

Welcome!

Please check your audio connection
prior to the start of the webinar.

Please make sure your computer speakers
are on and working properly.

Visit www.schoolnutrition.org/foodallergy for
information on obtaining SNA CEU credit for
your participation. The power point slides used
in today's presentation are available at the
above website as well.

SNF WEBINAR 
WEDNESDAYS

Managing Food Allergies in Schools: *Developing Policy*

Wednesday, May 27, 2009

SNF
SCHOOL
NUTRITION
FOUNDATION
Education, Research and Scholarship

Copyright © 2009 School Nutrition Foundation. All Rights Reserved.
www.schoolnutrition.org



Polling Question #1

How many individuals are viewing the webinar at your computer?

- a. 1-2
- b. 3-4
- c. 5-6
- d. 7-8
- e. 9 or more

Moderator

Jeannie Sneed, PhD, RD, CP-FS, SNS



**Food Safety Specialist
USDA Food and Nutrition Service**



Copyright © 2009 School Nutrition Foundation. All Rights Reserved.
www.schoolnutrition.org



“Managing Food Allergies in Schools” Webinar Series

1. Understanding the Fundamentals - posted at www.schoolnutrition.org/foodallergy
2. Developing Policy - Wednesday, May 27
3. Implementing Policy - Wednesday, June 3

Questions and Answers

- Please type your questions into the question box at any time during the presentation
- Questions will be read aloud by the moderator during the Q & A period
- Selected questions may be answered during the presentation
- FAQs will be posted to www.schoolnutrition.org/foodallergy

Objectives for Today's Webinar

- Discuss the impetus for developing policy on food allergy management.
- Examine national efforts to develop school-wide policy.
- Discuss best practices for developing policy at the state level.
- Present a case study on food allergy policy in a school district.

Panel Members



- **Brenda Z. Greene**
Director, School Health Programs
National School Boards Association



- **Elizabeth Bugden, MS**
Consultant, Rhode Island Department of
Education and Kids First



- **Kathleen Millett, LDN**
Massachusetts Department of Elementary and
Secondary Education



- **Cheryl Peil**
Food Service Director
Elmbrook School District, Wisconsin

Brenda Z. Greene



**Director, School Health Programs
National School Boards Association**



Copyright © 2009 School Nutrition Foundation. All Rights Reserved.
www.schoolnutrition.org



Why Is Food Allergy Policy Needed?

- Increased presence of students with food allergy
- All students need to be safe and ready to learn
- Emergencies are inevitable
- Proactive approach rather than reactive

What Does Policy Do?

- Establishes accountability
 - School Boards govern through policy
- Communications tool
- Guides actions
 - Budget
 - Staffing
 - Professional development
 - Protocols

Key Elements of Comprehensive Policy

- Allergy awareness education
- Staff professional development
- Identification of students with allergies
 - Individual management plans
 - Medication protocols
- Safe school environments
- Communication and confidentiality
- Monitoring and evaluation

CDC/DASH Activities on Food Allergy

- **Multidisciplinary guidance on food allergy management in schools**
 - **NSBA policy guide & Food Allergy/Safety “101” packet**
 - **FAAN guidance for parents and caregivers**
 - **Convene Expert Panel**
 - **Other tools in planning stages**

Expert Panel Participants

- Students with food allergies
- Parents of students
- Physicians
- Food service professionals
- Legal and school policy experts
- School administrators
- School nurses
- Public health specialists

Examples of Input from Expert Panel

- **Content gaps**
 - Bullying prevention
 - Differentiate age/developmental needs of students
 - Differentiate food allergy from food sensitivity
 - Emergency plan AND management plan
- **Challenges**
 - Lack of school nurses
 - Varied state laws on delegation
 - Confidentiality

One Size Does Not Fit All— Policy Needs to Protect and Be Flexible

- Local conditions and capacities vary
- Student needs vary
- State laws vary
- Accommodations can vary

Opportunities

- Foster communication among family, student, health care provider and school
- Integrate into “all hazards” plan for schools
- Establish multi-disciplinary approach to planning and implementation

Polling Question #2

What was or what do you anticipate being the biggest barrier in developing your policy?

- a. Identifying and assembling team members**
- b. Determining the policy contents**
- c. Getting school faculty and staff support**
- d. Having time and resources for training school staff**
- e. Parent support**

Elizabeth Bugden



**Consultant
Rhode Island Department of Education
and Kids First**



Copyright © 2009 School Nutrition Foundation. All Rights Reserved.
www.schoolnutrition.org



Food Allergy Policy Impetus

- Increase in prevalence of food allergies
- Rhode Island Peanut/Tree-Nut Allergy Law (2007, amended 2008)
 - **Purpose:** Ensure schools have the *responsibility* and the *authority* to do what is necessary to protect students with potentially life-threatening allergies, without creating undue burdens on schools.
- CDC Food Allergy Project - Rhode Island Departments of Education and Health, Kids First, Food Allergy Anaphylaxis Network (FAAN), and National School Board Association (NSBA)

Policy SWOT Analysis

- Strengths
- Weaknesses
- Opportunities
- Threats

Policy **SWOT** Analysis

- **Strengths**

- RI General Laws; policy follows the law
- Have Wellness Policies and District Health & Wellness Subcommittees
- Knowledge and awareness
- Safer environment for students/staff with food allergies
- Administrative and school committee support
- Proactive versus reactive

Policy **SWOT** Analysis

- **Weaknesses**

- RI Law limited to peanuts/tree nuts
- Lack of allergen education (staff, administrators, policymakers)
- Inadequate multilingual materials
- Bullying (e.g./student/student, parent/administration)
- Students without allergies have inadequate knowledge
- Limitations on policy application & implementation
- Failure to enforce the policy
- Lack of communication between schools/families/physicians

Policy **SWOT** Analysis

- **Opportunities**

- Educate policy makers and community about allergens
- Facilitate and strengthen coalitions (parents, nurses, food manufacturers, physicians, community, local markets, etc.)
- Learn about available resources for policy implementation
 - www.fns.usda.gov/cnd/guidance/special_dietary_needs.pdf
 - FAAN and NSBA documents under development
- Expand wellness policy to include food allergy awareness
- Technical assistance and professional development

Policy **SWOT** Analysis

- **Threats**

- Lack of policy enforcement
- Ratio is too high 'school nurse : student'
- RI Law limited to peanut/tree nuts
- Lack of administrative support
- Bullying
- Lack of parent, physician, and community awareness
- Limited policy knowledge and education
- Increased material and implementation costs
- Limited professional development time for nurses, teachers, school administrators, and foodservice staff

Rhode Island “Peanut Butter Jam” Workshops

- Marketed to: parents, students, school nurses, administrators, and food service staff
- 3 workshops, 140 participants: 76% were school nurse teachers, 75% of districts represented
- Agenda: Rhode Island Peanut/Food Allergy Law, impact on school regulations, roles and responsibilities, bullying, and hands-on learning



Rhode Island “Peanut Butter Jam” Workshops

Food Allergy Hands-on Activities

Remain Standing Icebreaker

Scavenger Hunt

Missing Nutrients Matching

True/False Questions

Breads and Spreads Tasting

Epi-Pens (Use & Expiration Dates)

Handwashing vs. Hand Sanitizers

Reading Labels



Policy Implications

- Important to have, communicate and enforce a food allergy policy
- Strengthen partnerships and coalitions to manage food allergies through training and education
- Address all life-threatening food allergies in a policy
- Provide comprehensive national policy guidance on food allergies

Food Allergy Resources from Rhode Island

Rhode Island Depts of Education and Health
Coordinated School Health Website:

www.thriveri.org

Go to “What’s New” in the left margin

Scroll down to “August 2008”

Scroll to New Peanut/Tree-Nut Allergy Legislation



Kathleen Millett



**Massachusetts Department of
Education**



Copyright © 2009 School Nutrition Foundation. All Rights Reserved.
www.schoolnutrition.org



Scope of the Problem

- Increasing prevalence of food allergies
- As many as 40-50% at risk for anaphylaxis
- Increased risk for anaphylactic reactions in the school setting
- Two challenges for schools:
 - Prevention of exposure
 - Response to anaphylaxis

This presentation adapted from presentation to ASHA

Impetus for Guideline Development

- Three school-related deaths in Massachusetts
- Parents/AAF and Food Allergy Network involvement
- Increased numbers of calls from parents at school entry
- Literature review indicated lack of preparation in schools

Development of the Guidelines

- MDOE convened a multidisciplinary group (MDPH, AAF/NE, MSNO, School Nutrition Directors, School Physicians, Allergist, EMS, Framingham State College)
- Goals
 - Develop comprehensive guidelines to provide a safe school environment for students with LTAs
 - Assist schools to use a team approach in developing and implementing policy

Guiding Principles

- Easily understood by parents and professionals
- Shared with every staff member of a school enrolling a child with an LTA
- Assists public and nonpublic schools in policy development
- Formatting to facilitate use

Process for Developing Guidelines: 1 Year

- Distributed relevant literature on LTFAs
- Parents' sharing of experiences
- Development of an outline
- Assignment of specific content areas to small groups
- Setting aside a day to work on writing
- Editing/legal review

Overview of Guidelines

- Role of schools in managing LTFAs
- Information on food allergies and anaphylaxis for all
- Team-planning process (IHCP)
- Prevention strategies
- Response to emergency situations

Points of Emphasis

- Team meeting and IHCP prior to entry
- Full time school nurse in the building
- Importance of preventing exposure
- Involvement of food service personnel
- Epinephrine as first line of treatment for anaphylaxis
- Adaptation of guidelines to other allergies

Appendices:

Roles of Specific Individuals

- Parents
- Students
- School nurse
- School administrators
- Classroom teacher/specialist
- School nutrition personnel
- School bus company
- Coaches
- Other onsite persons in charge of school activities

Appendices: Policy Components

- Training/education
- IHCP/Allergy Action Plan development
- Cafeteria protocols
- Classroom protocols
- Custodial protocols
- Field trip management
- School bus management

Appendices: Policy Components cont.

- Emergency response protocols
- Coordination with emergency services
- Epi-Pen®
 - Training/storage
 - Standing orders/protocols for undiagnosed
 - Self-administration

Lessons Learned

- Be prepared with no previous history of LTFAs
- Need for transporting all children by emergency services
- Need for ensuring that parents of newly diagnosed children are adequately trained
- Need for preparations for before and after school programs

Outcomes

- Anecdotal feedback: reduced calls from parents
- Increased numbers of registrations to train unlicensed personnel to administer epinephrine
- Amendment to medication regulations: before and after-school programs, required reporting
- Quality improvement initiative



Managing Life Threatening Food Allergies in Schools



**Massachusetts
Department
of Education**

SNF
**SCHOOL
NUTRITION
FOUNDATION**
Education, Research and Scholarship

Copyright © 2009 School Nutrition Foundation. All Rights Reserved.
www.schoolnutrition.org



Polling Question #3

What resource would you find most helpful right now in developing your policy?

- a. Sample documents from other school districts**
- b. Communication materials to get support from others**
- c. Training materials for school staff**
- d. Technical support**

Cheryl Peil



**Food Service Director
Elmbrook School District, Wisconsin**

Elmbrook School District Wisconsin

- 16 sites, 12,000 enrollment
- Both parochial and public
- 75% participation
- 8% FRP

Agenda

- Where to start when dealing with students with food allergies
- Basic steps to developing a Allergy Policy/Guideline
- Roles of staff
- Implementing the completed Allergy Policy or Guidelines
- Yearly follow up procedures



Fear, Anxiety and Stress

- Fear is the belief there is danger in a situation. Fear can give rise to anxiety, which can cause stress.
- This may describe what a parent, student or staff member feels when dealing with the unknown.



First Steps

- Identify a core team: nurse, principal, teacher, student, administration, food and nutrition staff member, community member, doctor, and other members as needed
- Establish a plan of action for developing the Allergy Policy/Guideline
- Develop a time table

Roles and Responsibilities



- Family's responsibilities
- School building environment: classroom, gym, cafeteria, playground etc.
- Student's responsibility
- Transportation
- Before and after school responsibilities

Development

- Review all applicable federal laws, District past practices and any State policies/guidelines
- Divide core members into key areas: school environment, safety /sanitation, care plans, support staff etc.
- Have each core team provide an overview of the allergy needs of their area
- Determine how to implement the policies/guidelines established

Checklist



- Define a food allergy in your policy
- Design a checklist for each key area
- Classrooms: example...teachers and other staff work with student and review care plan and have the emergency plan for the student...establish classroom food guidelines, sharing food, proper sanitation practices, field trips, special school programs, classroom projects and more

Checklist



- Have an emergency plan checklist provided to each key area
- Develop a District training program for all staff
- Provide each key area with a copy of the completed policy/guidelines
- Open communication with parents
- Review allergy policy/guidelines with all current families and new families use PTO meetings and open houses

Implementation



- Educate all staff on how to use the allergy policy/guidelines
- Refer to detailed checklists
- Have staff trained on how to use epi pens
- Designate a few people from the core team to continue yearly follow and update policy/guidelines as needed

Review

- **Students with allergies need a safe school environment to help eliminate fear, anxiety and stress**
- **Each student has the right to participate and feel safe during their school day**
- **School districts need to establish set plans to ensure a safe environment**
- **Core teams are needed to establish checklists and action plans for all areas of the school day**

Review

- Communication is essential
- Educate everyone
- Get everyone involved from the start
- Every school district at some point will have a student with food allergies so don't wait to get started on your plan



Questions and Answers



- **Brenda Z. Greene**
Director, School Health Programs
National School Boards Association



- **Elizabeth Bugden, MS**
Consultant, Rhode Island Department of
Education and Kids First



- **Kathleen Millett, LDN**
Massachusetts Department of Elementary and
Secondary Education



- **Cheryl Peil**
Food Service Director
Elmbrook School District, Wisconsin

Thank you!

SNF WEBINAR WEDNESDAYS

Visit www.schoolnutrition.org/foodallergy

- CEU form
- Presentation Slides
- Archived Recording
- Registration for Parts 2 and 3
- Resources