Beyond School Meal Programs: A foodscape approach to better school based nutrition

Bent Egberg Mikkelsen:

Introduction to the Symposium S15, May 23

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Abstract :. In recent years, school based strategies have expanded beyond the traditional focus on availability, accessibility, and adequacy of nutritious meals in schools and now include various accompanying measures. Such accompanying measures are activities that expand out of the canteen, link to the classroom and include learning and teaching involving elements such as school gardening, cooking lessons, taste education, and farm-to-school links. It is important to challenge the assumption, that one-level interventions at school adequately can solve problems with obesity and overweight among children and youth. In opposition to this we argue, that multi-level interventions in schools as 'settings' or school foodscapes - are more likely to promote health. The common unifying theme for this symposium ties these interventions to a holistic approach of how to understand the determinants that shape behavioural nutrition among children and adolescents. The aim of the symposium is to present and discuss examples of how different conceptual foundations are being integrated in school foodscape interventions. Theoretically, they include frameworks from the broad category of FoodScape Studies, the "whole school approach", affordances and the work being done in the Health Promoting Schools network, where the relation between health policy, health education and health promotion as an outcome is emphasized.

A school food revolution?

A global agenda

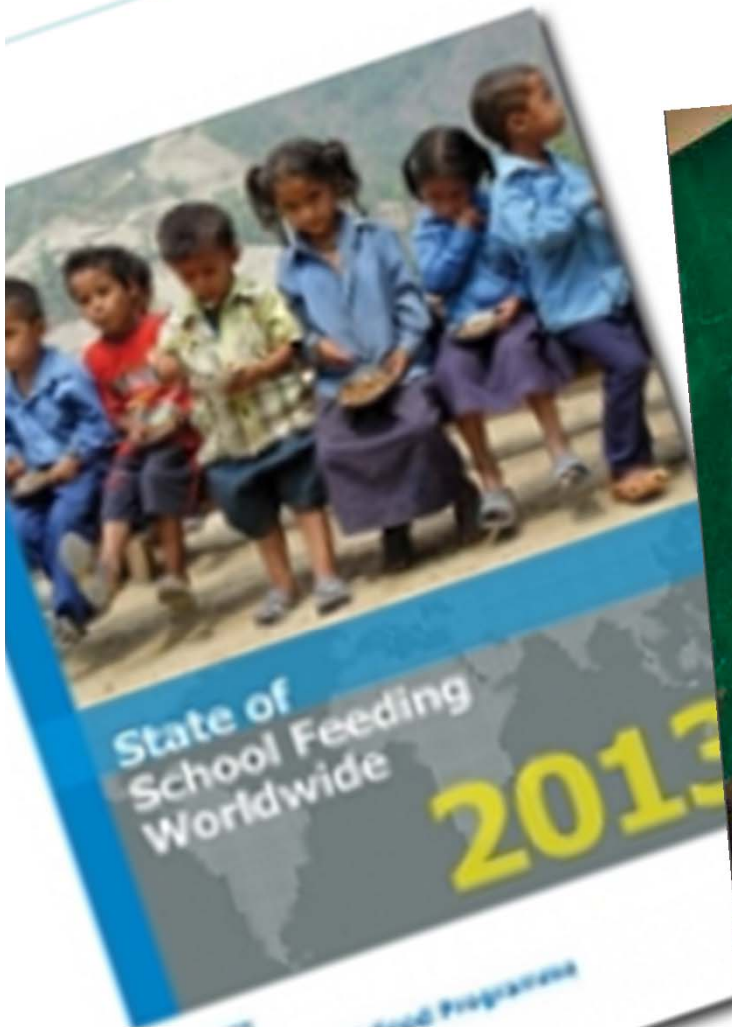
BR: PNAE

US: NSLP

Article 24 *in the convention of Human rights of the child*

UK: SFT

World Food Program 2013



Evidence base 1

Fair evidence

- School meals are of higher quality than lunch packs
- School meal Interventions can improve proxies of healthy eating

Some evidence

- School meals can lead to some improvement of antrophrometrical indicators
- School meals can improve proxies of learning capacity, academic achievement, etc

Evidence base 2

A total of 14 studies were analysed, representing a **range of study designs** and settings.

All studies were from **developed countries**, with **eight conducted among** children.

Three studies were shown to have no effect on anthropometric outcomes and were not further analysed.

Interventions shown to be **ineffective** in lower SEP participants were primarily based on information provision directed at **individual behaviour change**.

Studies that were shown to be **effective in lower SEP** participants primarily included **community-based strategies** or policies aimed at **structural changes** to the environment.

Interventions targeting **individual-level behaviour change** may **be less successful** in **lower SEP populations**.

It is essential that our efforts to prevent obesity do not leave behind the most disadvantaged

obesity reviews doi: 10.1111/obr.12161

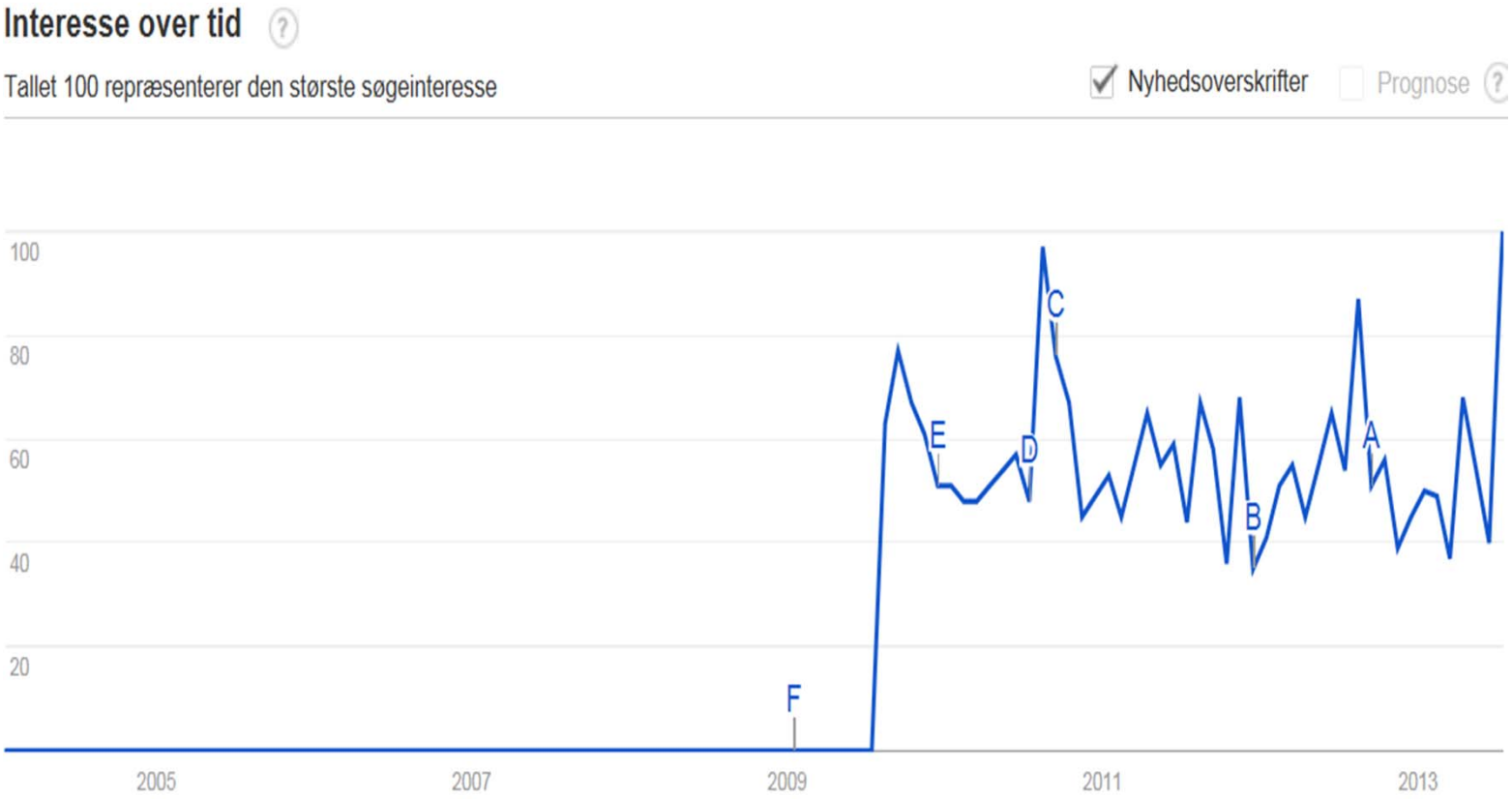
Obesity Prevention

The effect of obesity prevention interventions according to socioeconomic position: a systematic review

Affordances

- From the work of Gibson (1977) and the Theory of Affordances and *The Ecological Approach to Visual Perception* (1979)
- "action possibilities" latent in the environment
- objectively measurable
- independent of the individual's ability to recognize them
- always in relation to agents
- therefore dependent on their capabilities

SMP's & scientification



School lunch in PHN: 671 results mainly after 2007

google trends

FoodScape Diversity
food realities at school

Food Service

SMP (school meal program)
SMP's
School Fruit Scheme (SFS)
School Milk Scheme (SMS)
Breakfast Clubs (BC's)
Tuck shops
Competitive foods?

Near campus foos

Food outlets within 200 metres from school

Curricular

Hands On Food Activity (HOFA)
Home economics facility (HEF)
On campus School garden
Off campus School garden
Cooking lesson activities
Taste education (Sapere) activities
Edible school yard activities
Farm2School link activities

Program

- **Bent Egberg Mikkelsen.** Introduction
- **Dorte Ruge, Bent Egberg Mikkelsen.** Addressing health promotion through an integrated ‘whole school’ approach to eating in secondary school - results from the LOMA-Nymarkskolen case study.
- **Frederike Mensink, Margret Ploum.** To what extent are Dutch schools for secondary and vocational education implementing both the national guidelines for school canteens and the tailored advice as provided by the Netherlands Nutrition Centre ?
- **Barbara Guidalli, Tony Torralba.** A conceptual framework for understanding children foodscapes. in & out of school
- **Tony Torralba**. Discussion