

## FACTS

### *Did you know?*

- The obesity rates among children are 3 times as high as they were 30 years ago?
- Negative health effects of obesity could become the same as cigarette smoking?
- More children are suffering from conditions that typically affect older adults including high cholesterol, Type 2 Diabetes, high blood pressure, orthopedic problems and more.
- Parents and school staff can positively impact students by modeling healthy behaviors.

## DDSD IN ACTION

Healthy School Environments  
2017 National Healthy School Awards  
from the Alliance for a Healthier  
Generation

### Bronze Recognition

- West Powellhurst
- Menlo Park
- Lincoln Park
- Earl Boyles

### Silver Recognition

- Ron Russell
- Floyd Light

### Other Accomplishments:

- 2016 National Healthy School Awards from the Alliance for a Healthier Generation  
Bronze Recognition:  
Ron Russell  
Floyd Light
- In 2016, we received a 3 year grant from OEA Choice Trust to implement an employee wellness program
- DDSD students receive high quality physical education by highly qualified PE teachers.

# David Douglas School District

## Wellness Policy



David Douglas School District

11300 NE Halsey St Portland, OR 97220

[www.ddouglas.k12.or.us](http://www.ddouglas.k12.or.us)

# Wellness for the entire district

The district is committed to the optimal development of every student and believes that a positive, safe and health-promoting learning environment is necessary for students to have the opportunity to achieve personal, academic, developmental and social success.

## Student Wellness

- All food and drink sold, used for rewards or celebrations will meet the Smart Snack requirement
- Physical activity (recess, classroom physical activity breaks, PE, etc) will be included in the school's daily education program and will not be withheld for punishment
- The district will integrate wellness activities throughout the entire school environment



## What is a smart snack?

Food items must:

1. Be a grain product that contains 50% or more whole grain or have as the first ingredient whole grain.
2. Have as the first ingredient, one of the non-grain major food groups: fruits, vegetables, dairy or protein foods
3. Be a combination food that contains one quarter cup of fruit and/or vegetable
4. Have one of the food items above as a second ingredient if water is the first ingredient
5. Meet all competitive food nutrient standards

Smart Snack Calculator Link

<https://foodplanner.healthiergeneration.org/calculator/>

Healthier Generation Amazon store:

This on-line store has snacks that meet the Smart Snack requirement to make it easy!  
<https://www.amazon.com/b?ie=UTF8&node=13951371011>

## Employee Wellness

The district encourages staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale and a greater personal commitment to the district's overall wellness program.

The district's employee wellness program, HAPPY, will promote health, reduce risky behaviors of employees and identify and correct conditions in the workplace that can compromise the health of staff, reduce their productivity, impede student success and contribute to health-related costs.

