



CDC's Inaugural Conference on  
Obesity Prevention and Control  
Omni Shoreham Hotel  
July 27-29  
2009

### Health in All Policies III Nexus between Food Systems and Obesity Prevention

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Monday, July 27, 2009, Washington, DC



## Main Points

- Schools are an important food subsystem
- USDA school meals have improved and are on track for continued improvement
- More can be done to improve the total school nutrition environment

Tomorrow at 9:50am

### A5: School Nutrition Policy: Proven and Promising Practices

Moderator: Laurie Whitsel

Panelists: Deanna Hoelscher, Barbara Fish, and Margo Wootan  
Diplomat Room



## Washington Post July 26, 2009 Advertising Supplement



## Foods in school are an important subsystem of the overall US Food System

- Every community in the U.S.  
– Over 100,000 schools
- The reach extends beyond the walls of the school because of the Federal, State and local flexibility in ordering products  
– procurement.



## The USDA School Meal Programs are an important part of this subsystem

Total FY2008 Federal Investment of \$12 Billion

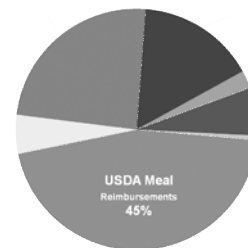
- National School Lunch Program (NSLP)
    - Available
      - ♦ 96,000 schools
      - ♦ 50 million students enrolled
    - 60% participate (averages about 30 million meals per school day)
  - School Breakfast Program (SBP)
    - Available
      - ♦ 82,000 schools
      - ♦ 44 million students enrolled
    - 22% participate (averages about 10 million meals per school day)
- Both programs are available about 180 days per year  
In FY2008, a total of 7 Billion NSLP+SBP meals were served

5 Source: Funding information available at <http://www.fns.usda.gov/pd/cncosts.htm>

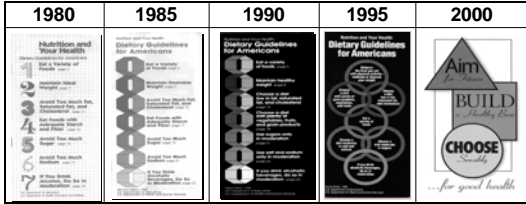


## How large is the U.S. school food sub-system?

A look at the \$20+ Billion of revenues in the school food service accounts

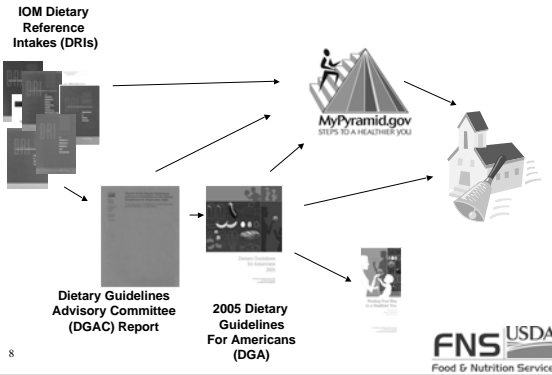


**Dietary Guidelines for Americans  
Published jointly by USDA and DHHS  
every 5 years since 1980**



The Dietary Guidelines are the science-based foundation of U.S. Federal nutrition policy

**Nutrition Implications for School Meals**

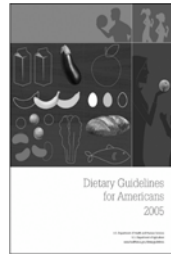


**Since 1995, USDA has had regulatory  
nutrition standards for NSLP/SBP  
Nutrients**

- **Nutrients** in meals are averaged over a school week; weekly averages must meet regulatory standards
  - 1/3 of **1989** RDA for protein, calcium, iron, vitamin A and vitamin C at lunch; 1/4 of RDA for these nutrients at breakfast
  - Appropriate level of calories for age/grade groups
  - Consistent with the 1995 DGA
    - ♦ Limit the percent of calories from **total fat** to 30% of the actual number of calories offered
    - ♦ Limit the percent of calories from **saturated fat** to less than 10% of the actual number of calories offered
    - ♦ Reduce **sodium** and **cholesterol** levels (no current quantitative standard)
    - ♦ Increase the level of dietary **fiber**



**The 1997–2004 IOM Dietary Reference Intakes and  
the 2005 Dietary Guidelines for Americans (DGAs)  
included significant changes based on newer  
science and obesity concerns**



- New quantitative recommendations for certain nutrients**
- ♦ **total fat:**
    - ages 2 - 3 years = 30 to 35% of calories
    - ages 4-18 years = 25 to 35 % of calories
    - mostly from fish, nuts and vegetable oils
  - ♦ **saturated fat:** less than 10% of total calories (same a 1990 DGAs)
  - ♦ **cholesterol:** less than 300 mg/day
  - ♦ **sodium:** less than 2,300 mg/day
  - ♦ **fiber:** 14 grams per 1,000 calories

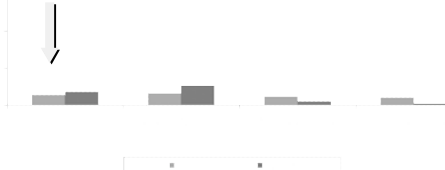
**The School Nutrition Dietary Assessment  
Study-III (SNDA-III) Findings (SY2004-05)**



- NSLP and SBP meals continue to be rich in vitamins, minerals and protein
- There has been some improvement in saturated fat since 1998-99
- While many more schools offer the *opportunity* to select low fat and low saturated fat meals, the average meals offered and selected by students often include
  - too much fat, saturated fat and sodium, and
  - not enough fiber
- Very few schools meet all of the SMI standards for either NSLP or SBP

**Few Schools Met All USDA SMI Standards  
for a Reimbursable Lunch**

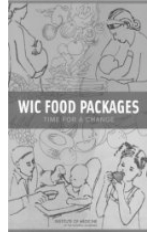
Percentage of Schools Meeting Standard  
Only 5.7% meet all SMI standards, even with the waiver to used offered (unweighted) data



SOURCE: SNDA-III, Menu Survey, school year 2004-05.

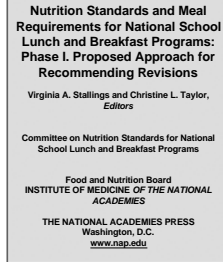
## Leading Improvement with the Best Current Science

- FNS recently updated the WIC Program food packages based on an FNS-sponsored IOM report reviewing the science and making specific recommendations
- We are following a similar model for updating the NSLP and SBP nutrition standards



## IOM Recommendations for NSLP and SBP due in October 2009

- Phase I report was published in December 2008
  - Addressed many of the outstanding scientific issues
- Recommendations for NSLP and SBP will be published October 2009
- Recommendations for the Child and Adult Care Food Program (CACFP) will be published in late 2010



## Offering Healthful NSLP and SBP Meals is Not Enough Other issues & opportunities

- Commodity improvements
- The School Nutrition Environment: competitive foods
- Local wellness policies
- The USDA Fresh Fruit and Vegetable Program
- HealthierUS School Challenge
- Marketing & nutrition promotion to encourage healthful selections by students
- Training and technical assistance for schools



## USDA Has Improved Commodity Foods

- USDA has reduced or eliminated added sugars, saturated fat and cholesterol in many USDA foods offered to schools. For example:
  - Shortening and butter are no longer available.
  - Processors now use lean meat in place of skin and fat in processed poultry products.
  - Schools can order fruit canned in juice, whole wheat flour, lean meats and poultry items, part-skim mozzarella cheese, and other reduced-fat cheeses through the commodity program.
  - More fresh fruits and vegetables are available (DoD Fresh)
  - On the horizon: increased whole grains; better oils

- A list of available foods can be found at: [www.fns.usda.gov/fdd/programs/schnp/](http://www.fns.usda.gov/fdd/programs/schnp/)

## Competitive Foods



- There is no current Federal legislative authority to regulate competitive foods outside the cafeteria during USDA meal times
  - Outside of USDA meals, competitive foods and the school nutrition environment are largely under State and local control
  - The legislatively required 2007 IOM report recommended standards and supportive legislation and regulations
- There are now bills in both the House and the Senate that would require USDA to regulate all foods sold in U.S. public schools.

## Don't Wait – Make Local Improvements Now

Even if enacted, it will take time to issue new regulations for school meals and competitive foods in schools

→ **Don't wait** – there is much that can be done under current law to improve the school meals and the school nutrition environment to help encourage healthful eating and energy balance, *for example*:

- Seek certification as a *HealthierUS* School Challenge Gold school
  - Offer only fat free and low fat milk
  - Increase use of whole grains (offer at least one every day)
  - Increase fruits and vegetables
    - Offer dark green or orange vegetables on 3 or more days/week
    - Offer fresh fruit on 2 or more days/week
  - Reduce salt (sodium) and reduce added sugars
  - Offer lean meat and poultry to reduce solid fats
- Improve competitive foods
- Increase physical activity at school

## Geographic Preference

- Legislative change in 2008 (P.L.110-246; the Farm bill)
- Geographic preference is encouraged (!!!)
- By law, may **only** be applied to the procurement of unprocessed agricultural products which are locally grown and locally raised.
- Unprocessed are those products that have not been cooked, seasoned, frozen, canned, or combined with any other products.



Acceptable useable forms include:  
*"washing vegetables, bagging greens, butchering livestock and poultry, pasteurizing milk, and putting eggs in a carton."*

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Thank you!



FNS web site:

<http://www.fns.usda.gov>

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## P.L 110-246 (the 2008 Farm Bill)

- SEC. 4302. PURCHASES OF LOCALLY PRODUCED FOODS.
- Section 9(j) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(j)) is amended to read as follows:
- (j) Purchases of Locally Produced Foods- The Secretary shall-
  - (1) encourage institutions receiving funds under this Act and the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.) to purchase unprocessed agricultural products, both locally grown and locally raised, to the maximum extent practicable and appropriate;
  - (2) advise institutions participating in a program described in paragraph (1) of the policy described in that paragraph and paragraph (3) and post information concerning the policy on the website maintained by the Secretary; and
  - (3) allow institutions receiving funds under this Act and the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.), including the Department of Defense Fresh Fruit and Vegetable Program, to use a geographic preference for the procurement of unprocessed agricultural products, both locally grown and locally raised.

