

# Fact Sheet

## Nutrition Services

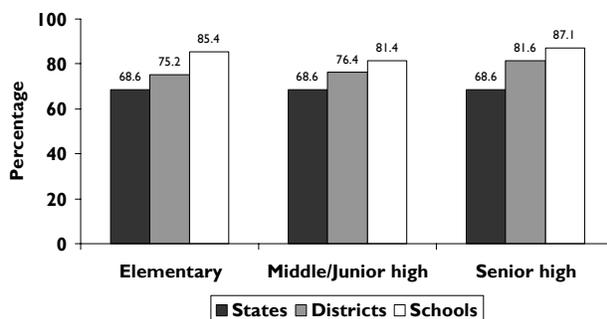
From CDC's School Health Policies and Programs Study (SHPPS) 2000

### About SHPPS

SHPPS is a national survey periodically conducted to assess school health policies and programs at the state, district, school, and classroom levels. Results from SHPPS 2000 are published in the *Journal of School Health*, Volume 71, Number 7, September 2001.

### Health Education

**Percentage of States, Districts, and Schools Requiring Instruction on Nutrition and Dietary Behavior, by School Level**



- Among teachers of required health education, elementary school teachers who provided nutrition education spent a median of 5 hours per school year teaching the topic, middle/junior high school teachers spent a median of 4 hours, and senior high school teachers spent a median of 5 hours.
- 23.8% of elementary school classes, 29.4% of required health education courses in middle/junior high schools, and 40.0% of required health education courses in senior high schools had a teacher who received staff development on nutrition and dietary behavior during the two years preceding the study.

### Food Service

- 87.8% of schools participate in the USDA National School Lunch Program, and 63.8% of schools participate in the USDA School Breakfast Program.

- 20.2% of schools offer brand-name fast foods to students, and in 16.6% of schools, an outside food service management company operates the school food service program.
- Among schools in which food is ordered at the school level, 65.1% order at least some 1% low-fat milk or skim milk in a typical week, and 20.7% order both of these types of milk. On average, however, 62.8% of all milk ordered by these schools in a typical week is either 2% or whole milk.
- 68.1% of schools offer a choice between two or more fruits or types of 100% fruit juice each day for lunch, 66.1% offer a choice between two or more entrees each day for lunch, and 61.7% offer a choice between two or more vegetables each day for lunch.
- The foods and beverages most commonly offered a la carte are fruits or vegetables (73.6% of schools); 100% fruit or vegetable juice (62.9%); baked goods that are not low in fat (59.2%); and pizza, hamburgers, or sandwiches (56.2%).
- 19.7% of schools usually give students less than 20 minutes to eat lunch once they are seated.
- 73.4% of elementary schools have half or more of their classes participating in recess immediately after lunch, but only 18.2% have half or more of their classes participating in recess immediately before lunch.
- During the 12 months preceding the study, 91.2% of schools gave menus to students, 54.9% collected suggestions from students about the school food service program, 40.5% provided students with information on the nutrition and caloric content of foods available, and 34.7% conducted taste tests with students.
- 19.5% of schools have a committee that includes students which provides suggestions for the school food service program.

## Professional Requirements and Preparation

- 17.6% of states offer and 5.9% require certification for district-level food service directors; 15.7% of states offer and 9.8% require certification for school-level food service managers.
- 53.0% of districts require a minimum level of education for newly hired district food service directors, with the most common requirement being a high school diploma or GED.
- 51.8% of districts require a minimum level of education for newly hired school food service managers, with nearly all of these schools requiring a high school diploma or GED.
- 60.0% of districts and 52.0% of schools have food service coordinators who have been certified by a state agency or professional association.
- 40.4% of district food service directors and 14.3% of school food service managers have undergraduate degrees.
- During the two years preceding the study, more than three-fourths of school food service managers received staff development on food preparation, planning healthy meals, and sanitation and safety.

## Foods and Beverages Sold Outside of the School Food Service Program

- 20.8% of schools require fruits or vegetables to be offered at settings outside the cafeteria, such as student parties, after-school programs, and concession stands; 12.4% of schools prohibit junk foods (i.e., foods that provide calories primarily through fats or added sugars and have minimal amounts of vitamins and minerals) in these settings.
- 43.0% of elementary, 73.9% of middle/junior high, and 98.2% of senior high schools have either a vending machine or a school store, canteen, or snack bar where students can purchase food or beverages—most commonly soft drinks, sports drinks, or fruit juices that are not 100% juice; salty snacks that are not low in fat; and cookies and other baked goods that are not low in fat.
- Among schools with a vending machine, school store, canteen, or snack bar, students can buy soft drinks, sports drinks, or fruit drinks that are not 100% juice in 58.1% of these elementary schools, 83.5% of these middle/junior high schools, and 93.6% of these senior high schools; 68.4% of these schools allow students to buy such beverages from these venues during the lunch period.

### Percentage of Schools Using Fat-Reducing Practices

Practice	Percentage of schools
Do not make butter or margarine available	38.2
Offer lettuce, vegetable, or bean salads a la carte	52.6
Offer low-fat salad dressing	66.0
<b>Always or almost always:</b>	
Drain grease from browned meat	88.5
Prepare vegetables without using butter, margarine, or creamy sauce	51.5
Remove skin from poultry or use skinless poultry	40.2
Rinse grease from browned meat	42.8
Trim fat from meat or use lean meat	56.2

**For additional information** on SHPPS, contact the Centers for Disease Control and Prevention (CDC), National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, 4770 Buford Highway, NE, Mailstop K-33, Atlanta, GA 30341-3717, telephone 888-231-6405, <http://www.cdc.gov/shpps>.