

Childhood Obesity Crisis Facts Childhood Obesity Crisis Facts

As taken from the Children's Healthcare of Atlanta website

<http://www.choa.org/Child-Wellness/What-You-Should-Know/Childhood-Obesity-Crisis-Facts>

Georgia Stats

- Georgia has the 2nd highest percent of obese children* in the United States.
- Nearly 40% of children in Georgia are overweight or obese, indicating that nearly 1 million children are facing negative health consequences related to obesity.
- Obesity rates in Georgia are far above the 5% average for all age groups in the state, targeted by the CDC.

*ages 10 to 17

National Stats

- The childhood obesity epidemic in the United States is a national health crisis. Nearly one in three children ages 2-19 (31.7%) is overweight or obese.
- Childhood obesity in the United States has tripled since 1980 from 5% to 17%, based on the National Health and Nutrition Examination Survey (NHANES) conducted by the CDC.

General Health Stats

- Excess weight impacts children's mental and physical wellbeing and is associated with asthma, type 2 diabetes, sleep apnea, fatty liver disease, high blood pressure and more. Due to this increase in negative health consequences, it is estimated that the current generation may be on track to have a shorter lifespan than their parents.
- Georgia's obesity costs are estimated to be \$2.4 billion per year due to the rise in this epidemic.
- Obesity-related hospitalizations of children in the state cost \$2.1 million a year and continue to rise. Robert Wood Johnson Foundation estimates annual health expenses for a child treated for obesity is between \$2,500 and \$4,200 more than annual healthcare costs of normal weight children.
- Obese children are more likely than normal weight children to become obese adults leading to continued risk factors and disease.

Health Behavior Stats

- 2007 Georgia Student Health Survey indicates poor diet and physical inactivity in the state's youth:
- Only five in nine (55%) middle school students and four in nine (44%) high school students in Georgia meet the CDC requirements for at least 60 minutes of physical activity five or more days per week.
- More than two in five of Georgia's middle school students (44%) and high school students (43%) exceed the American Academy of Pediatrics recommended guidelines of two hours of screen time per day.
- Only one in five (19%) high school students in Georgia consume five or more servings of fruits and vegetables daily.

An Action Alert from the National PTA

Urge Congress Not to Stand in the Way of Healthier School Lunches

As our children head back to school, some members of Congress want to roll back progress on improving school lunches, despite the sky-high childhood obesity rates.

PTA members, we need your help to send a loud and clear message to Congress that we want healthier school meals.

The U.S. Department of Agriculture (USDA) has proposed common-sense nutrition guidelines to improve school lunches and breakfasts, including more fruits, vegetables, whole grains, and low-fat milk and less salt, unhealthy fats, and calories.

Unfortunately, Food interests are working to get Congress to stop USDA from finalizing these sensible school nutrition standards. The House of Representatives has already included a rider in its Agriculture spending bill urging USDA to start over from scratch and propose a new set of school meal standards—even though tens of thousands of parents and organizations supported these important improvements.

If industry is successful in convincing the Senate to do the same, the goal of seeing healthy school lunches in cafeterias across the country will be in jeopardy.

Please send an email to both of your Senators today asking them to support USDA's efforts to improve school meals.

Chambliss, Saxby - (R - GA) (202) 224-3521

416 RUSSELL SENATE OFFICE BUILDING WASHINGTON DC 20510

Or email <http://chambliss.senate.gov/public/index.cfm?p=Email>

Isakson, Johnny - (R - GA) (202) 224-3643

131 RUSSELL SENATE OFFICE BUILDING WASHINGTON DC 20510

Or email: <http://isakson.senate.gov/contact.cfm>.

List of Health and Wellness Resources

Resources to Help Kids Get Moving:

ZumbAtomicAfter School Program for ages 7-11 (grades 2-5)

Cheryl Mosley: cfmosley@gmail.com 678-386-7555

Omega Bickham: omegabic@yahoo.com 678-458-0451

- Encourages children to choose a healthy lifestyle through dance, rhythm, music, games and fitness.
- Teaches leadership, respect, team work, pride, confidence and responsibility

SPARK – <http://www.sparkpe.org>

- SPARK is a research-based, public health organization dedicated to creating, implementing, and evaluating programs that promote lifelong wellness.
- SPARK strives to improve the health of children, adolescents, and adults by disseminating evidence-based Physical Education, After School, Early Childhood, and Coordinated School Health programs to teachers and recreation leaders serving Pre-K through 12th grade students.
- Each SPARK program fosters environmental and behavioral change by providing a coordinated package of highly active curriculum, on-site teacher training, extensive follow-up support, and content-matched equipment

Cobb County School District has *already* purchased and delivered a book for each elementary school in the CCSD for K-2 and 3-6. If this program is of interest, you should first check with your PE team re: their interest and pursue from there. Grants are available for funding, and are even listed by city on the SPARK website.

Girls On The Run:

<http://girlsontherunatlanta.org>

Contact: Sandy Dean

- The Girls on the Run® curricula, the heart of the program, provides pre-adolescent girls with the necessary tools to embrace their individual strengths as they enter middle and high school. The curriculum is based upon research in the field of adolescent issues.
- The power of running is used to provide girls with the tools to:
 - Celebrate their bodies
 - Honor their voices
 - Recognize their gifts, and
 - Activate their personal power
 - Girls on the Run of Atlanta is an Independent Council of Girls on the Run International, founded in 1996, by Molly Barker, a visionary, Ironman triathlete.
 - After School Program Available.
 - Current success at Shallowford Falls Elementary

Let's Move

<http://www.letsmove.gov>

Combining comprehensive strategies with common sense, Let's Move! is about putting children on the path to a healthy future during their earliest months and years. Giving parents helpful information and fostering environments that support healthy choices. Providing healthier foods in our schools. Ensuring that every family has access to healthy, affordable food. And, helping children become more physically active

Nutrition Resources:

Lunch and Learn Opportunities:

Jill Gregory, NC, CPT, Nutrition Consultant and Certified Personal Trainer

Contact information: Jill.Gregory@VeniceNutrition.com

Nutrition Education for your family.

Heidi Smith Phillips – ACSM-USAT – Wellness/Lifestyle Consultant

Contact information: 770-377-9224 tri4health@mac.com

Nutrition 911: Wellness by Design, Helping Families Lead More Abundant Lives.

Emily Trenbeath – <http://bentobloggy.blogspot.com>

How to Make Kids Lunches Healthier and More Visually Appealing

Later this year, look for a DVD Lunch and Learn about the effect that diet has on allergies and ADHD.

Other Nutrition Resources:

Cobb Farm to School Initiative -

To see what other schools are doing with this program, “Like” us on facebook www.facebook.com/cobbfarmtoschool To become involved or ask further questions, email us at cobbfarmtoschool@gmail.com

Georgia Organics - <http://www.georgiaorganics.org/farmToSchool.aspx>

Find “Ready to Print” nutrition related articles for your school newsletters at www.ecccpta.org

Fresh Fruit Fridays – a great program that is supported at various schools by Whole Foods and Kroger thus far. (sample instruction sheet for volunteers follows this page and can be found on www.ecccpta.org)

Three schools run this program, that we are aware of, and each process is a little bit different. If your school currently runs this program, please share your experiences and we will post through the weekly ECCC email!

Mt. Bethel's method: Their vendor (Whole Foods) provides a gift card for which translates to \$30/week, and a family at the school “sponsors” the program each week for an additional \$30. The parent sponsorship is signed up and paid for and already in PTA funds, and the volunteer is reimbursed. The morning announcements include a thank you to the sponsoring family and the kids

East Side Elementary's method: Their vendor (Whole Foods) provides a gift card for \$X over a certain period of time (say \$150 for a 5 week period) and the PTA sponsors the remainder, not seeking parent contribution. Fresh Fruit Friday is budgeted into the Health and Wellness plan for the year and the volunteer is reimbursed when they turn in their receipt.

Shallowford Falls' method: Kroger is their partner, and sells them their fruit wholesale, preselected and ready to pick up. Parents sign up at Meet and Greet to "sponsor" a specific Friday for \$30, thru the Health and Wellness Committee. Each Friday the sponsoring family is mentioned on the am announcements. The fruit goes FAST and the sponsorship slots do too!

- **There is a little effort on the part of the volunteers, but, overall, it is pretty easy to orchestrate.**
- **It is made clear to the faculty , parents and children there is not enough fruit for *all* the children, but it is there for those who may have forgotten a snack, didn't eat breakfast, or maybe just craves some fresh fruit.**
- **Fruit is often picked up between specials or when a student requests to go get a piece due to the above reasons.**
- **It is not suggested that teachers stop in front of the bins and suggest each student take a piece.**
- **Teachers need to be instructed to let the children know not to take it if they aren't going to eat it and also to only take one piece.**
- **The budget allows for @ 200pcs of fruit – and this amount is typically depleted within an hour and a half of placement in the school.**

- **The program is promoted through eblasts, newsletters, and an email to teachers explaining how the program works.**

Fresh Fruit Friday

Fruity Duty Instruction Sheet

Thank you for signing up for Fruity Duty! We are so excited you have signed up to help us deliver the ultimate “Grab and Go” snack to our children!

How it works:

- **The Friday before you are to have Fruity Duty, you will go to the school and pick up the empty bins and signage used that day. This way they will be at your home for convenience in the coming week. Replace tables to (tba).**
- **You will also go to the (tba -i.e Health and Wellness folder) and pick up a gift card from (vendor) to use as part of the funding for your shopping trip.**
- **Thursday, at your convenience, you will go to (Vendor) to do the shopping for Fresh Fruit Friday.**
- **A basic guideline re: what to buy:**
 - **Bagged fruit and bananas are best – no stickers to remove. Sometimes when removing the stickers, part of the skin is removed and it does not look as appealing/sanitary**
 - **Bagged fruits are typically smaller, too, so more bang for our bucks.**
 - **Clementine bags hold approx.. 20 pcs, Apple bags, approx.. 10 pcs, so typically we get (based on pricing) 4 bags of clementines, 8 bags of apples and the remaining pieces in bananas. Keep an eye out for great prices on seasonal fruit!**
 - **When you go to check out, you will charge \$30 to your own credit card (or cash or however you choose to pay) and keep this receipt to turn in to the PTA for reimbursement. The balance should be then paid for with the (vendor) gift card – keeping the total to as close to \$60 as possible.**
- **Head home, wash your apples, let them dry, then fill the bins with all your bright, colorful fruit (bananas best along the top to keep from bruising) for delivery to (insert your school here) Friday morning.**
- **Friday morning – you don’t need to get to the school until after the bell rings, and the kids are tucked away in their classrooms. 8:30 has been the norm thus far.**
- **Pull the tables from (tba) and place stations in the Front hallway and (tba). Place bins and signs on tables.**
- **Replace (vendor) gift card to the Health and Wellness folder.**

•**That's all! Thank you , again , for your help!**

Nature's Garden Delivered:

After careful consideration, East Side Elementary began offering a co-op fruit and veggie box service through Nature's Garden Delivered (NGD) at the school last spring. After surveying the parents and conducting our own research, we felt the service would be well received and also fit nicely into the Health and Wellness Committee's promotion goals for the school. We like that:

- There is no cost to the school and no minimum numbers required for participation
- Few volunteers are needed and NGD will communicate directly with participating families via weekly email
- Managing family accounts is easy and all done online through NGD...the school will not have to transfer funds or manage the system at all
- Delivery is totally flexible to fit family needs (turn service on/off easily, transfer delivery to home for summer, etc.)
- Box contents and size are flexible (preset contents but 3 substitutions allowed)
- It's a good value for great local-first products and offers time savings and convenience for the school's families
- The school gets a portion back based on participation that could help fund Health and Wellness programs
- NGD is willing and able to be a partner with the school to help with nutritional education, fruit and veggie tastings, donations of produce for events, etc.

Parents are instructed that the boxes will be available for pick-up from 2:00 to 6:00 pm. Any boxes unclaimed at 6:00 pm will be "donated" to a volunteer

Our committee also did our own cost comparisons with local stores and found that NGD was very comparable in price to an equivalent purchased at Whole Foods, Publix or Kroger. Walmart was cheaper, but quality and selection was questionable. In speaking with others who already use the service, quality and freshness with Nature's Garden is very high.

For more information on starting a co-op or fundraising program through Nature's Garden Delivered at your school, check out their website at

<http://www.naturesgardendelivered.com>

Or contact: Rob McWalters: rmcwalters@bellsouth.net

East Side Elementary

Fit in Fifth, Third and First Programs

Georgia has the second highest childhood obesity rate in the United States. East Side PTA wants to help change that disturbing statistic. Several years ago, a group of parents in the PTA put together a wonderful program to help teach our elementary children health awareness, fitness skills and nutritional tips. This program of 6 lessons on health, nutrition and fitness was made for fifth graders and called Fit in 5th. It was well-received by students, parents and teachers alike.

Following the success of Fit in Fifth, the Health and Wellness Committee saw immediate value in adding health and fitness programs for younger students. A group of parent volunteers including nutrition experts, yoga teachers and personal trainers began to develop Fit in Third. This program was first taught in 2009 and includes lessons on strength, cardio, flexibility, whole food vs. processed food, and body image. It gives third graders the chance to stretch, run, take their pulse and count out the teaspoons of sugar from a soft drink. Mostly they see that staying healthy isn't about being fantastic at sports or being skinny, but about making good choices, staying active and keeping a healthy attitude.

Last year, Fit in First was added to the Fit Programs. It includes innovative lessons on how to fit 5 fruits and vegetables into your day, what makes your heart stronger, and why stretching is good for you. With several games to do as part of the lessons, Fit in First gets students thinking about how to stay healthy while they are having fun.

**Please feel free to contact us with any ideas,
concerns or *your* success stories!**

**We would love to hear, and share, what programs
are working at your school.**

Wendy Diaz – windy_from_indy@yahoo.com

Amy Waldner – kurtamyw@bellsouth.net