**MN Ranking**

How does MN rank among 27 other states for having unhealthy food and activity policies and practices?

7th in offering the most junk food in vending and school stores

Research shows that schools most likely to sell chips, cookies or similar foods have the highest obesity rates.

7th in requiring the least amount of PE taught in 11th and 12th grades

According to research, students score about a full grade level higher in reading comprehension after physical activity versus a period of rest.

13th in allowing the most marketing of junk foods/fast food on school property

Prior studies have shown that banning food advertisements could reduce overweight among adolescents by 12%.

View a map of state comparisons at: http://z.umn.edu/scope

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**Research Overview:**

ScOPE is a five-year obesity prevention policy evaluation study to assess the extent that the policies and practices impact student diet, activity behaviors, and weight in secondary public school environments. Led by Principal Investigator Susie Nanney, PhD, MPH, RD, the research team compared school food and activity policies and practices between 300 Minnesota and 6,432 US secondary schools in 27 other states using 2008 School Health Profiles Principal report data.

**Results: Further Action**

Based on the results, the research team has identified the following needs in secondary schools:

- Identify and provide additional support for rural schools
- Remove junk food from vending, school stores and celebrations
- Eliminate junk food marketing to students
- Engage students and parents in identifying healthy food preferences
- Require PE as graduation credits

Suburban, rural, and small town schools in MN have more junk foods and drinks available for purchase than city schools.

**Highlighted Research: How Minnesota Stacks Up**

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<tbody>
<tr>
<td>Candy not offered (excluding chocolate)</td>
<td>42%</td>
<td>58%</td>
<td>-16%</td>
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<tr>
<td>Soda, fruit drinks not 100% juice not offered</td>
<td>38%</td>
<td>52%</td>
<td>-14%</td>
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<tr>
<td>Cookies, crackers, cakes not offered</td>
<td>41%</td>
<td>54%</td>
<td>-13%</td>
</tr>
<tr>
<td>Chocolate candy not offered</td>
<td>52%</td>
<td>64%</td>
<td>-12%</td>
</tr>
<tr>
<td>Caffeinated drinks not offered</td>
<td>45%</td>
<td>56%</td>
<td>-11%</td>
</tr>
<tr>
<td>Low-sodium, low-fat snacks offered</td>
<td>43%</td>
<td>54%</td>
<td>-11%</td>
</tr>
<tr>
<td>Fruits &amp; veggies almost always offered at celebrations</td>
<td>25%</td>
<td>34%</td>
<td>-9%</td>
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<tr>
<td>PE teachers are provided with written curriculum</td>
<td>79%</td>
<td>84%</td>
<td>-5%</td>
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Special thanks to our funding: Robert Wood Johnson Foundation Healthy Eating Research & National Institute of Child Health and Human Development

MN Secondary School Policies

The research team divided the school policies and practices into four categories: marketing of food and beverage products, healthy eating strategies, products sold in vending machines, and PE teacher training and education. The results display the percentage of MN secondary schools with obesity prevention policies prior to the Statewide Health Improvement Program (2009-2011).

**Grade A: Outstanding** (90-100% of MN schools)
- School doesn’t exempt students from taking PE course (95%)
- PE teachers are certified, licensed or endorsed by state physical education (91%)
- PE teachers are provided with goals, objectives, and expected outcomes (91%)

**Grade B: Very Good** (80-89% of MN schools)
- PE teachers receive PE professional development (85%)

**Grade C: Satisfactory** (70-79% of MN schools)
- PE teachers are provided with written curriculum (79%)
- PE teachers are provided with plans to assess student performance (78%)
- PE teachers are provided with tools to develop scope and sequence (78%)
- Ice cream is prohibited in vending machines and school stores (76%)
- Junk food marketing is prohibited on school buses or transport vehicles (74%)

**Grade D: Needs Improvement** (60-69% of MN schools)
- School forbids advertising fast food, candy, and soft drinks in….
  - school publications (66%)
  - school building (65%)
  - school grounds (60%)

**Grade F: Failing Grade** (<59% of MN schools)
- Physical activities, intramurals, and clubs are provided for students (58%)
- School collects food suggestions from students, families, and staff (56%)
- School stores and vending machines are prohibited from offering:
  - 2% or whole milk (54%)
  - chocolate candy (52%)
  - caffeine drinks (45%)
  - salty snacks-not low in fat (43%)
  - other candy (besides chocolate) (42%)
  - cookies, crackers, cakes (41%)
  - soda, fruit drinks not 100% juice (38%)
  - sports drinks (16%)
- Students/families are provided with nutrition and caloric information (50%)
- School conducts taste tests of nutritious items (27%)
- School PE course is taught in 11th and 12th grades (26%)
- Fruits and vegetables are almost always offered at school celebrations (25%)
- Educational cafeteria visits are provided for students (23%)
- School lowers nutritious items cost and increases less nutritious items cost (22%)

*Key Highlights: Do Minnesota policies and practices make the grade?*

**more information: http://z.umn.edu/scope**

“We know that when the body moves, brain cells grow. More seat time is not the answer to increase test scores, it will make you happier and healthier.”

Joe McCarthy
PE Teacher | President of the PE Council for Minnesota Association for Health, Physical Education, Recreation and Dance

"I've heard food complaints from other parents...the food in schools is not healthy and it doesn't taste good. I would like to see healthier foods served in school vending and stores.”

Tracie Dewberry
President Elect of MN Parent Teacher Association

"School has a function of keeping a healthy and safe environment for our children to learn. That should always be the lens in which we view anything allowed into the school. We wouldn't allow tobacco advertising; we shouldn't allow advertising for pop and other junk food.”

Rachel Callanan, JD MM
Regional Vice President of Advocacy—MN and WI American Heart Association

"School boards play an influential role to make health and wellness the optimal default by enforcing nutrition policies at their schools. We have great opportunities to encourage healthy eating behaviors and help students to be adventurous and try new things.”

Barb Mechura
School Nutrition Director at Hopkins Public Schools

Program in Health Disparities Research
School Obesity-related Policy Evaluation