicized (88%) and enforced by school administrators (89%). Nearly all teachers (96%) reported that parents/caregivers adhere to the healthy snack policy.
- In 2011-12, 94% of teachers surveyed reported implementing at least one nutrition lesson on their own in the past school year, while 80% report teaching three or more nutrition lessons during the school year.

District Wide Impact:

Nutrition Lessons (Elementary Coordinated Program Monitoring--CPM): presented lesson resources at workshops and School Health Program meetings and has modeled lessons at target schools. There has been a significant increase in the number of nutrition lessons taught by classroom teachers from 2007/08 (9,473) to 2011/12 (54,444).
The Nutrition Education Project has provided both site based and district wide interventions.

**SITE BASED INTERVENTIONS:**

**Target School Interventions:**
- **Classroom Lessons:** 1471 classroom lessons were presented to over 10,000 students (unduplicated numbers), including 100 field trips to farmers’ markets.
- **Family Events:** Nine nutrition promotion events, including health fairs, nutrition nights, etc. were conducted, reaching 2060 family members (unduplicated). In addition, NEP facilitated or participated in 54 additional school nutrition events, such as Back to School Nights, Math/Science Nights, Walkathons, etc.—reaching 11,403 family members (duplicated). A total of 41 parent workshops at target schools were held, reaching 772 parent/caregivers.

**Harvest of the Month Program:** 11,000 students and families at 18 target schools and 16 Harvest of the Month schools participated in Harvest of the Month tastings and received nutrition education resources.

**Youth Empowerment Program:** Nutrition Outreach Workers (NOWs—students from four middle and seven high schools) conducted over 60 nutrition education and awareness activities, including youth-led peer education lessons, community-based presentations and school wide events:
- 41 youth-led peer education lessons, reaching 3,475 students
- 16 youth-led peer awareness school events, reaching 4,830 students
- 4 community presentations—including an end-of-year youth gathering with 50 students representing 9 secondary schools, sharing research findings and interventions.

Adult Leaders (Nutrition Outreach Coordinators) met regularly with NOWs to guide them through the process of youth-led research and activity planning. **Site Based Professional Development:** Thirty-three site-based professional development sessions were provided, reaching 721 teachers in grades K through 12. Topics included Harvest of the Month, Healthy Classroom Environments, and Garden-Based Nutrition Education.

**DISTRICT WIDE INTERVENTIONS:**

**Nutrition Education Project Website, [www.healthiersf.org/nutrition](http://www.healthiersf.org/nutrition):** The website is a resource for teachers and staff to support student academic performance through nutrition education and physical activity promotion, providing data, policy information, best practices, strategies, lesson plans and event announcements.

**Central Professional Development:** Five workshops, open to schools (50% F/R) reached over 220 elementary, middle and high school participants. Topics included: Creating Healthy Classroom Environments; Nutrition Education in the Garden; Outreach to parents/caregivers with nutrition resources; Addressing health disparities in SFUSD students, related to nutrition and physical activity; and Taking Your Class on a Farmers’ Market Field Trip.

**Health Awareness Events:** February Physical Activity Month, March Nutrition Month, ReThink Your Drink (RYD) Week (May 14 – May 18, 2012): Lessons and resources were sent to all SFUSD employees via the Weekly Administrative Directive. Presentations were made at Health Advocate, Healthy School Team and Healthy Promotion Committee meetings and materials were distributed. As part of RYD Week, NEP staff presented four RYD Train the Trainer Workshops reaching 157 teachers, taught 42 Sugar Savvy Lessons, reaching 938 students and conducted 16 RYD exhibits at health fairs, reaching 2807 participants.