



ALIGNING ACTION  
FOR HEALTH<sup>SM</sup>

# Overcoming Low School Food Consumption through Schoolwide Policies

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# Mission

LPHI champions health within systems &  
in all communities.

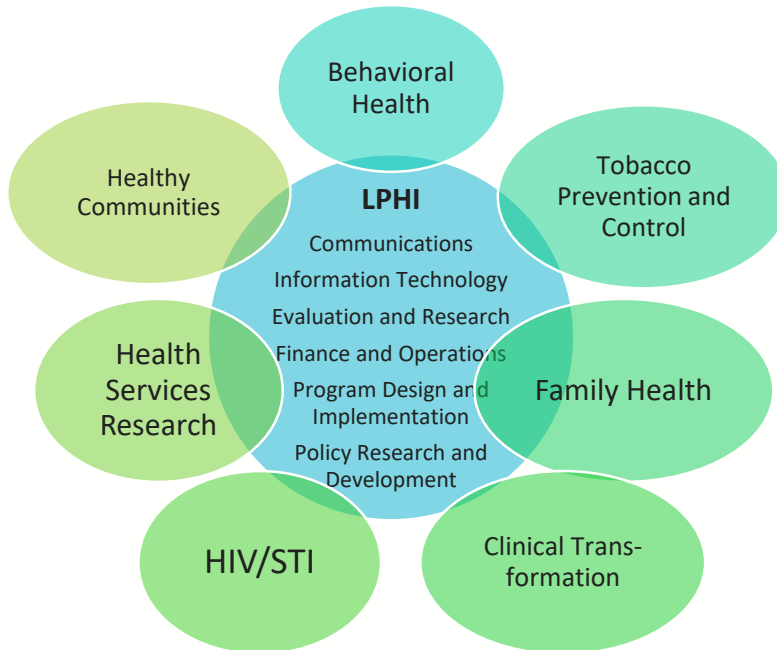
We uncover complementary connections across sectors to combine social, economic and human capital needed to align action for health.



## Vision

A world where everyone has the  
opportunity to be healthy

# LPHI Focus Areas and Services



# Objectives

- ◆ Compare evaluation results of a policy only intervention to a multi-component intervention
- ◆ Describe opportunities and challenges to implementing policy changes and a multi-component intervention to improve school food consumption.
- ◆ Identify environmental factors that impact student school food consumption.
- ◆ Describe policies that positively and negatively impact school food consumption.



# Partners

- ◆ **Propeller**= a New Orleans-based nonprofit that supports social entrepreneurship
- ◆ **Health School Food Collaborative**= a social venture that addresses the need for systemic change in the Louisiana school food environment through innovative policy and practice



# Evaluation Overview

Figure 1: Overview of Evaluation

	Phase I (2013)	Phase II (2014)	Phase III (2016)
Participating Grades	K-5	4 <sup>th</sup> & 5 <sup>th</sup>	4 <sup>th</sup> & 5 <sup>th</sup>
# of Participating Schools	8	8	3
Plate Waste	X	X	X
Fidelity Monitoring	X	X	X
Student Surveys	X	X	X
Environmental Scans	X	X	X
Focus Groups	X	X	X



# Phase III Overview

- ◆ 3 participating schools
- ◆ Intervention
  - ◆ 1 school switched recess from after lunch to before lunch
  - ◆ 2 schools implemented a multi-component intervention
- ◆ 8 week intervention





# Multi-component Intervention

## 1. Student Level

Nutrition Education

## 2. Staff Level

Teachers Food Vouchers

## 3. Parent Level

Parent Night Events

## 4. Cafeteria Level

Training for Cafeteria Workers

# Evaluation Overview

## Menu Analysis

- Measure Nutrition

## Plate Waste Study

- Measure Consumption

## Other

- Fidelity Monitoring
- Focus Groups
- Environmental Scans
- Student Surveys





# Methodology

- 1) Research Assistants were assigned in teams of 3 to each of the participating schools
- 2) 10 standardized lunches were weighed at each school (before the start of the lunch periods) and averaged to quantify the pre-lunch weights of each menu offering
- 3) Students were instructed not to dispose of their lunch trays but to instead return them to a designated site
- 4) Research Assistants calculated post-lunch weights by removing and weighing uneaten food items left on trays
- 5) Combining the pre-lunch weight average with the post-lunch weight average allowed us to calculate student lunch consumption

# Results

# Student Level

Table 2: Fidelity Monitoring Nutrition Education Results

	Intervention School One	Intervention School Two
Average length of nutrition education class	21 minutes	37 minutes
What percentage of time were sessions completed?	25%	100%
What percentage of time were students very engaged?	50%	100%
What percentage of time were students somewhat engaged?	50%	0%



# Staff Level

Table 3: Fidelity Monitoring Teacher Lunch Voucher Results

	Intervention School One	Intervention School Two
Median amount of teachers who consumed?	3	1
Of the teachers who took the school lunch, what percentage consumed lunch in the cafeteria?	66%	100%
Of the teachers who took the school lunch, what percentage consumed the main entrée?	82% of days	93% of days
Of the teachers who took the school lunch, what percentage consumed the vegetable?	47% of days	21% of days
Of the teachers who took the school lunch, what percentage consumed the fruit?	76% of days	57% of days

# Cafeteria Level Results

Table 4: Fidelity Monitoring Cafeteria Intervention Results

	Intervention School One	Intervention School Two
What percentage of time was menu posted on white board?	83%	52%
What percentage of time was staff engaged with students?	67%	28%
What percentage of time were spices available?	100%	0%
What percentage of time were vegetables placed as the first item in line?	11%	0%

# Parent Level

## Parent Night Event Results (Figures 1-4)

Figure 1: Do you feel the school lunch is healthy?

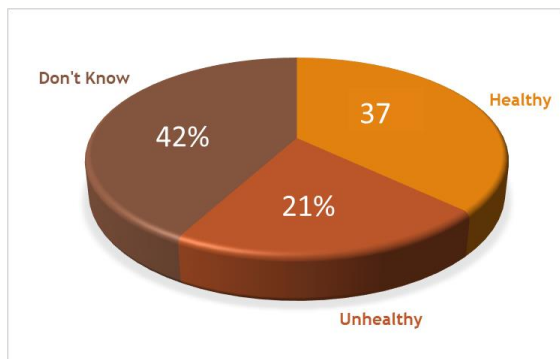


Figure 2: Do you feel that the school lunch is of good quality?





# Parent Level

Figure 3: How familiar are you with what your child is being served for lunch?

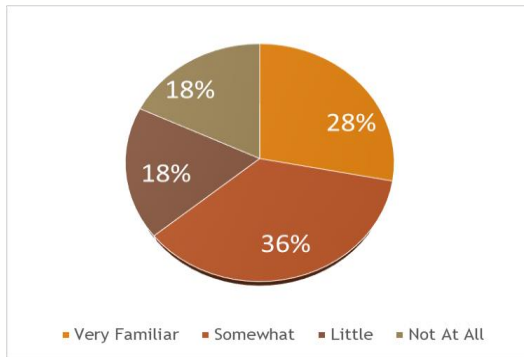
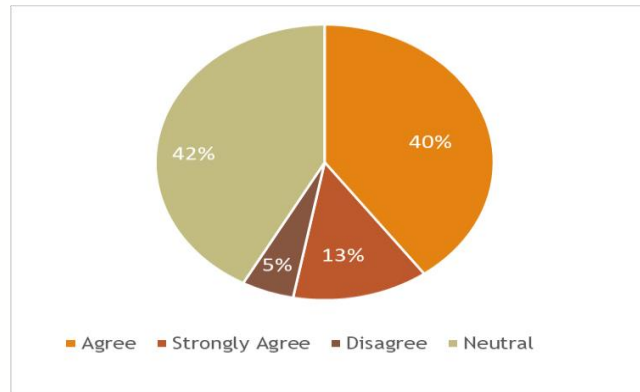
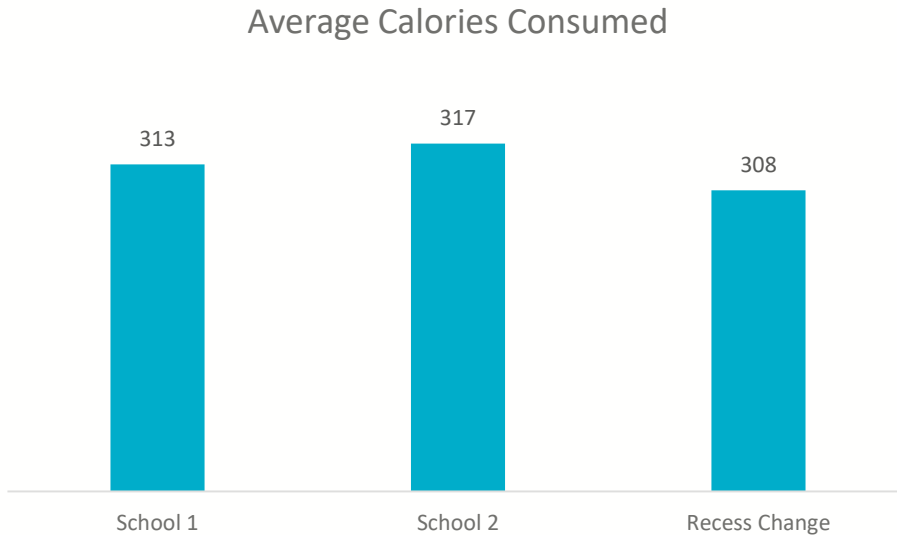


Figure 4: Did parent night increase your knowledge of school food?



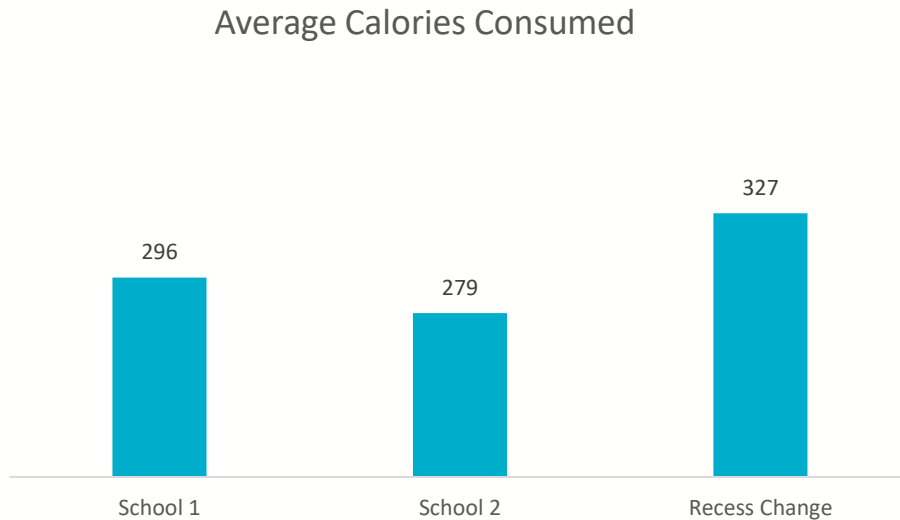
# Calorie Consumption

Figure 5: Baseline Consumption: Average Calorie Consumption by School



# Calorie Consumption

Figure 6: Average Calorie Consumption after Intervention or Policy Change





# Opportunities & Challenges

## ◆ Policy Only

- ◆ Administrative Buy-In

## ◆ Multi-component Intervention

- ◆ Adherence
- ◆ Ongoing Buy-In at Multiple Levels
- ◆ Cost
- ◆ Staff Turnover
- ◆ Staff Capacity
- ◆ Fidelity

# Environmental Factors

- Competitive food as a reward
- Competitive food brought by students
- Silent Lunch
- Menu Posted
- Vegetable First
- Smell of Cafeteria is Unpleasant
- Spices Available



# What's on the Horizon?

- ◆ Phase IV
  - ◆ 2018-2019
  - ◆ Replication of Policy Only Intervention
  - ◆ 10 Schools





# Thank You!

Interested in learning more, please contact:

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