

Effect of Intervention on Creating Healthier Eating Environments in Schools

Supporting Water Consumption

Water Does Wonders Intervention & Lead the Change Recognition Awards

In September 2016, Middlesex County elementary schools were invited to apply for the Healthy Kids Community Challenge Lead the Change Recognition Award and participate in the Water Does Wonders Intervention. Twelve of the 26 Middlesex County schools applied and participated. To be eligible for the award and participation in the intervention, schools needed to consider ways they can create a healthier school environment. A total of 26 environmental-actions were proposed. Commitment to 3 mandatory environmental-level actions and 2 additional actions of 8 proposed was required, all of which aimed to influence water consumption. Schools could indicate support to additional environmental actions, while not mandatory.

Results indicate that participating schools show a desire to make changes in their environment and confirmed that the actions proposed were viable. Included are some highlights* of how schools in Middlesex County are leading the change in support of the healthier choice! *excludes data pertaining to reports of implementation prior to the project.



Provide cold water at all school events.

44% had completely implemented this practice with **55%** reporting some to considerable progress made.

Adopt a policy that only water be served or sold within the school setting or at any school-associated function.

71% reported some to considerable progress made in implementing with **14%** indicating intention to change.

If sugar-sweetened beverages are sold, bottled water is sold at a reduced price compared to sugar-sweetened beverages.

63% had completely implemented this practice with **13%** reporting considerable progress made. **13%** indicated intention to change.

Students are allowed to keep water bottles on their desk.

According to principals, **11%** had completely implemented this practice with **22%** reporting some to considerable progress made. According to teachers, **66%** indicated students are allowed water bottles at their desk and **90%** indicated students can access their water bottle without asking

At host special events where children are present, no sugar-sweetened beverages, including fruit juice, are served.

22% had completely implemented this practice with **66%** reporting some to considerable progress made. **11%** indicated intention to change.

No sugar-sweetened beverages are sold or served at staff or parent council meetings.

33% had completely implemented this practice with **22%** reporting some to considerable progress made.

Emphasize and actively promote the importance of water year-round using materials provided.

33% had completely implemented this practice with **66%** reporting some to considerable progress made.

Staff role model by drinking water and white milk and pledge to not drink sugar-sweetened beverages in front of children.

25% had completely implemented this practice with **51%** reporting some to considerable progress made.

No sugar-sweetened beverages are served in classroom celebrations.

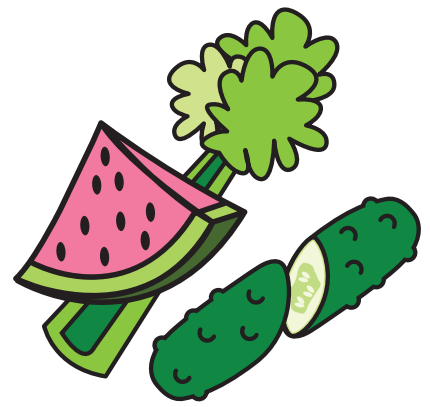
29% had completely implemented this practice with **57%** reporting some to considerable progress made. **14%** indicated intention to change.



HEALTHY KIDS START WITH HEALTHIER ENVIRONMENTS!

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Supporting Veggies & Fruit Consumption



If food is offered at host site special events where children are present, vegetables and fruit are included as an option.

33% had completely implemented this practice with **55%** reporting some to considerable progress made.

If food is offered at classroom celebrations, vegetables and fruit are included.

25% had completely implemented this practice with **50%** reporting some to considerable progress made. **13%** indicated intention to change.

Educational Efforts

When providing vegetables or fruit, efforts are made to choose vegetables and fruit that are grown locally.

86% reported some to considerable progress made.

Non-food items or vegetables and fruit are used for fundraising. Consider the Fresh to Farm program.

11% had completely implemented this practice with **22%** reporting some to considerable progress made. **22%** indicated intention to change.

Staff receive education on the importance of encouraging water and reducing intake of sugar-sweetened beverages.

25% had completely implemented this practice with **76%** reporting some to considerable progress made.

Student Nutrition program is offered (snack and/or breakfast).

26% reported some to considerable progress made with **25%** indicating intention to change.

If rewards are given in the classroom the reward is non-food related (i.e. stickers, pencils, etc.).

11% had completely implemented this practice with **55%** reporting some to considerable progress made. **11%** indicated intention to change.

Sip Smart Curriculum Guide is used.

83% reported some to considerable progress made with **17%** indicating intention to change.

Gardening opportunities are available including outdoor or classroom garden pots or gardens.

13% had completely implemented this practice with **25%** reporting considerable progress made. **13%** indicated intention to change.

Food skill, cooking or taste testing opportunities using vegetables and fruit.

14% had completely implemented this practice with **43%** reporting some to considerable progress made. **29%** indicated intention to change.

Promoting Vegetables, Fruit & Water Curriculum Guide supplied to your school by the Middlesex-London Health Unit is used in primary grades.

14% had completely implemented this practice with **71%** reporting some to considerable progress made.

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