Handout

Drivers for Successful Implementation of School Wellness Policies: Implications for Strategic Planning Process
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The Sample:
361 elementary schools from the 2006 School Health Policies and Programs Study (SHPPS)

SHPPS is a national survey periodically conducted to assess school health policies and programs at the state, district, school, and classroom levels. Computer assisted personal interviews were used to obtain data at the school level. Between February and May 2006, trained interviewers visited each school and conducted school and classroom-level interviews via CAPI technology. Response rate was 78%.

The Working Model:
This study examines only the strategic process and operation plan is the outcome
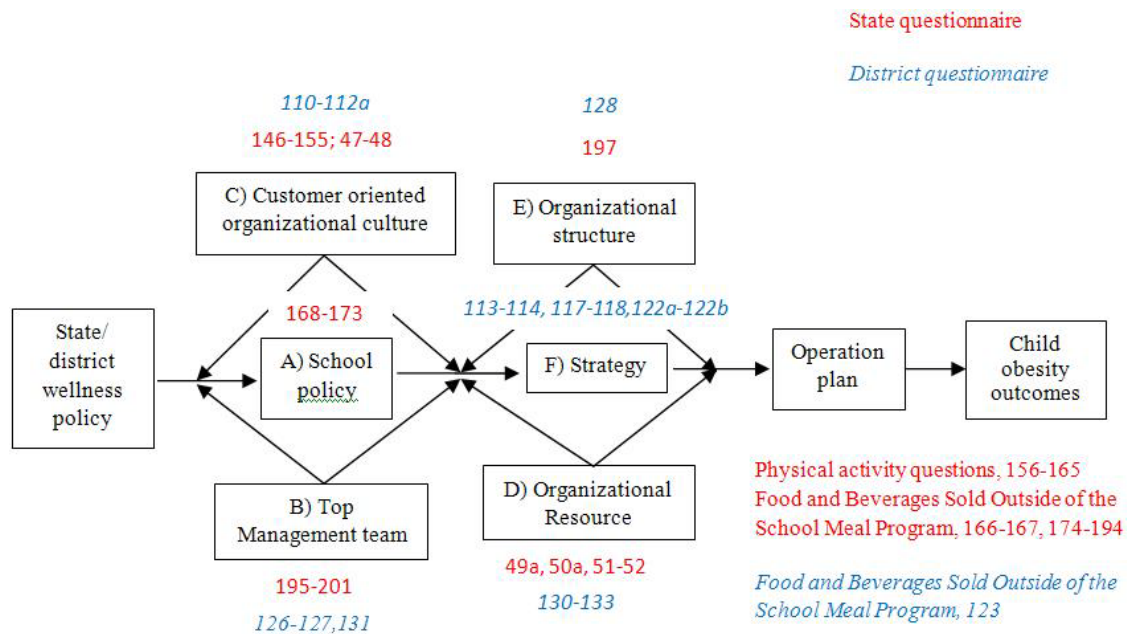
Outcome Variables:

<u>Two physical activity outcomes</u>
Average minutes of recess time per week
% of grades in the school having regularly scheduled recess

Two nutrition outcomes

Ability to purchase junk foods from vending machines or school stores. This is a latent variable with 5 indicators:

chocolate candy; other kinds of candy; cookies, crackers, cakes, pastries, or other baked goods that are not low in fat;

Salty snacks that are not low in fat, such as regular potato chips

Water ices or frozen slush's that do not contain juice

Ability to purchase "healthy" foods from vending machines or school stores. This is a latent variable with 6 indicators:

Low-fat cookies, crackers, cakes, pastries, or other low fat baked goods

Salty snacks that are low in fat, such as pretzels, baked chips, or other low-fat chips

Bread sticks, rolls, bagels, pita bread, or other bread products

100% fruit juice; 1% or skim milk; bottled water

Methods:

Three linear regression models are estimated for each of the four outcomes. An organizational structure model, a school climate model, and a school safety model.

Control variables were used in every model and include:

- Principal reporter (68%)
- School poverty status (55%)
- School urban status (73%)
- School region (25% in South)
- Average grade in the school (2.6, between 2nd and 3rd grade)
- School enrollment (377 students on average)

These control variables include the following:

Control Variables	Description
Principal	Whether the survey respondents was the school principal or not
High Poverty Status	Schools where the percentage of the population in the zip code exceeded the median percentage living below poverty for all zip codes
Urban	Schools where the percentage of the population living in rural areas exceeded the median percentage living in rural areas
Southeast	Whether school is in South Atlantic, East South Central, or West South Central
Average Grade	Average grade based on number of students enrolled in each grade
School Enrollment	Total number of students in the school

Findings:

Schools have 149 minutes of recess time on average per week with 92% of grades having regularly scheduled recess. These schools have 0.48 junk food items and 0.64 health food items available for sale on average.

Model Predictors for the Three Models:

Organizational Structure Model	School Climate Model	School Safety Model
Existence of a council	Family Engagement	Student monitors
Members of the council	Positive Climate Program	School uniforms
Frequency of meetings	Staff Development	Dress code
CDC Health Index Use	School Code of Conduct	Surveillance Cameras
Use of other Health Guides	Student involvement	Metal Detectors
School Health Coordinator		Communication Devices

Limitation and Future Plan:

I.   Information regarding physical education for structured physical activities
II. Teaching plan from the selected schools (especially regarding health classes)
III. Further analyses with data from the district, state, and school questionnaires on the constructs of school policy, strategy, top management team, and organization resources
IV. Further study on the decision making process from the stakeholders' perspective