

Session

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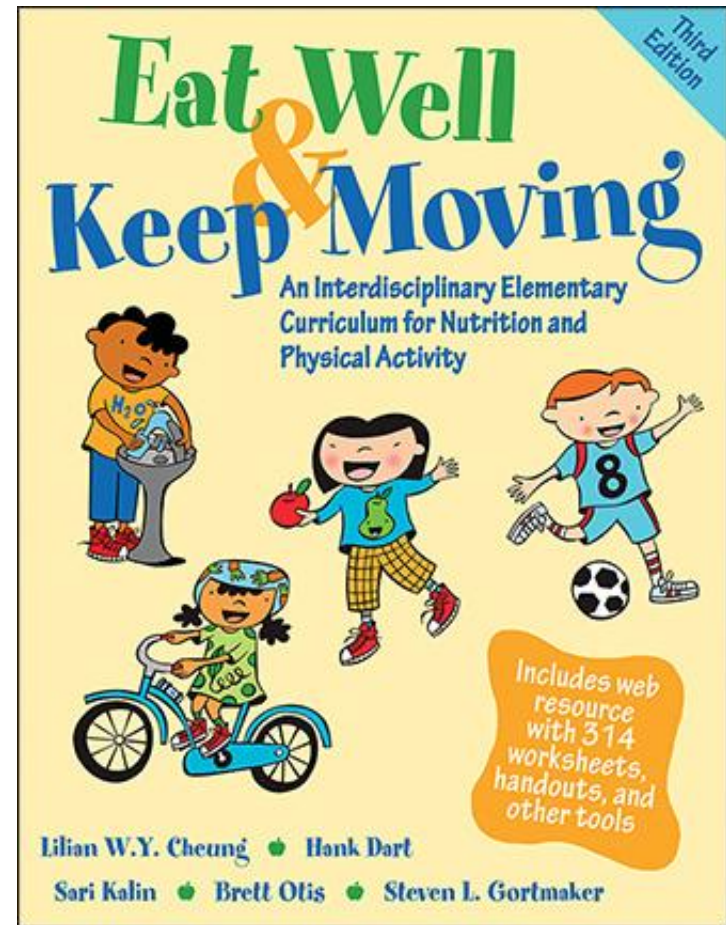
Introduction to *Eat Well & Keep Moving*

Overview of Workshop

- **Session 1: Introduction to *Eat Well & Keep Moving***
- **Session 2: The Good Life—Wellness**
- **Session 3: *Eat Well & Keep Moving* Principles of Healthy Living**
- **Session 4: The Five Food Groups and Nutrition Facts**
- **Session 5: The Safe Workout**
- **Session 6: Review of Classroom Lessons**

What Is *Eat Well & Keep Moving*?

- A school-based nutrition and physical activity program for fourth- and fifth-grade students
- A school-wide program including classroom lessons, physical education lessons, cafeteria activities, staff wellness, and parent involvement



Eat Well & Keep Moving Health Goals: The Principles of Healthy Living

- Make the switch from sugary drinks to water.
- Choose colorful fruits and vegetables instead of junk food.
- Choose whole-grain foods and limit foods with added sugar.
- Choose foods with healthy fat, limit foods high in saturated fat, and avoid foods with trans fat.
- Eat a nutritious breakfast every morning.
- Be physically active every day for at least an hour.
- Limit TV and other recreational screen time to 2 hours or less per day.
- Get enough sleep to give the brain and body the rest they need.



Eat Well & Keep Moving Goals for Schools

- **Low-cost implementation**
- **Integration into core subject areas**
- **Program that meets education standards**
- **School-wide links connecting**
 - Students
 - Teachers
 - Food service staff members
 - Parents

Research on *Eat Well & Keep Moving*

- **Fourth- and fifth-grade students in 14 Baltimore public schools**
- **Program designed to**
 - Increase fruit and vegetable consumption
 - Reduce saturated fat intake
 - Reduce TV watching
 - Increase moderate/vigorous physical activity
- **Classroom, food service, school-wide campaign, and community components**

Eat Well & Keep Moving Has Been Evaluated and Shown to Be Effective

Effective in:

- Reducing saturated fat intake
- Increasing fruit and vegetable intake
- Increasing fiber and vitamin C intake
- Reducing TV viewing

and it was:

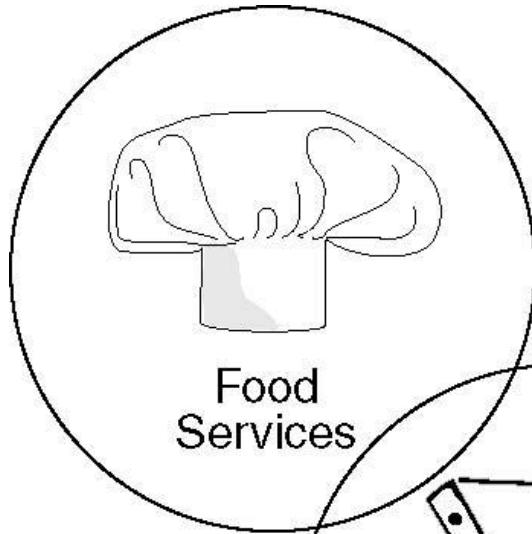
- Well accepted by school staff and students

Eat Well & Keep Moving Acceptability

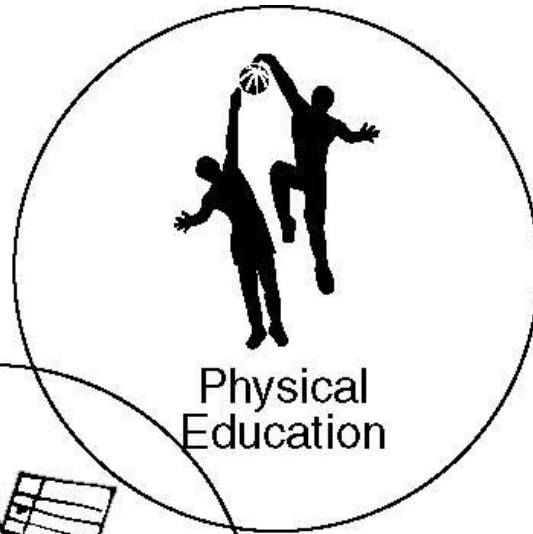
100% of responding teachers said they would teach the curriculum again.

“What impresses me most about this program is its integrative quality.... Principals, teachers, students, food staff, and parents benefit from increased knowledge and awareness of issues that are fundamental to improving one’s life.”

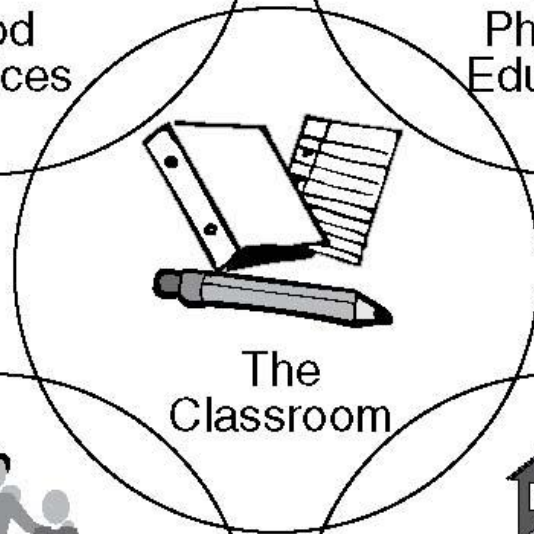
Principal, elementary school



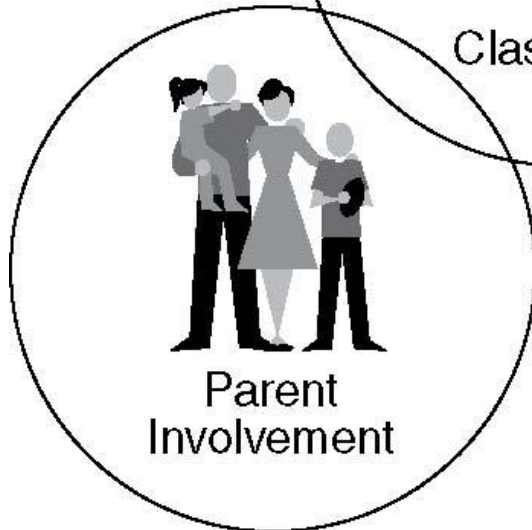
Food
Services



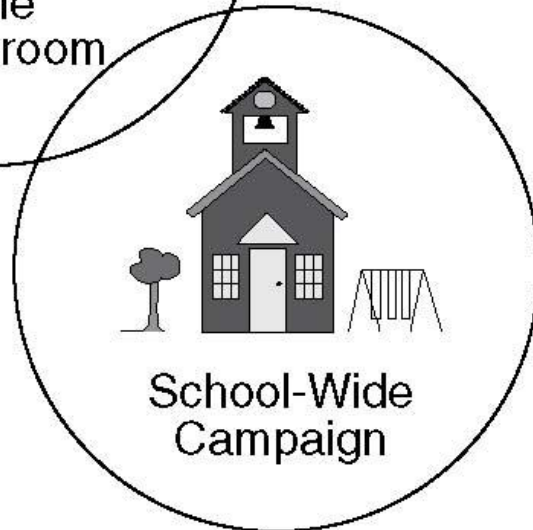
Physical
Education



The
Classroom



Parent
Involvement



School-Wide
Campaign

What Are the Benefits of Eating Well and Keeping Moving?

- **Eating well helps children grow, develop, and do well in school.**
- **Eating well reduces the risk of many chronic diseases.**
- **Being active reduces the risk of obesity, heart disease, some cancers, high blood pressure, diabetes, anxiety, and depression.**

Why Should We Be Interested in a Nutrition and Physical Activity Program for Children?

- **Obesity is a major risk factor for high blood pressure, diabetes, heart disease, stroke, and many types of cancer.**
- **The food industry in the U.S. spends more than \$1.8 billion per year on advertising to children.**
- **Children become progressively less active as they age.**
- **Over 1/3 of children in the United States are overweight or obese.**

The Health of Young People

**Trends in Nutrition, Physical
Activity, and Inactivity**

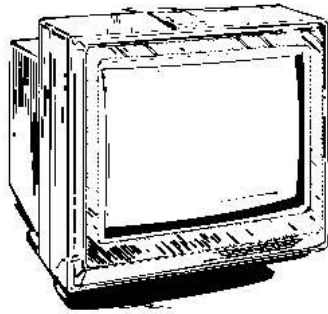
Children Are At Risk!

Trends in Nutrition

- **Too many sugary drinks!**
 - 27% of teens drink one or more soda a day
 - 19.4% drink two
 - 11.2% drink three or more
- **Children and youth still consume too much saturated fat**
- **Four out of five children do not eat enough fruits and vegetables**
 - 1/3 of children eat less than a serving of vegetables per day
 - Half of children eat less than a serving of fruit per day

Children Are At Risk! Trends in Screen Time

Amount of time youth spend on
screen time activities for fun



7.5
hrs./day

Amount of
time youth
spend doing
homework



50 min./
day

Children Are At Risk!

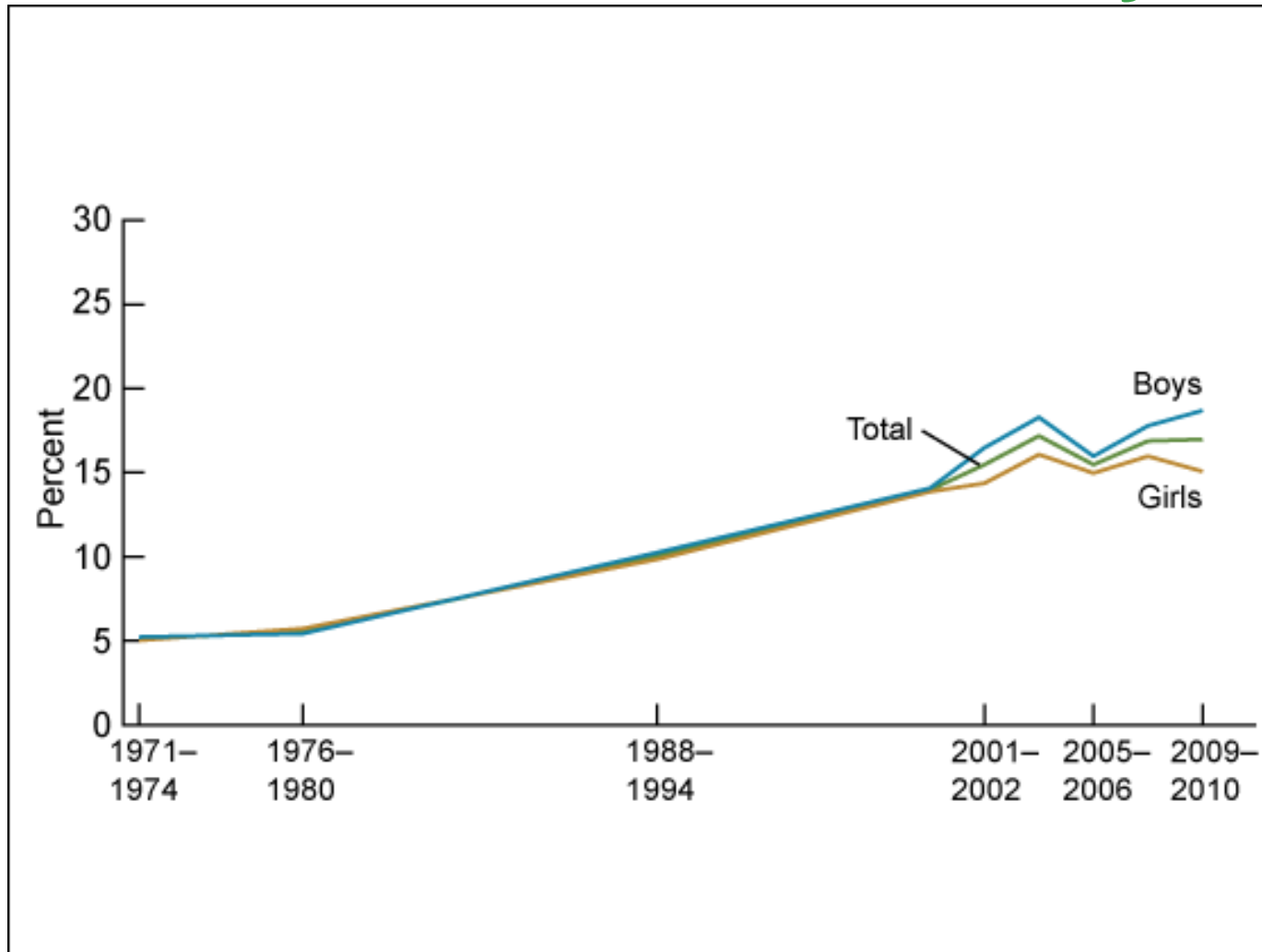
Trends in Physical Activity

- **Only 4% of elementary schools provide daily PE for all grades.**
- **23% of children do not participate in any free time physical activity in a typical week.**
- **Participation in organized physical activity is declining: Children ages 6-12 who played sports regularly fell from 44.5% in 2008 to 40% in 2013.**

Children Are At Risk! Trends in Overweight

- **Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years.**
- **In 2012, more than one third of children and adolescents were overweight or obese.**

Children Are At Risk! Trends in Child and Adolescent Obesity

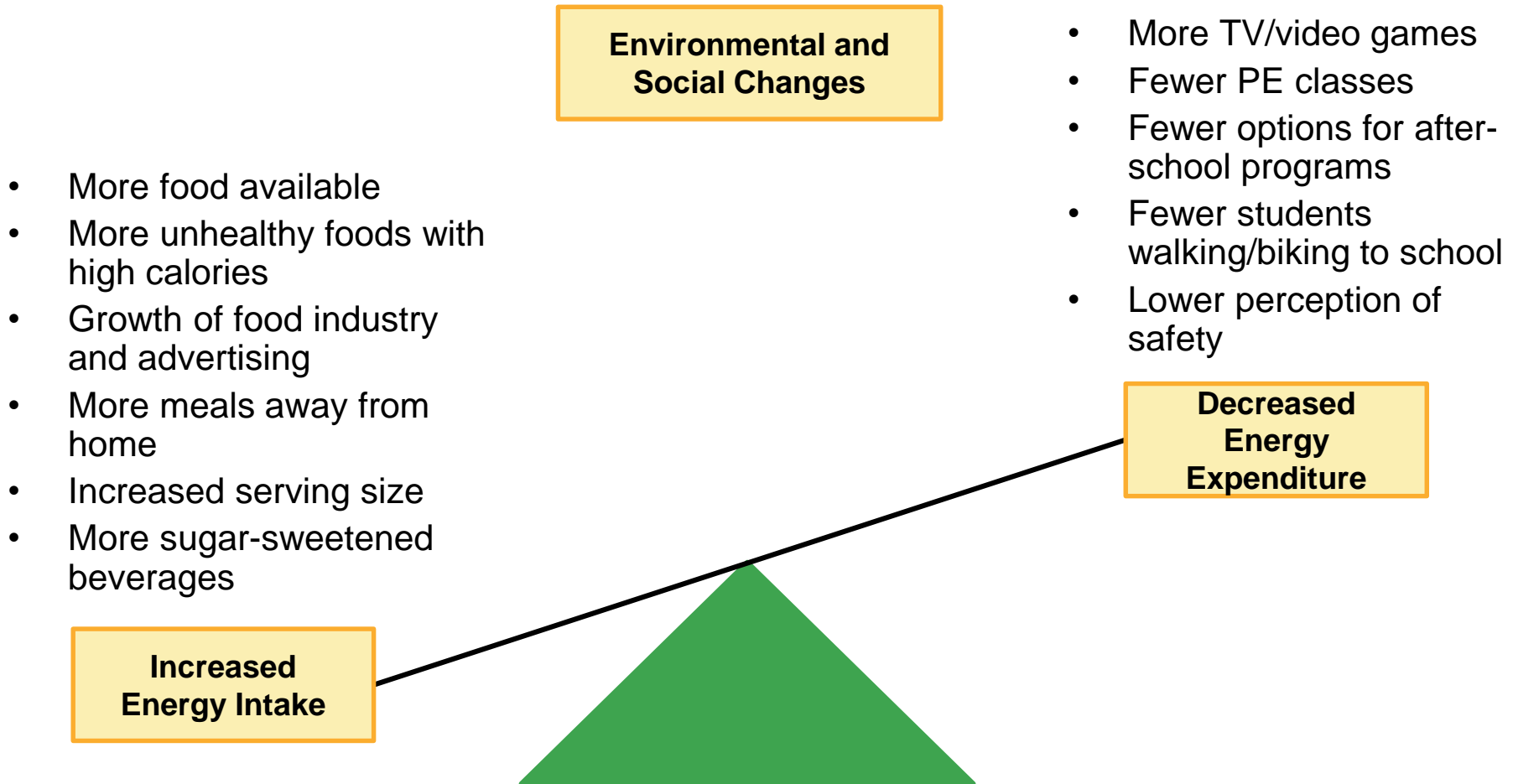


Health Consequences of Overweight

Overweight and obese people are at increased risk for the following:

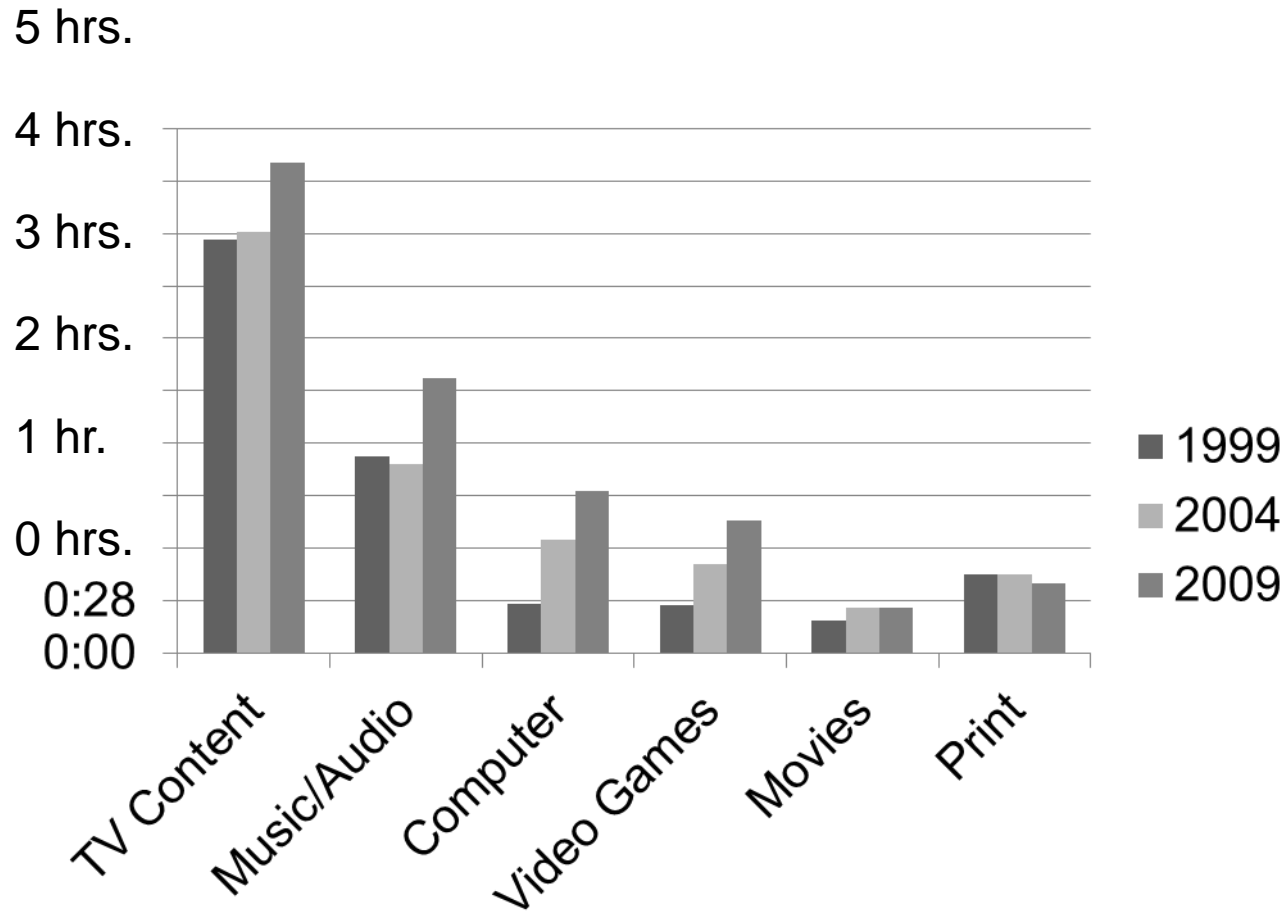
- **Type 2 diabetes**
- **Heart disease**
- **Depression**
- **High blood cholesterol**
- **Premature death**
- **Stroke**
- **Hypertension**
- **Asthma**
- **Some cancers**

What Is Causing This Epidemic of Poor Lifestyle?



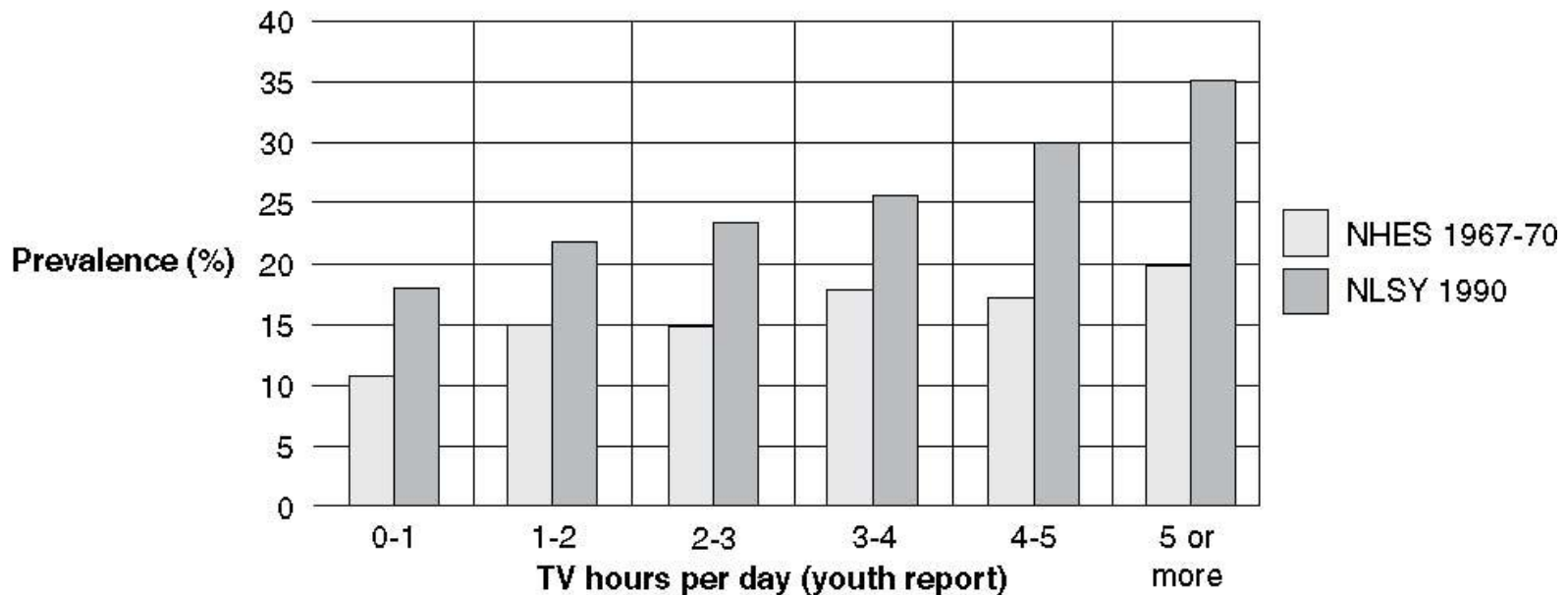
What Does Screen Time and Sugary Drink Consumption Have to Do With It?

Media Use Over Time by Children 8-18 Years Old



Prevalence of Obesity by Hours of TV per Day

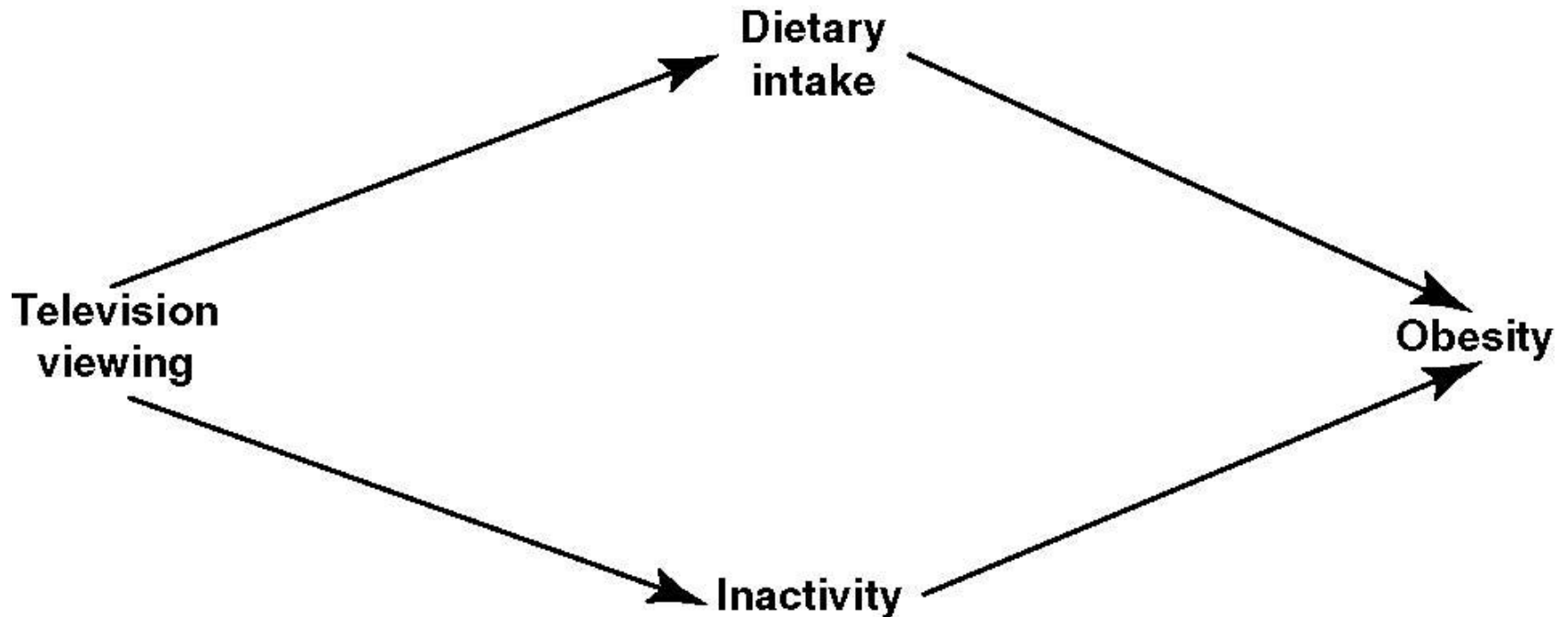
NHES Youth Aged 12-17 in 1967-70 and NLSY Youth Aged 10-15 in 1990



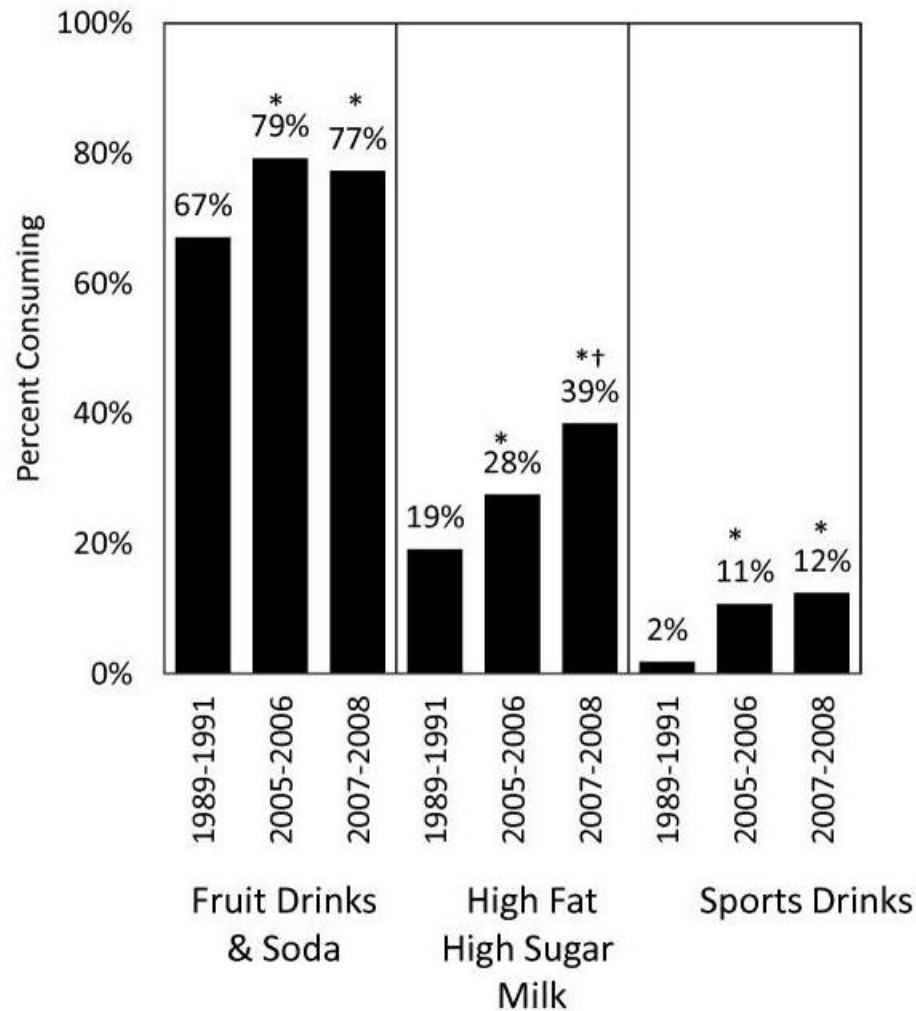
NHES = National Health Examination Survey
NLSY = National Longitudinal Survey of Youth

Data from W.H. Dietz and S.L. Gortmaker, 1985, "Do we fatten our children at the television set? Obesity and television viewing in children and adolescents," *Pediatrics* 75: 807-812.

Hypothesized Impact of Television Viewing on Obesity



Beverage Intake Among School-Aged Children in the U.S., 1989-2008

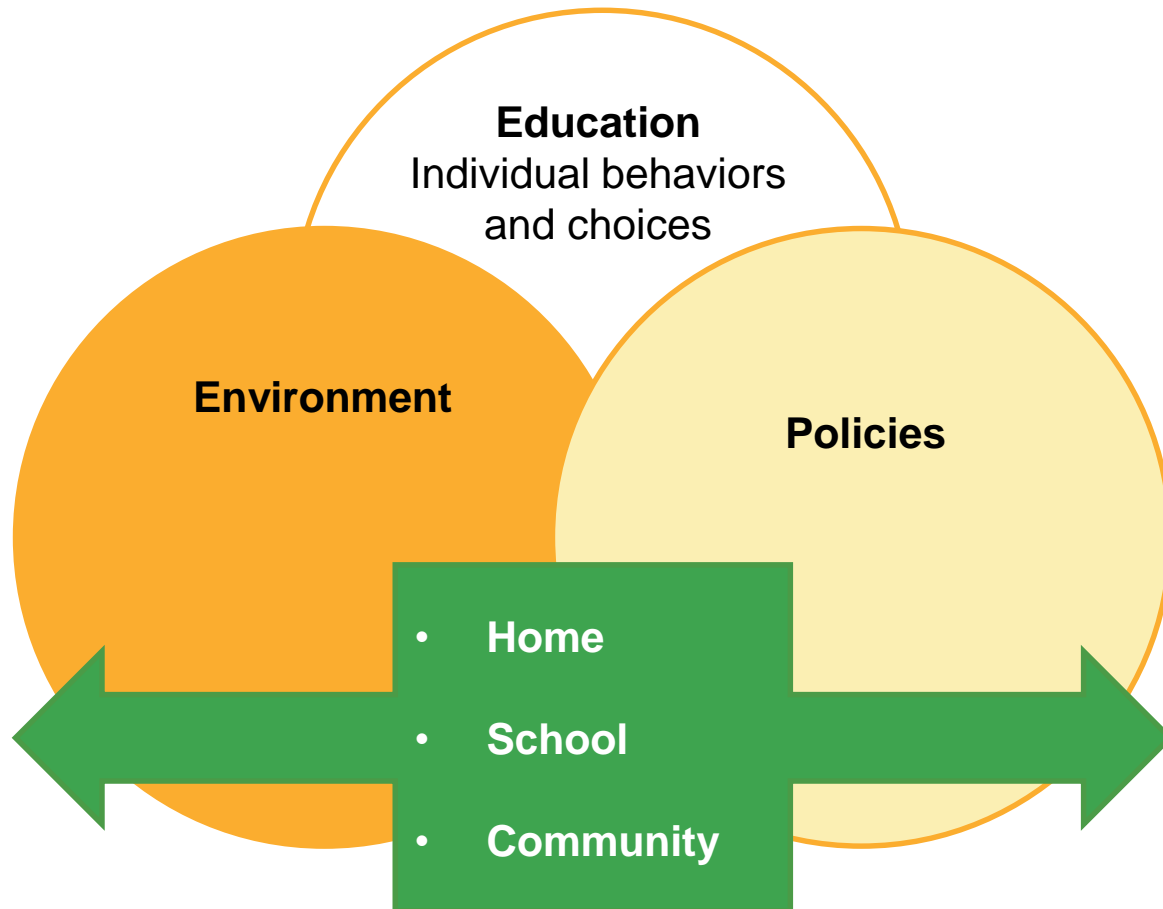


Sugar-Sweetened Beverage Consumption and Overweight

- **Sugar-sweetened beverages contribute to childhood obesity incidence and to adult obesity and type 2 diabetes.**
- **Reducing intake of sugar-sweetened beverages can reduce overweight among youth.**

**Turning the Tables:
Why Schools Need to Be Part
of the Solution!**

Promoting Healthy Eating and Active Living



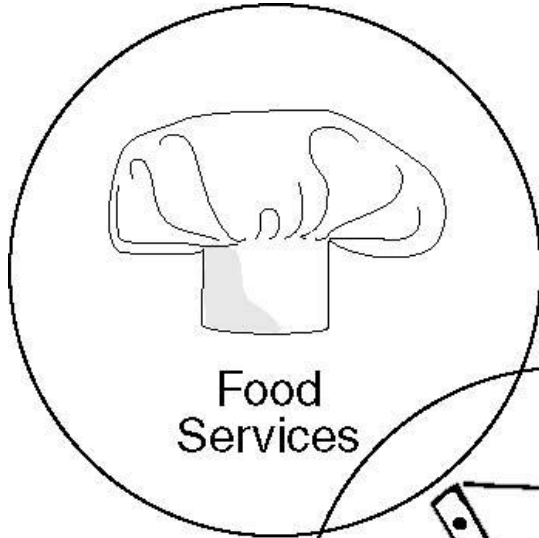
Surgeon General's Recommendation: School-Based Action

A comprehensive wellness plan that includes effective health education for all.

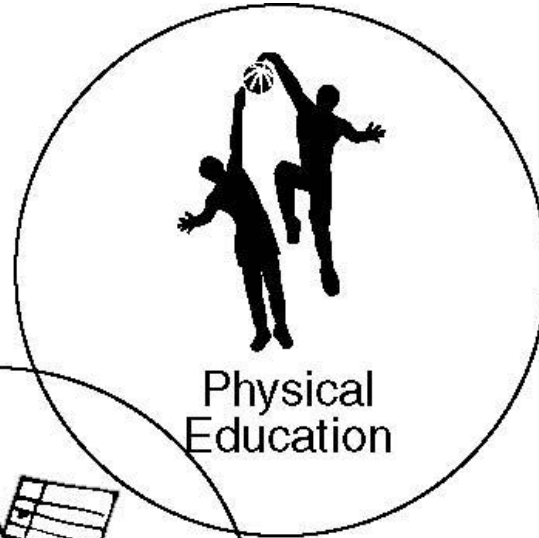
- A sequential health education curriculum, a school wellness policy, professional development for teachers and staff, partnerships with families, and external community members
- Nutrition: Ensure availability of healthy foods at every eating occasion at school, promote healthy choices, limit vending machine access, provide adequate time to eat meals, ensure availability of water throughout the day
- Physical Activity: Daily PE, recess, extracurricular PA opportunities, active transportation programs, community use of facilities for out of school time hours

Healthy Eating and Physical Activity Are a Critical Part of Learning and Achievement

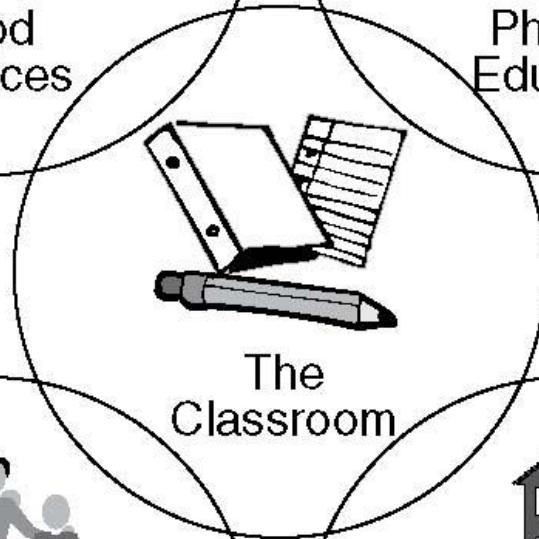
- Brain development and function require an adequate supply of nutrients.
- Eating breakfast increases academic test scores, daily attendance, concentration, and class participation.
- Children learn through movement.
- Physical activity increases alertness.
- Schools that offer intensive physical activity programs see no negative effects on standardized academic achievement scores even when time for physical education is taken from the academic day.
- Children spend more time reading and doing homework when parents set limits on TV viewing and other recreational screen time.



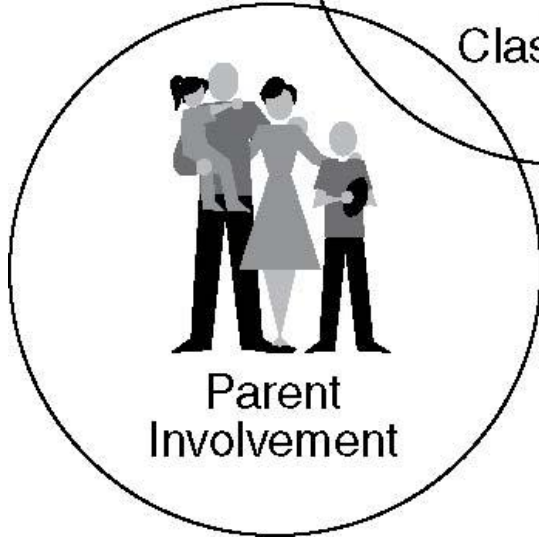
Food
Services



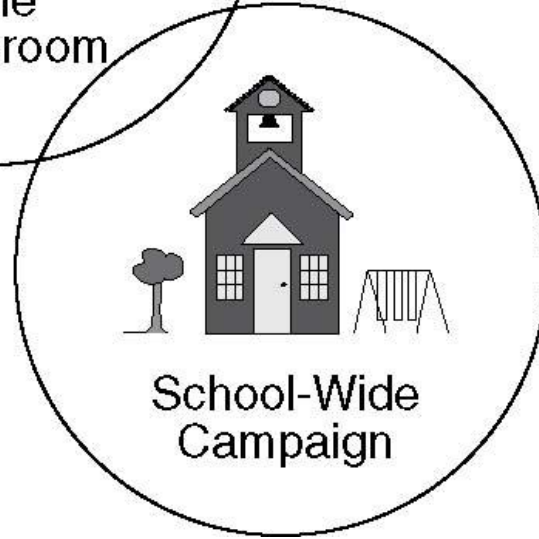
Physical
Education



The
Classroom



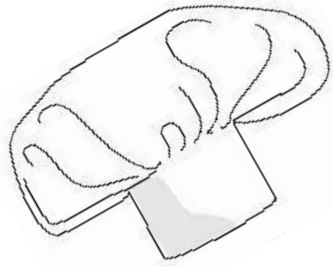
Parent
Involvement



School-Wide
Campaign

Faculty and Staff Wellness

The program offers the opportunity to learn more about nutrition, physical activity, stress management, and overall health.



School Food Services

**The program offers
schools help in
promoting healthful
choices in school lunch
and breakfast programs.**

Eat Well Card: Stir-Fry With Healthy Oils!



Stir-Fry With Healthy Oils!

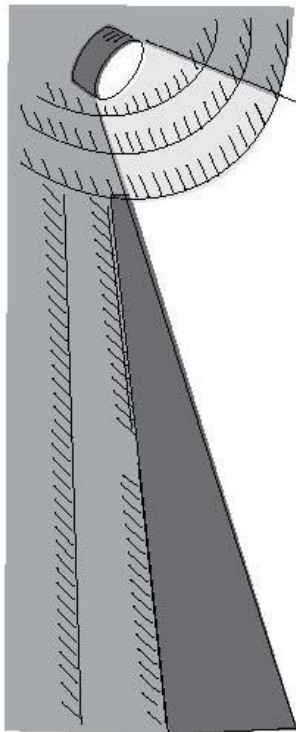
Stir-fry means to cook over high heat while briskly stirring the ingredients so that they cook evenly. Because the vegetables are cut into small pieces, they cook quickly, stay crisp and delicious, and retain most of their nutrients and fresh flavor.

Unlike foods fried in butter, which is high in saturated (unhealthy) fat, stir-fry dishes often have healthy fat, because they are often cooked in healthy oils like vegetable oil.

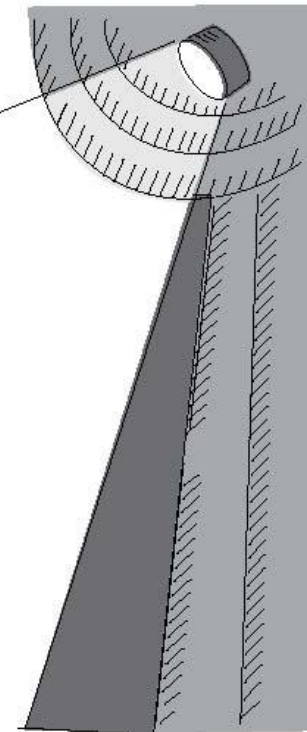


Menu Boards

Eat Well & Keep Moving
Mondays

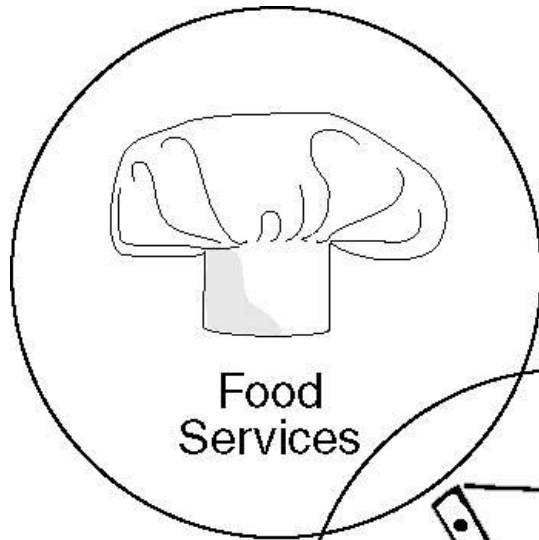


This Monday
presenting

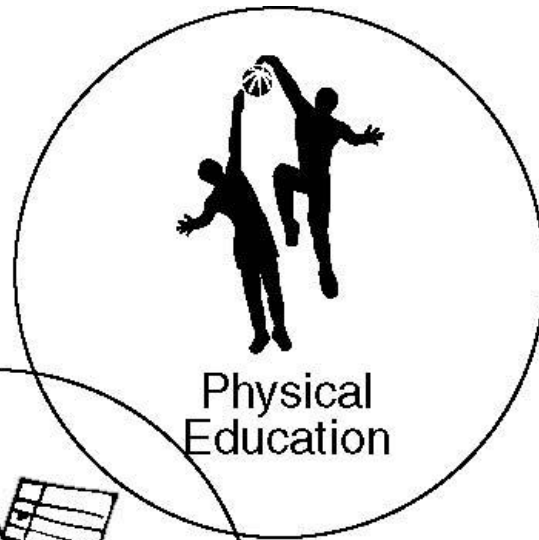


The Classroom: Lessons on Nutrition and Physical Activity

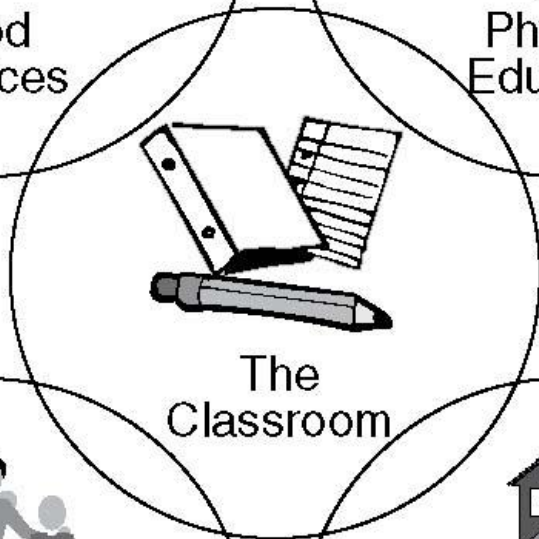
- **28 lessons**
- **Teacher friendly**
- **Manageable teacher training**
- **Format familiar to educators**
- **Adaptable to all students**
- **Lessons meet education standards**



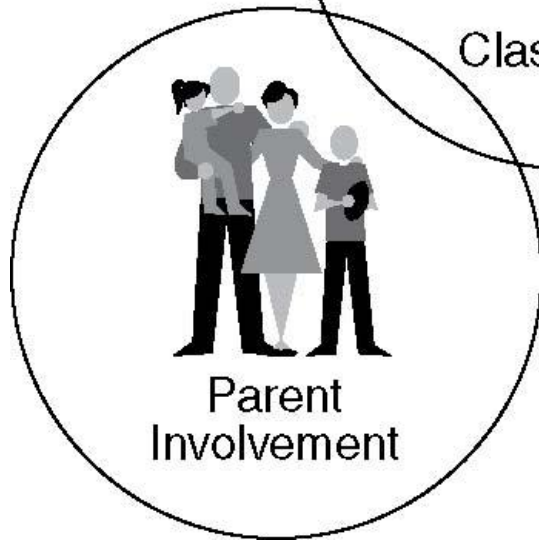
Food
Services



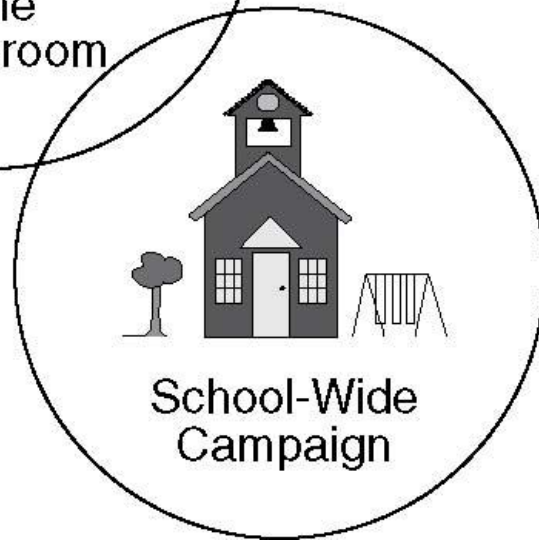
Physical
Education



The
Classroom



Parent
Involvement



School-Wide
Campaign

Parent Involvement

- **Parent newsletter**
- **Parent Fun Nights (at school) focused on healthy eating**
- **Community health coalition**
 - Cooking and nutrition classes
 - Walking programs

School-Wide Promotional Campaigns

- **Get 3 At School and 5+ A Day**
- **Freeze My TV**
- **Class Walking Clubs**

Questions?