

# TOWARDS SCHOOL POLICIES IN SUPPORT OF CHILDHOOD OBESITY

## BEYOND THE CALL TO ACTION EVENT

NOVEMBER 20<sup>TH</sup>, 2018 HILTON HOTEL BARBADOS

MINISTRY OF HEALTH, NASSAU, BAHAMAS

# **SCHOOL LUNCH STANDARDS IN BAHAMIAN SCHOOLS**





THE ISLANDS OF THE  
**bahamas**

## Ministry of Education Schools

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- ❖ Public Schools are organized by districts
- ❖ Governed by districts school boards
- ❖ Lead by district school superintendents
- ❖ Who brings recommendations to the table for consideration

# School Feeding in The Bahamas

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- ❖ A system of (private) vendors who are to approved to sell lunch at schools;
- ❖ A state-sponsored programme of school feeding called the “National School Lunch Program” (NSLP); Fully funded by the MOE since 2013
- ❖ Tuck shops operated by the schools; and
- ❖ Parent supplied meals to students.
- ❖ School Lunch and Tuck Shop Standards were developed in 2006

# Disturbing Trends

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- ❖ Emerging food and health habits
- ❖ Diet quality
- ❖ Diet quantity
- ❖ unhealthy weight patterns
- ❖ Fast food epidemic
- ❖ Abundant supply of cheap high energy dense foods and beverages now available within the school environment



## School Lunch Back Then...



# SCHOOL LUNCH TODAY

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# Choices and Decisions

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# CHILDHOOD OBESITY in THE BAHAMAS



6 in 10

children are  
overweight or  
obese.



69%

of children drink  
carbonated  
beverages every  
day

84%

of children don't get  
enough exercise.

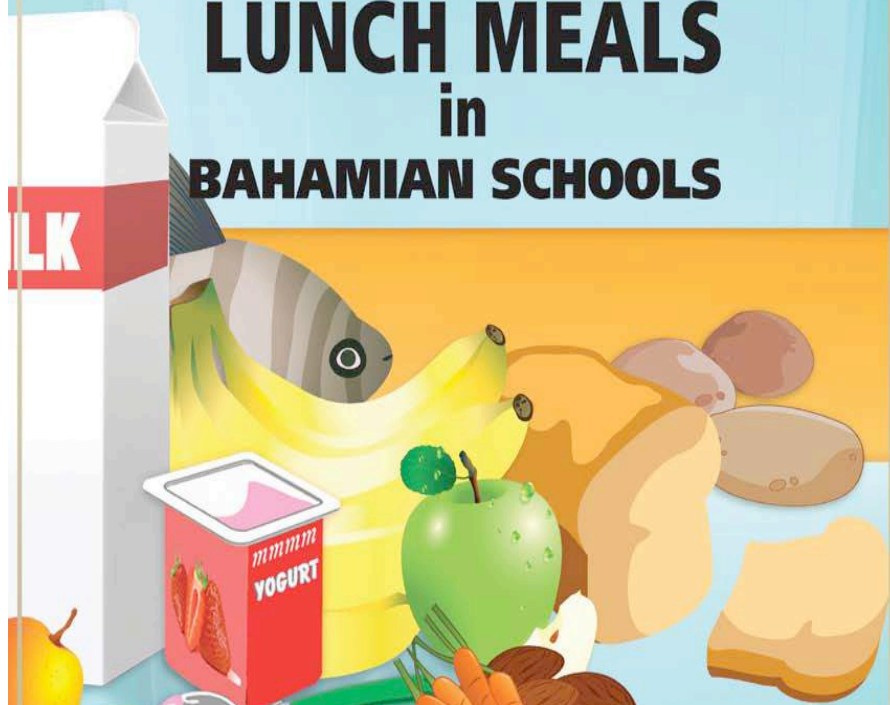


## Health Risks

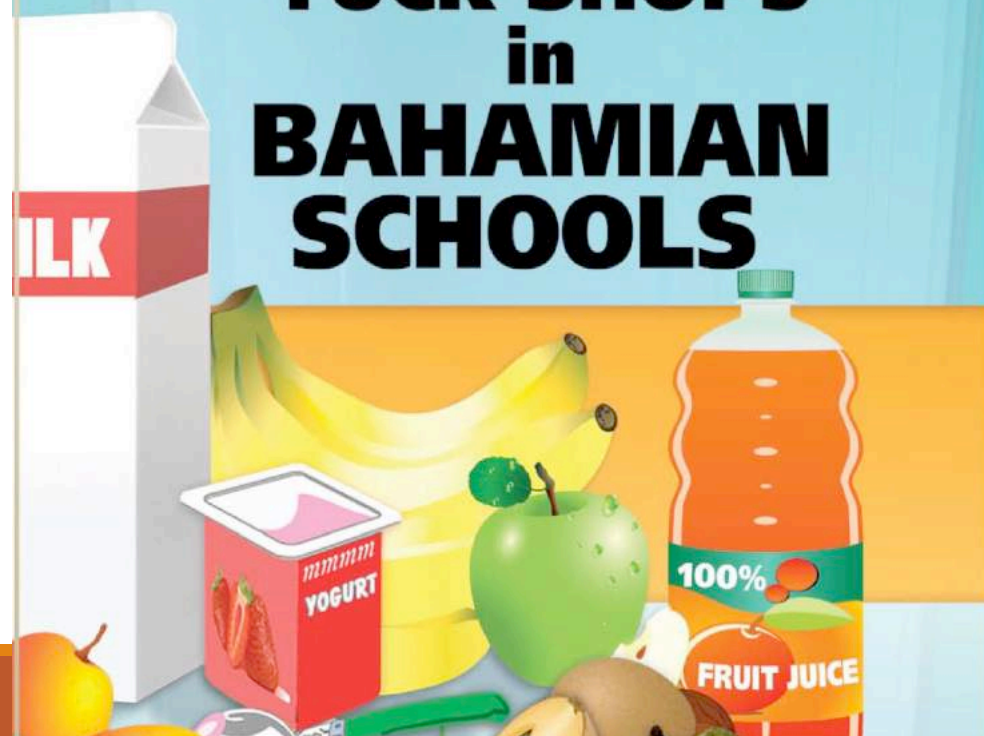
- Pre-diabetes
- Joint Problems
- Sleep Apnoea
- Low self-Esteem
- Heart Disease



**Compulsory Standards  
for  
HEALTHY  
LUNCH MEALS  
in  
BAHAMIAN SCHOOLS**

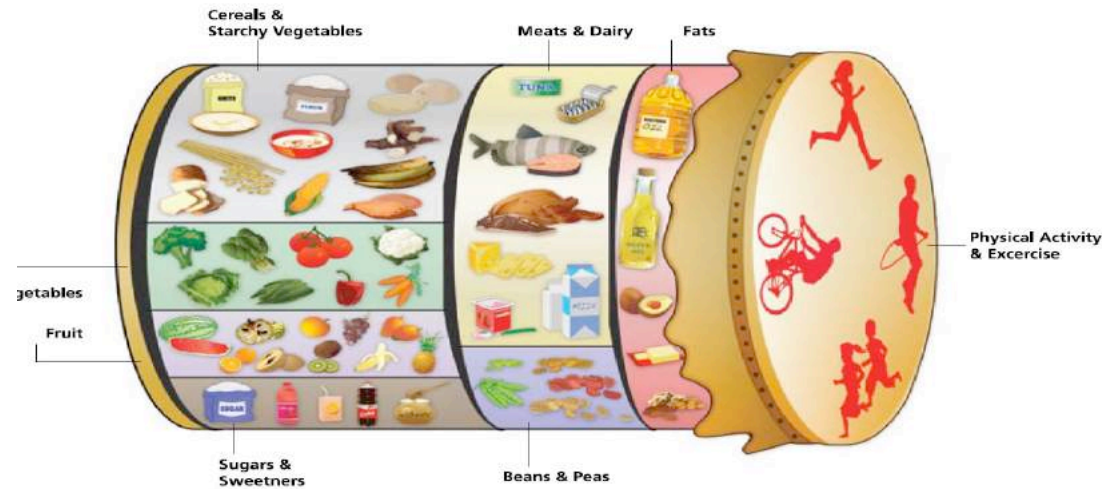


**Compulsory Standards  
for  
TUCK SHOPS  
in  
BAHAMIAN  
SCHOOLS**



## THE BASIS OF THE NUTRITIONAL STANDARDS

The Nutritional Standards are based on the food groups represented in the Food Guide Drum. The **Food Guide Drum** provides a visual representation of the types and proportions of foods people need for a healthy and balanced diet.



- 1 Use our drum to help you choose a variety of foods daily.
- 2 Limit the amount of high fat & greasy foods you eat.
- 3 Make starchy vegetables, peas & beans a part of your diet.
- 4 Choose foods with less sugar & less salt.
- 5 Choose a variety of fruits & vegetables everyday.
- 6 Drink plenty of water everyday.
- 7 It is advisable not to drink alcohol, but if you drink, do so in moderation.
- 8 Make physical activity & exercise a part of your lifestyle.
- 9 Choose foods for their medicinal value, not for the 'name brand' or cost.
- 10 Breast milk is the best choice for infants to start a healthy life.

# COMPULSORY STANDARDS FOR HEALTHY MEALS IN BAHAMIAN SCHOOLS


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- ❖ Nutritional Standards for Meal Planning
- ❖ Food Safety and Hygiene
- ❖ Personal Hygiene and Dress code




## THE USERS OF THE SCHOOL LUNCH STANDARDS

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- ❖ Ministry of Education Schools
  - ❖ Lunch vendors & Caterers
  - ❖ Administrators
  - ❖ Teachers
  - ❖ Parents
  - ❖ Students
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# NUTRITIONAL STANDARDS

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- ❖ Reflects the current National Dietary Guidelines
  - ❖ Reduction of fat, sugar, sodium and trans fat consumption
  - ❖ Identifies the types & quality of food & beverages to be sold or offered
  - ❖ Guides in how often to sell or offer various types of foods
  - ❖ Guides shopping list
  - ❖ Guide menu selections
  - ❖ Rationale for the standards
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# NUTRITIONAL STANDARDS FOR MEAL PLANNING : GOALS

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- ❖ Increase emphasis on food groups to encourage a healthier food consumption pattern
- ❖ Offering variety and larger amount of fruits and vegetables
- ❖ Offering variety of starchy vegetables
- ❖ Limiting refined carbohydrates
- ❖ Limiting intake of saturated fat, trans fat, cholesterol, added sugars, and salt, fewer sweetened foods and foods with little added salt

# SCHOOL LUNCH AND TUCK SHOP STANDARDS AWARENESS

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- ❖ To sensitize school lunch vendors of the growing problem of childhood obesity and chronic diseases
- ❖ To relay the body of evidence that nutrition and physical activity are link to academic performance and behavior
- ❖ To show school lunch vendors the role of schools and by extension their role in safe guarding students' health and wellness.
- ❖ To inform school lunch vendors of the up coming training in the use of the Compulsory Standards for Healthy School Lunch
- ❖ To administer KAP Survey to lunch vendors

# SCHOOL LUNCH VENDORS TRAINED IN USE OF THE COMPULSORY STANDARDS FOR HEALTHY LUNCHES

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*“Healthy Eating feeds our Future and Secures our Health”.*

Day 1

- ❖ To train school lunch vendors and tuck shop operators in the use of the Compulsory Standards for Health Lunch and Snacks
- ❖ To increase knowledge of basic nutrition concepts
- ❖ To Introduce the Food Based dietary Guidelines
- ❖ To show school lunch vendors the role they play in assuring food security in the school setting.



# SCHOOL LUNCH VENDORS TRAINED IN USE OF THE COMPULSORY STANDARDS FOR HEALTHY LUNCHES

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***“Healthy Eating feeds our Future and Secures our Health”.***

Day 2

- ❖ Identify flavors influencing food selection
- ❖ Understand the ingredients and methods to develop flavor in nutritional cuisine
- ❖ Write standardize and price menus
- ❖ Plan and prepare healthy menu options for school age children



# SUGAR COATED KIDS

The Bahamian Childhood Obesity Struggle

The Bahamas' Sugar Sweetened Beverage Policy Brief

Dr Cherita Davis-Moxey  
Ministry of Health (Bahamas)

## BARRIERS TO IMPLEMENTATION

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- ❖ There is no legislation governing the SFP or the School lunch
- ❖ Poor monitoring of meals provided by school lunch vendors and caterers
- ❖ Adherence to guidelines appear to be purely voluntary
- ❖ Political

# RECOMMENDATIONS

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- ❖ Legal framework and Policy to support standards and to maintain sustainability
- ❖ Development of a School Feeding Operational Manual
- ❖ Annual mandatory training for school lunch vendors and caterers
- ❖ Ongoing awareness and education of all stakeholders especially parents
- ❖ Structured Monitoring and Evaluation

## WAY FORWARD

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- ❖ Implementation of a National School Feeding Systems Committee
- ❖ Development of a School Feeding Policy
- ❖ Development of School Feeding Operational Manual
- ❖ Establishment of a monitoring and evaluation plan
- ❖ Continued advocacy for the complete removal of SSBs sold or offered in schools





**Thank you for your attention!**