

# The Healthiest Next Generation Initiative: *Recommendation Summary*

## Communities

### Short-term

1. Encourage breastfeeding by implementing *Breastfeeding Friendly Washington*, funding Medicaid to reimburse for breastfeeding education and lactation counseling and assuring breastfeeding support is defined and covered by insurance.
2. Implement complete streets statewide.
3. Encourage fruit and vegetable purchases through Washington's Basic Food (food stamp) program.
4. Implement healthy communities programs statewide.
5. Implement Safe Routes to School programs statewide and require a consistent Walking School Bus for all schools receiving funds.

### Long-term

6. Staff the statewide Food System Round Table.
7. Adopt a statewide public awareness campaign to promote healthy weight strategies for children and families.
8. Implement *Healthy School Zones across Washington*.

## Schools

### Short-term

1. Encourage school districts to adopt a health and fitness education curriculum aligned with updated state standards.
2. Feed all children well by increasing voluntary participation in breakfast programs such as *Breakfast After the Bell*, eliminating the co-pay for school lunch in grades 4-12 and supporting the Summer Food Service Program.
3. Encourage schools to provide active daily recess.
4. Encourage drinking water by actions such as installing water bottle filling stations in schools.

### Long-term

5. Support school districts in providing minimally processed foods in school meals.
6. Sustain and expand the Farm to School program at the Department of Agriculture.
7. Support schools to increase fresh vegetable and fruit consumption.
8. Eliminate waivers or exemptions for physical education.

## Early Learning

### Short-term

1. Update the rules and regulations for licensed Child Care Centers to address the latest version of national standards on nutrition, physical activity and screen time and include required training for providers (initial, ongoing and professional development) on these topics.
2. Increase training on nutrition, physical activity and screen time in Early Achievers.
3. Fund regional Early Learning Collaboratives to help increase the capacity of licensed Child Care Centers to meet updated rules and regulations (see recommendation #1).

### Long-term

4. Revise the rules and regulations for Family Home Child Care and School-Age Child Care to meet the national standards on nutrition, physical activity and screen time and include required training for providers (initial, ongoing and professional development) on these topics.
5. Fund the installation of water bottle filling stations in all 1,542 licensed Child Care Centers.

## Communities

### 1. Encourage breastfeeding by implementing *Breastfeeding Friendly Washington*, funding Medicaid to reimburse for breastfeeding education and lactation counseling and assuring breastfeeding support is defined and covered by insurance.

#### Recommendation

Breastfeeding Friendly Washington is a voluntary program to recognize hospitals, worksites, healthcare providers and early learning facilities that have adopted the evidence-based Ten Steps to Successful Breastfeeding.

The United States Preventive Services Task Force Guideline recommends Medicaid reimbursement for breastfeeding education and lactation counseling.

The U.S. Breastfeeding Committee has a model policy for payer coverage for breastfeeding support and counseling services, pumps and supplies.

#### How to make it happen

Determine resources needed for the Department of Health to implement and market this initiative in hospitals, worksites, healthcare and early learning facilities.

Fund Department of Health or the Washington State Hospital Association to train all birthing hospitals on breastfeeding practices. Cost: \$250,000 would cover 25-30 spots for all birthing hospitals in Washington.

Determine needed Medicaid changes and coverage expenses.

#### Expected impact

An increase in the number of babies breastfed for the recommended six months.

**Community Success Story:** *St. Joseph Medical Center in Tacoma is implementing the Ten Steps to Successful Breastfeeding and currently seeking national accreditation as a Baby-Friendly facility. St. Joseph Medical Center delivers over 3,600 babies per year -- the most among Puget Sound hospitals*

### 2. Implement complete streets statewide.

#### Background

Complete streets are for pedestrians, bicyclists, motorists and transit riders. They allow people of all ages and abilities the opportunity to move safely along a street. A complete street can include: sidewalks, bike lanes, bus shelters, pedestrian signals, median islands and more.

#### How to make it happen

Determine resources needed by the Department of Transportation to implement the grant program for local complete streets projects.

#### Expected impact

More students meeting the recommended 60 minutes a day of physical activity.

Less pedestrian crashes. Pedestrian crashes are more than twice as likely to occur in places without sidewalks; streets with sidewalks on both sides have the fewest crashes.

**Community Success Story:** *The City of White Salmon adopted a Complete Streets Ordinance. In partnership with the Klickitat County Health Department, White Salmon Valley School District and White Salmon Police Department they leveraged the adoption of the Complete Streets policy to support a plan for safer walking and biking to Whitson Elementary School.*

### 3. Encourage vegetable and fruit purchases through Washington’s Basic Food (food stamp) program.

#### Recommendation

Examples include: Discounting vegetable and fruit prices for participants, matching state dollars for local "Double Up" farmer’s market programs and offering grants and loans to retailers to create healthier retail environments.

In 2012, about 76% of 10<sup>th</sup> graders did not eat the recommended amount of daily vegetables and fruits.

#### How to make it happen

Determine feasibility and resources needed for the Department of Social and Health Services to accomplish this.

#### Expected impact

Increase in children eating the recommended amount of daily vegetables and fruits.

Increase in economic support for local farms and retailers.

***Community Success Story:** Jefferson County Farmers Market launched a farmer’s market matching program for Basic Food/SNAP recipients called “Give Me 5” through a combination of grant funding and community support. This program gives recipients \$5 for every \$10 spent at the market and \$10 for every \$20 spent.*

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### 4. Implement healthy communities programs statewide.

#### Background

Local collaboratives throughout the state work together to improve health outcomes through community-wide strategies increasing access to healthy food, physical activity opportunities and tobacco-free living.

#### How to make it happen

Determine resources needed by the Department of Health to fund healthy communities programs statewide.

#### Expected impact

Increase in children eating the recommended amount of daily vegetables and fruits and meeting the recommended 60 minutes a day of physical activity.

***Community Success Story:** The Makah tribe created an all-season walking area and conducted a community-wide survey to establish priorities for continued enhancements to wellness on the Reservation.*

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### 5. Implement Safe Routes to School programs statewide and require a consistent Walking School Bus for all schools receiving funds.

#### Background

*Safe Routes to School* programs work to improve safety and accessibility and reduce traffic and air pollution near schools. As a result, these programs help make bicycling and walking to school safer and more appealing transportation choices thus encouraging a healthy and active lifestyle from an early age.

A *Walking School Bus* is a group of children walking to school with one or more adults.

#### How to make it happen

The shortfall between funding and requests for Safe Routes to School from 2013-2015 was \$2,643,870. The shortfall between funding and requests for the Pedestrian and Bicycle Program from 2013-2015 was \$14,172,434.

Determine resources needed to provide technical assistance to schools serving a high percentage of low-income students to help them apply for and implement Safe Routes to School grants.

#### Expected impact

More students meeting the recommended 60 minutes a day of physical activity.

***Community Success Story:** At Crescent Harbor Elementary in Oak Harbor, the Safe Routes to School Committee improved nearby school walking paths and launched a walking school bus so kids can safely walk and bike to school.*

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## Schools

### 6. Encourage school districts to adopt a health and fitness education curriculum aligned with updated state standards.

#### Background

The state health and fitness education curriculum is currently being revised to align with the national standards.

#### How to make it happen

Join the School Health Advisory Committee to ensure schools adopt a curriculum that aligns to state standards.

Engage schools in community partnerships to promote outdoor physical activities such as snowshoeing, bicycling, hiking, rowing, etc.

Invite community partners to schools to offer nutrition education and physical activity aligned to curriculum.

#### Expected impact

More students will meet the recommended 60 minutes a day of physical activity.

More students learning healthy habits early with the potential to carry them into adulthood.

***Community Success Story:** Tahoma High School has a program called Outdoor Academy that combines language arts, environmental science, health and physical education. Students in the Outdoor Academy have continually scored 15% higher than their classmates on state assessments in reading, writing and science.*

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### 7. Feed all children well by increasing voluntary participation in school breakfast programs such as *Breakfast After the Bell*, eliminating the co-pay for school lunches for students in grades 4-12 and supporting the Summer Food Service Program.

#### Background

Currently only 10% of school districts in Washington are achieving national goals for breakfast participation. On average, students who eat breakfast have been shown to achieve 17.5% higher scores on standardized math tests.

*Breakfast After the Bell* is any school breakfast program that provides students an opportunity to eat breakfast after the start of the instructional day.

#### How to make it happen

Determine resources needed for the Office of Superintendent of Public Instruction to provide grants to school districts to implement school breakfast programs such as *Breakfast After the Bell*. Provide grants to school districts serving a high percentage of low-income students.

Determine resources needed for the Office of Superintendent of Public Instruction to cover the co-pay for all reduced-price eligible students in grades 4-12.

Determine resources needed for the Office of Superintendent of Public Instruction to provide grants to community organizations and school districts to start-up or sustain the Summer Food Service Program.

#### Expected impact

Eating a healthy breakfast every morning has the potential to improve academic achievement.

Implementing school breakfast programs in high-need schools has the potential to feed 25,000 students (eligible for free and reduced- priced lunch) a healthy breakfast.

Covering the co-pay for reduced-price lunch eligible students has the potential to increase the number of students eating a healthy lunch.

Participating in the Summer Food Service Program can bring more federal dollars to the state and potentially feed an additional

320,000 students (eligible for free and reduced-priced lunch) a healthy meal during the summer months.

**Community Success Stories:** Highline School District implemented *Breakfast After the Bell* in three elementary schools. This program helps eliminate the stigma kids experience when eating a free breakfast in the cafeteria before school starts. It also helps ensure students taking the bus do not miss breakfast.

## 8. Encourage schools to provide active daily recess.

### Background

This recommendation works the best when recess is supervised by staff trained in facilitating active play and lunchtime recess is scheduled before eating lunch.

In 2012, about 42% of 6<sup>th</sup> graders did not meet the recommendations for 60 minutes of daily physical activity.

### How to make it happen

Encourage parent volunteers to assist in active recess by modeling physical activity (walking, running recess programs) or coordinating games.

Encourage older children to teach cooperative games to younger children at recess, modeling taking turns, sharing, and appropriate play.

Encourage staff to participate in physical activities.

Invite police officers and fire fighters to engage in physical activity during recess.

### Expected impact

Increase in students meeting the national recommendation for 60 minutes of daily physical activity.

Potential for improved academic performance, achieve higher test scores and better attitudes toward school.

**Community Success Story:** Park Orchard Elementary has a recess running and walking program called MAD (Making a Difference) Milers. All students are required to run or walk one lap at recess on Mondays and Wednesdays. Teachers report an increase in student attentiveness and a decrease in behavior referrals on MAD Miler days.

## 9. Encourage drinking water by actions such as installing water bottle filling stations in schools.

### Background

In 2012, about 33% of 10<sup>th</sup> graders who drank soda said they bought sweetened drinks at school.

### How to make it happen

One example to encourage water consumption is water bottle filling stations. The cost of one unit and installation is \$1,500-\$3,000. Washington has 2,281 schools. Total estimated cost: \$3,421,500-\$6,843,000.

Filter replacement cost is estimated at \$100 a year. Total estimated cost: \$228,100 per year for all schools.

### Expected impact

Potential increase in water consumption.

Data on how many 20-ounce water bottles were saved from the landfill (many water bottle filling stations have a tracker built in).

**Community Success Story:** Michael T. Simmons Elementary School in Tumwater received a water bottle filling station through a partnership with the South Sound YMCA. The station was quickly embraced by students and faculty. The machines are three times faster than a standard drinking fountain.

## Early Learning

### 10. Update the rules and regulations for licensed Child Care Centers to address the latest version of national standards on nutrition, physical activity and screen time and include required training for providers (initial, ongoing and professional development) on these topics.

#### Background

National standards are from: *Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3<sup>rd</sup> Edition*

#### How to make it happen

Determine resources needed by the Department of Early Learning to revise the Child Care Center WACs to comply with the latest version of these standards.

Determine resources needed by the Department of Early Learning to help child care programs meet the new rules; prioritize programs serving communities with increased health inequities.

#### Expected impact

Over 100,000 infants and children will be in child care programs with optimal nutrition, physical activity and screen time standards; and staffed by professionals trained in the newest and best practices to promote healthy eating and physical activity.

Directors, program supervisors and lead teachers in 1,542 licensed child care centers will be trained on infant and child health topics, increasing their professional capacity.

*Community Success Story: The Nisqually Tribe Head Start has a children's garden that grows salad greens, radishes, beets and flowers. Children help maintain the garden, harvest and eat the produce and learn about the importance of fresh, healthy food.*

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### 11. Increase training on nutrition, physical activity and screen time in Early Achievers.

#### Background

Early Achievers rates the quality of child care and early learning programs on a scale of 1 to 5. Early Achiever status is accessible to the public so families can make informed choices about where to enroll their children.

#### How to make it happen

Determine resources needed by the Department of Early Learning to make this change.

Determine resources needed by Department of Early Learning and partners to provide technical assistance and resources to lower capacity early learning programs to increase equitable participation in Early Achievers.

#### Expected impact

Over 2,000 providers enrolled in Early Achievers will receive technical assistance and training in health topics.

*Community Success Story: The Community School of West Seattle maintains two open places for children to play and has an outdoor play "rain or shine" policy and stocks extra boots and jackets for kids that them. Fresh vegetables and vegetables are on the menu every day and all classrooms have water pitchers with a self-serve tap.*

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**12. Fund regional *Early Care and Education Learning Collaboratives* to help increase the capacity of licensed Child Care Centers to meet updated rules and regulations (see recommendation #1).**

**Background**

This recommendation complements recommendation #1 as early learning and child care programs will need technical assistance and training to meet updated rules and regulations.

**How to make it happen**

Determine resources needed by the Department of Early Learning and partners to start Early Learning Collaboratives in all regions throughout the state and to coordinate technical assistance as needed.

Determine resources needed to sustain existing Early Care and Education Learning Collaboratives.

**Expected impact**

Directors, program supervisors and lead teachers in 1,542 licensed child care centers will have easier access to the training, technical assistance and resources necessary to meet updated rules and regulations health topics, increasing their professional capacity.

***Community Success Story:*** *Start Healthy, Start Now is a collaborative program funded by Inland Northwest Health Services in Eastern Washington serving 498 licensed child care programs. It provides training, technical assistance and educational resources on healthy infant feeding, child nutrition, physical activity, reduced screen time, family engagement, and emotional well-being and mental health.*

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