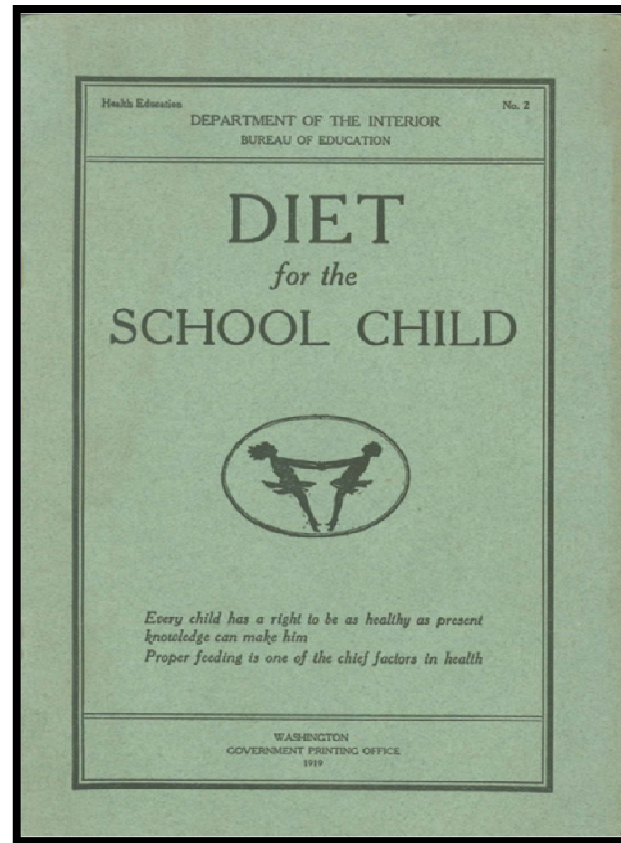


# **The Practical Application of School Intervention Programs: What Works and What Doesn't**

*Dr. Katie Wilson, SNS  
USDA Deputy Under Secretary  
Food, Nutrition, and Consumer Services  
January 2016*



# New Issues?



# A Bit of History



# National School Lunch Act

# 1946

Based on the health of  
young men entering  
the draft.



**Signing the National School Lunch  
Act on June 4, 1946**

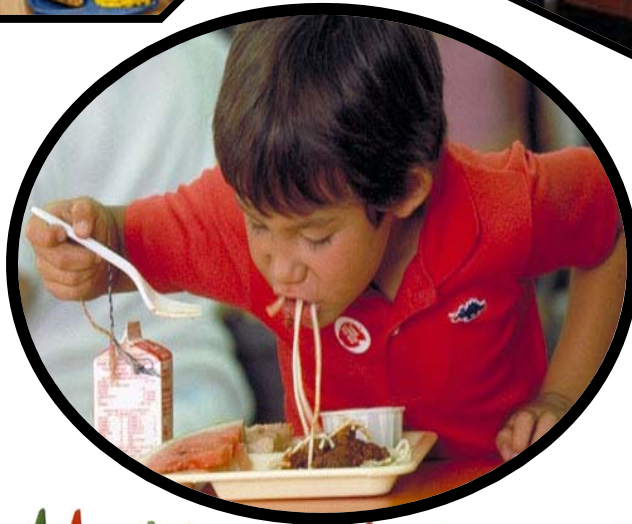




# Role of Child Nutrition



**Safeguard the health  
and well-being of  
America's children**



# The Dual Challenge of Childhood Hunger and Obesity

**Over 16 million children  
live in households with  
food insecurity... and yet  
diet related diseases are  
on the rise in children**



# Participation Statistics

**Over 30 million lunches served daily**

**Over 14 million breakfast served daily**

**In over 100,000 public and private schools**



**Schools provide an excellent opportunity to influence healthy habits**





# Healthy, Hunger Free Kids Act 2010

**Whole grain – rich products**

**Lo-fat and fat –free milk**

**Fruit or vegetable required**

**Vegetable Subgroups**





# School – Based Interventions

Change takes time and education

For staff and students



Healthy offerings can only impact student health when they are consumed

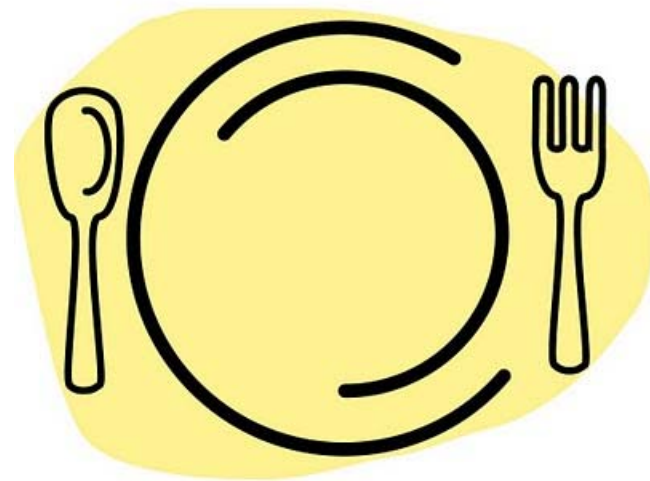


# Delivery Methods

**Cafeteria style vs Family style service**

**Recess before lunch**

**Time to eat**



# Choice Architects and Behavior Economics





# **“Nudges”**

**Placement of food on serving lines**

**Variety and convenience of food offered**

**Food labeling**

**Preparation techniques**



# Chef Interventions

**With staff**

**With students**

**Need more research**



# Nutrition Information and Education

Posting nutrient information

Nutrition education in the classroom

Long term behavior change

Need a multicomponent approach





# Case Study Conclusion

**Universal commitment KIDS FIRST**

**Gradual change over time**

**Smart Economics**

**Building Strong Relationships**



# It Takes a Village

**Childhood obesity belongs to all of us**

**Strong public policy**

**Multicomponent interventions**

**Strong, committed leaders**



**A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be.**

Rosalynn Carter





# Thank you

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