

TEAM NUTRITION  IOWA™

Being a Role Model for School Wellness



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TEAM NUTRITION'S GOAL

- Improve children's lifelong eating and physical activity habits by using the principles of the 2005 *Dietary Guidelines for Americans* and MyPyramid.



MyPyramid.gov
STEPS TO A HEALTHIER YOU



TEAM NUTRITION MESSAGES



- Eat more fruits, vegetables and grains
- Eat a variety of foods
- Eat foods lower in fat more often
- Be physically active each day
- Get your calcium rich foods



ENROLL TO BE A TEAM NUTRITION SCHOOL

- Offers FREE Resources
- Easy to enroll – www.iowa.gov/educate/ Click on Nutrition Programs, Click on Team Nutrition
- Go to <http://teammnutrition.usda.gov/> to check if you are already a Team Nutrition School

TEAM NUTRITION  IOWA™

Do as we say....not as we do.



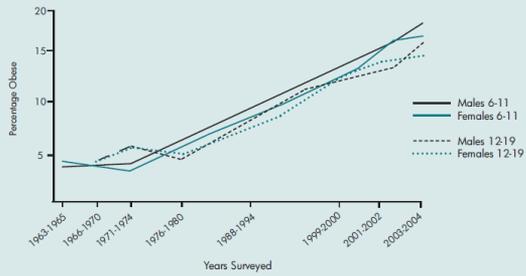
THE PROBLEM

- Childhood obesity epidemic
- 16.3 % of children and adolescents are obese
- 31.9% of children and adolescents are overweight
- 23 million children and adolescents are either obese or overweight in this county!
- The present generation of children are at risk to die before their parents, due to obesity related illness.



Figure 1. A Large and Growing Epidemic of Childhood Obesity

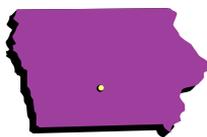
Prevalence of obesity among children and adolescents ages 6-19 years, for selected years 1963-65 through 2003-04



Source: Ogden et al., "Prevalence of Overweight and Obesity in the United States," data from the National Center for Health Statistics

THE PROBLEM IN IOWA

- 27% of IA high school students are at risk of being overweight or are overweight
- Over 40% of low income children entering kindergarten in 2005 were overweight
- 31.1% of children between the ages of 2-5 years are at risk for becoming overweight or are already overweight



IMPACTS

- Physical health
- Mental health
- Social health



BEING OVERWEIGHT PHYSICAL HEALTH

- Asthma
- Sleep apnea
- Skin infections
- Complaints of joints
- High blood pressure
- Type 2 Diabetes



BEING OVERWEIGHT EMOTIONAL HEALTH

- Lower self esteem and self confidence
- Poor academic performance
- Fewer friends
- Depression



BEING OVERWEIGHT SOCIAL HEALTH

- Stigma
- Teasing and bullying
- Negative stereotyping
- Discrimination
- Social marginalization





BEING SEDENTARY

- Excessive screen time
 - 6.5 hours a day
- Reduces academic achievement
- School attendance




BUILDING HEALTHY STUDENTS

- Complex issue
- Families are at the heart
- Start young
- Supportive healthy lifestyle
- Pointing fingers




TAKING RESPONSIBILITY

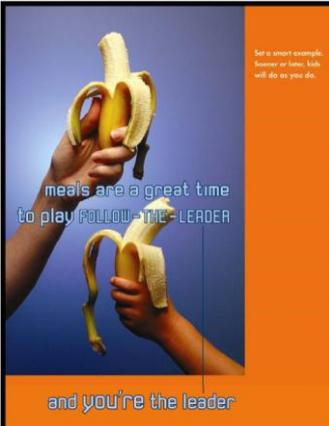
- What is best for youth?
- What is best for their health?
- What is best for their academic achievement?
- How can we work towards what is best?




PARENTS ARE ROLE MODELS

- Teens whose parents drink soda every day are nearly 40% more likely to drink soda every day themselves than teens whose parents do not drink soda.
- Teens whose parents eat five servings of fruits and vegetables daily are 16% more likely to do the same than teens whose parents do not eat five servings a day.






ENGAGING PARENTS AND CAREGIVERS

- First and most important teachers
- Influence food and physical activity choices
- Household policy makers
- Economic and time constraints





PARENTS NEED TO BE PART OF THE SOLUTION

- No work on the part of schools & community can succeed
- Total team effort – in and out of school
- Set positive examples
- Over time kids learn to make better choices



TIPS FOR ACHIEVEMENT PARENTS

- Be a role model
- Utilize brain food
- Eat family meals
- Be cost effective
- Be active together



HOW CAN PARENTS BE ROLE MODELS?



ENGAGING SCHOOLS

- Health is essential for academics
- School wellness policies should be living documents
- Role modeling healthy behaviors is the key to success



Big Nate



TIPS FOR ACHIEVEMENT SCHOOLS

- Provide healthful choices
- Offer non-food fundraisers
- Involve students
- Taste test!
- Food is Fuel
- Keep it simple!





HOW CAN SCHOOL STAFF BE ROLE MODELS?



HOW DO YOU BUILD HEALTHY STUDENTS?

- ⊙ Parents model and teach healthful lifestyle
- ⊙ Schools provide healthy environments
- ⊙ Communities support the same healthy habits




We all have a role!




Walk the wellness walk....
and talk the wellness talk....
for healthy students and a healthy future!




SOURCES

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YOUR PLAN!

Implementation <i>What will you do?</i>	Target Audience	Resources <i>(funding, time, people, materials)</i>	Timeline <i>By When?</i>	Results
Eat more family meals together	My Family	Scheduled meals	By next week 11/17/2009	My family will eat at least three meals together as a family a week.
Not offer food as a reward in my classroom	My Students	Non food alternatives	Now, 11/10/2009	My students will not view food as a reward in my classroom and see healthy non-food options just as rewarding



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