

**Let's *Eat Well &  
Keep Moving:***

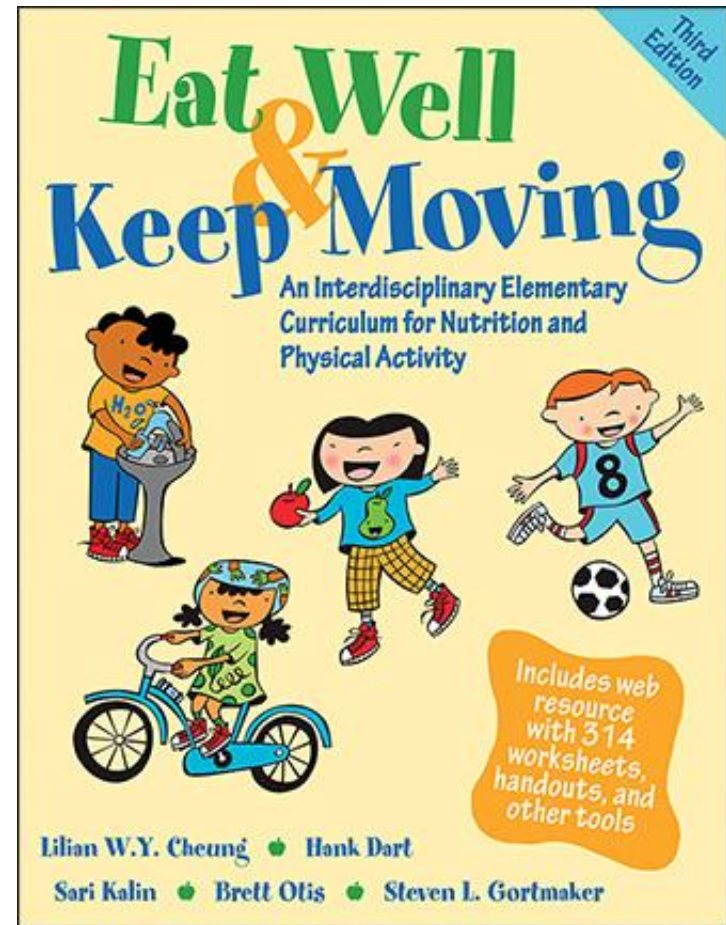
**An Introduction to the  
Program**

# Today's Agenda

- Description of *Eat Well & Keep Moving*
- Why we should focus on nutrition and physical activity
- Why schools should be part of the solution
- The *Eat Well & Keep Moving* whole-school approach
- Questions

# 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 two 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**

- **Keep the cost of implementation low.**
- **Integrate lessons into core subject areas.**
- **Address education standards.**
- **Make school-wide links connecting**
  - students,
  - teachers,
  - food service staff, and
  - parents.

# Research on *Eat Well & Keep Moving*

- **Fourth- and fifth-grade students in 14 Baltimore public schools**
- **Program goals:**
  - Increase fruit and vegetable consumption
  - Reduce saturated fat intake
  - Reduce TV watching
  - Increase moderate to 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, and**
- **reducing TV viewing.**

**It was also well received by school staff and students.**

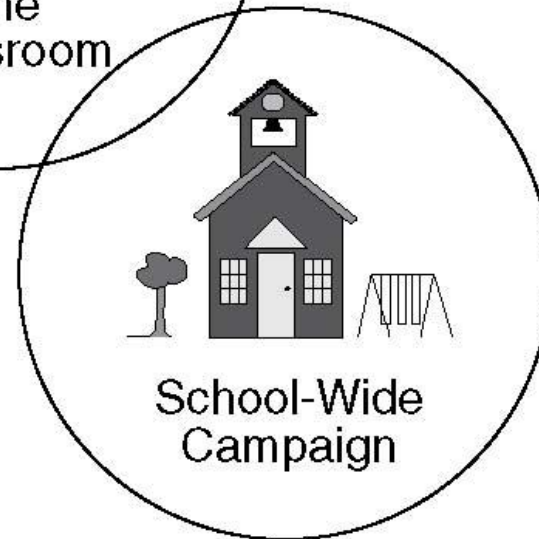
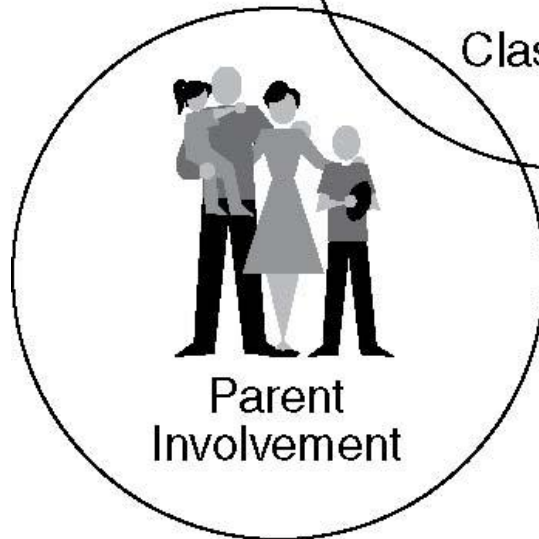
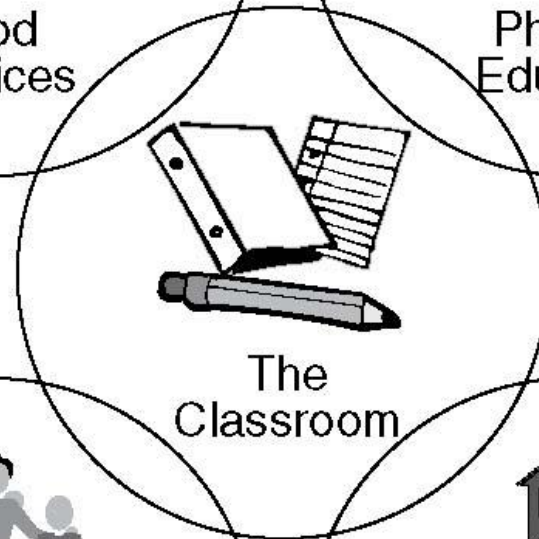
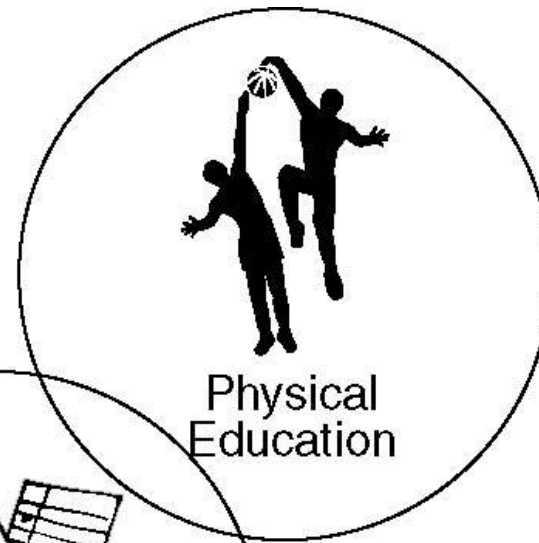
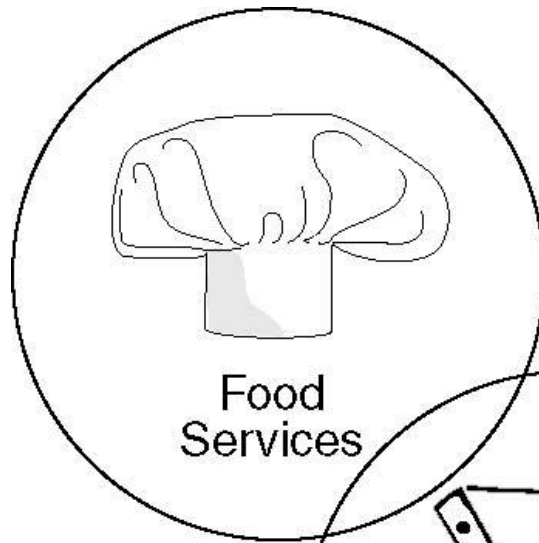
# **Acceptability of *Eat Well & Keep Moving***

**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**





# **Benefits of Eating Well and Being Active**

- **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**

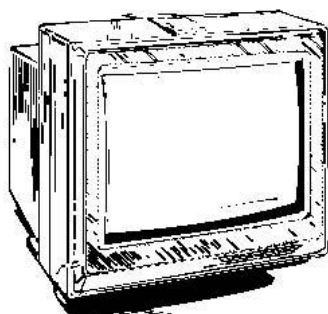
# Children Are At Risk!

## 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 many foods high in 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



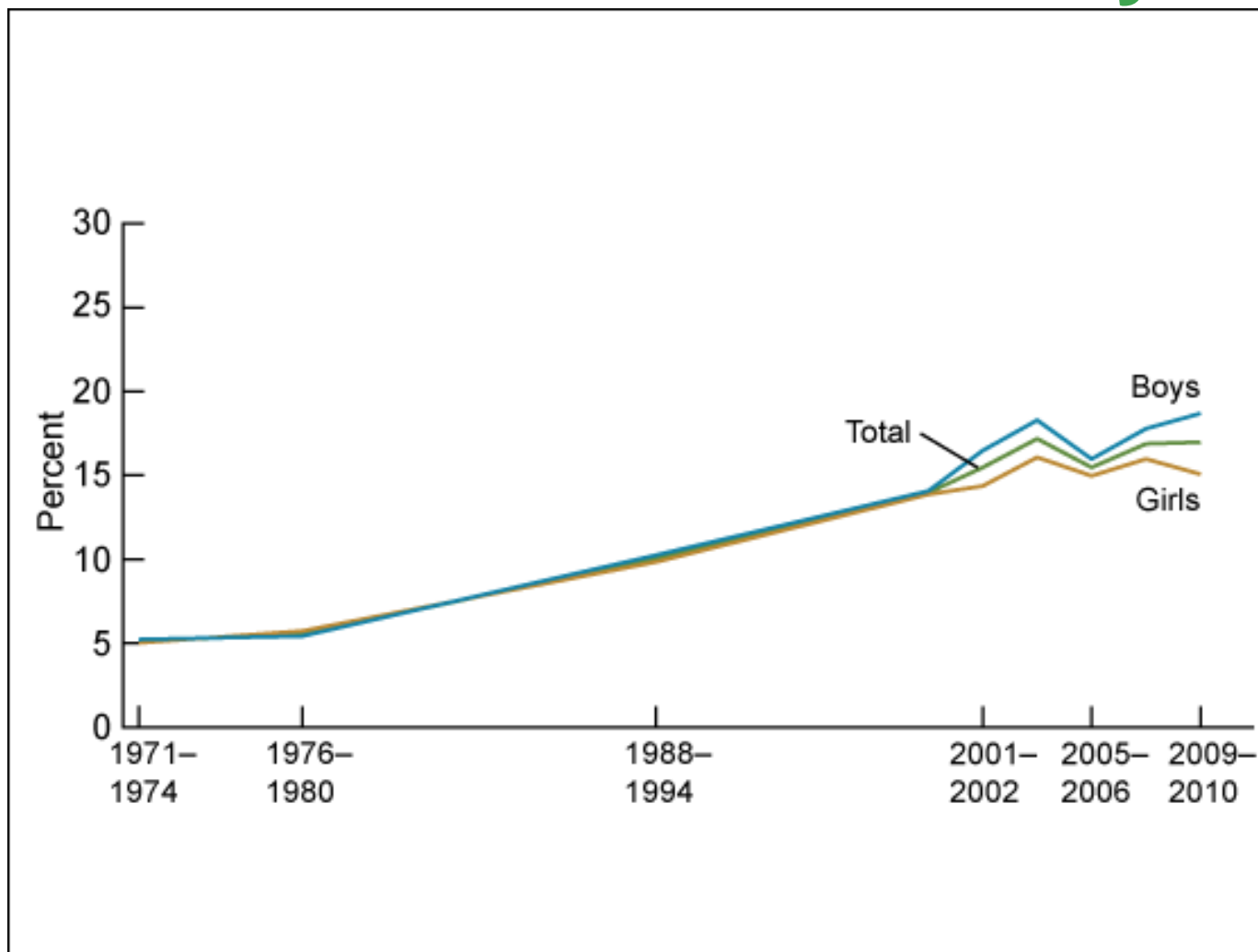
50 min./  
day

# **Children Are At Risk!**

## **Trends in Physical Activity**

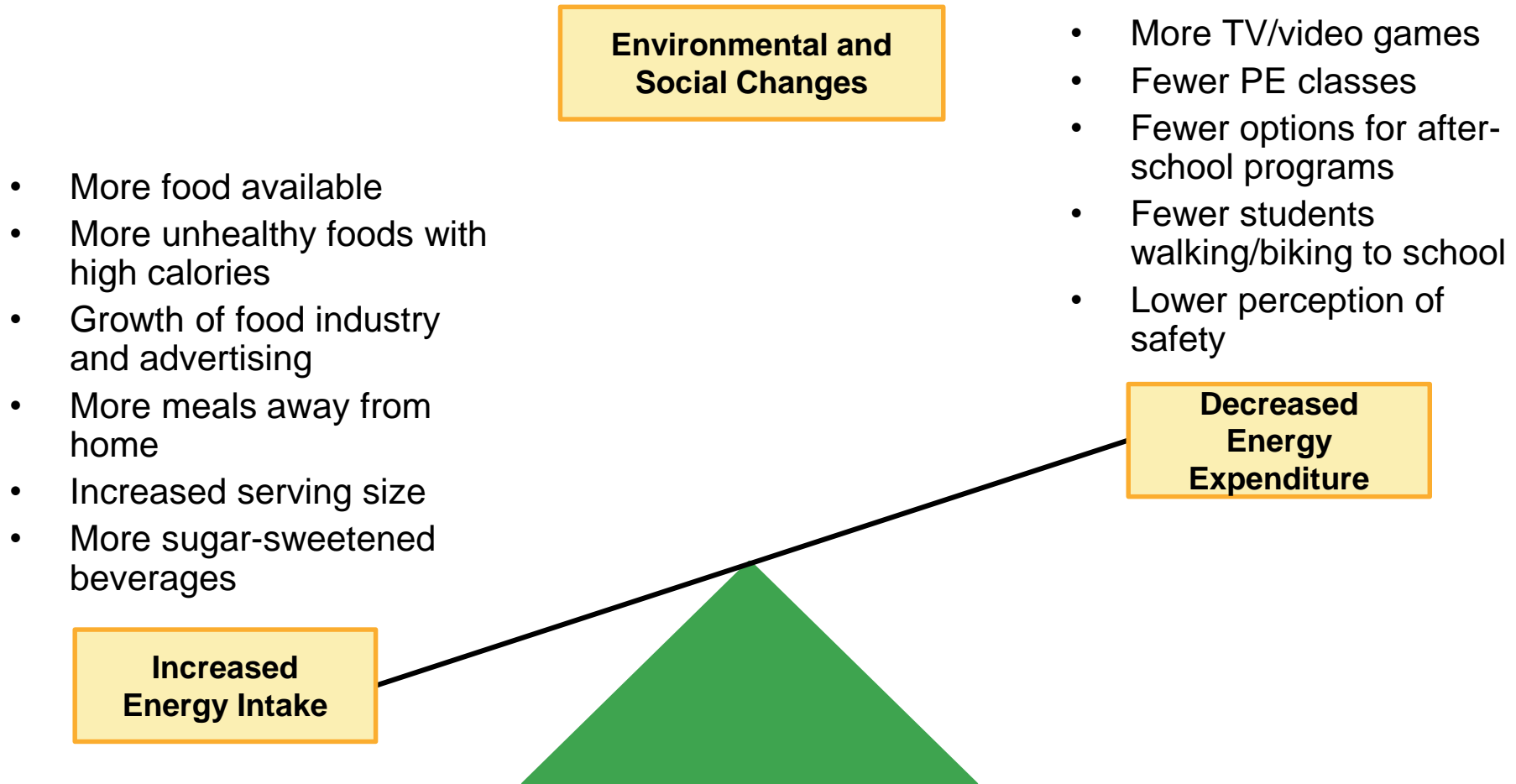
- **Only 4% of elementary schools provide daily PE for all grades.**
- **23% of children do not participate in any free time physical activity in a typical week.**
- **Participation in organized physical activity is declining: Children ages 6-12 who played sports regularly fell from 44.5% in 2008 to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

# Children Are At Risk! Trends in Child and Adolescent Obesity



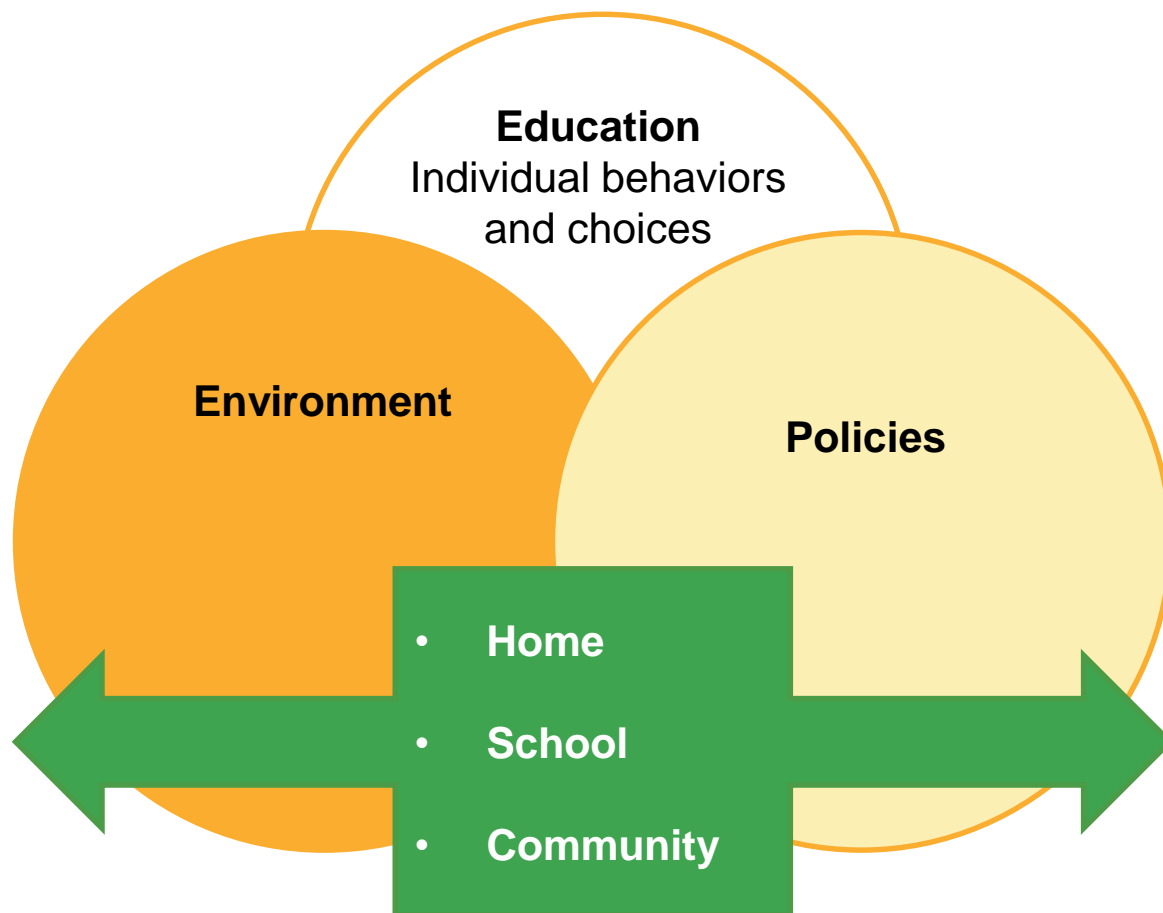


# What Is Causing This Epidemic of Poor Lifestyle?



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

# Promoting Healthy Eating and Active Living



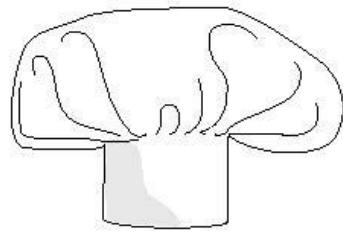
# Surgeon General's Recommendation: School-Based Action

**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, 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

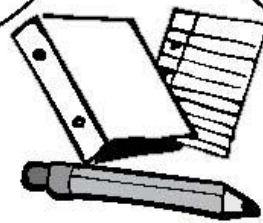
- **Brain development and function require an adequate supply of nutrients.**
- **Eating breakfast increases academic test scores, daily attendance, concentration, and class participation.**
- **Children learn through movement.**
- **Physical activity increases alertness.**
- **Schools that offer intensive 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



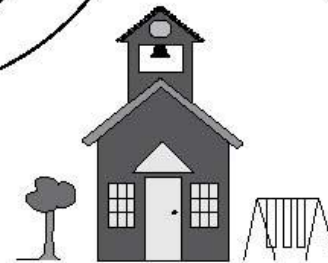
Physical  
Education



The  
Classroom



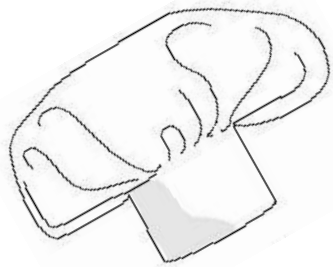
Parent  
Involvement



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.

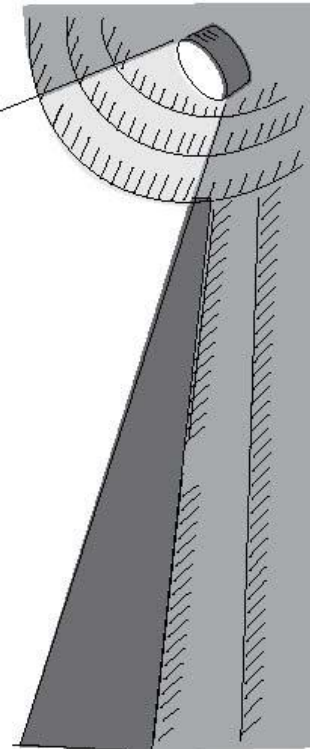
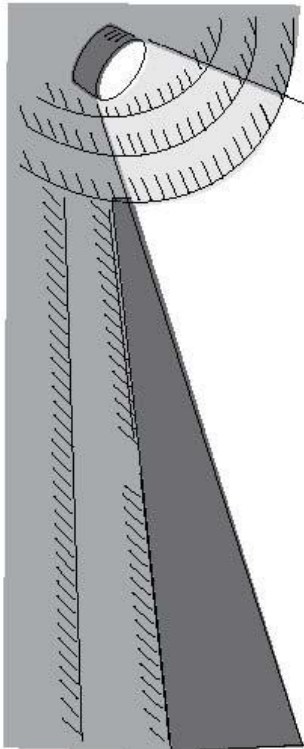


# Menu Boards

*Eat Well & Keep Moving*  
Mondays

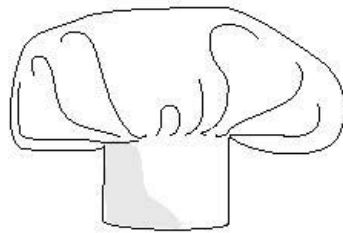


This Monday  
*presenting*



# **The Classroom: Lessons on Nutrition and Physical Activity**

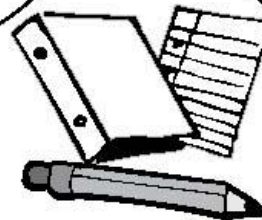
- **26 lessons**
- **Teacher friendly**
- **Manageable teacher training**
- **Format familiar to educators**
- **Adaptable to all students**
- **Lessons meet education standards**



Food  
Services



Physical  
Education



The  
Classroom



Parent  
Involvement



School-Wide  
Campaign

# Parental 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**
- **Class Walking Clubs**
- **Freeze My TV**

**Questions?**