

Massachusetts Wellness Symposium

Sponsored by the John Stalker Institute

Quaboag Regional School District Warren, MA Best Practices in School Wellness April 7, 2009

Janice L. King, RD, LDN, SNS CDE
School Nutrition Director

Presented at Wellness Symposium,
April 7, 2009

Quaboag Regional School District

Quaboag Regional Middle
High School

West Brookfield Elementary



Warren Community Elementary



Regional School District for Towns of Warren,
West Warren, and West Brookfield, MA

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Quaboag Regional District Wellness Committee Best Practice Initiatives

- Revision of Initial Policy to Reflect Yearly Priorities, Activities and Goals
- Develop Implementation Plans and Review What is Needed and Define *Who* is Responsible for the Task
- Evaluate Funding Needs and Identify Funding Sources
- Plan and Promote District Activities that the Wellness Committee Sponsors

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Quaboag Regional District Wellness Committee Best Practice Initiatives

- Changing the Culture and Conversation around Health, Wellness and Physical Activity is the Most Important Key that Propels the Initial Change for Improvements
- Sponsor a Walking School Bus Event
- USDA Fresh Fruit and Vegetable Grant that promotes Nutrition Education
- Parent Education/Communication
- Grocery Store Tours with Hannaford's Guiding Stars Program
- In-class and Cafeteria Reinforcement

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Quaboag Regional District Wellness Committee Best Practice Initiatives

Fresh Foods for Healthy Kids

Parent Education Program to Increase Fruit, Vegetable, and Whole Grain Intakes in Children Grades K-2



Instructional Technologies in Nutrition Education S08-34.973
Project Design by Janice King
Completed on May 6, 2008

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Quaboag Regional District Wellness Committee Best Practice Initiatives

Table 1. Prevalence of overweight among children and adolescents ages 2-19 years, for selected years 1963-65 through 1999-2002

Age (years) ¹	NHANES 1963-65 1966-70 ²	NHANES 1971-74	NHANES 1976-80	NHANES 1988-94	NHANES 1999-2000	NHANES 2001-02	NHANES 2003-04
2-5	-	5	5	7.2	10.3	10.6	13.9
6-11	4.2	4	6.5	11.3	15.1	16.3	18.8
12-19	4.6	6.1	5	10.5	14.8	16.7	17.4

1 Excludes pregnant women starting with 1971-74. Pregnancy status not available for 1963-65 and 1966-70.

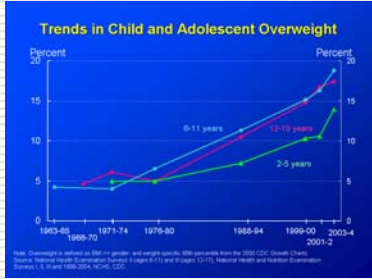
2 Data for 1963-65 are for children 6-11 years of age; data for 1966-70 are for adolescents 12-17 years of age; not 12-19 years.

Results from the 2003-2004 National Health and Nutrition Examination Survey (NHANES)¹¹

¹¹ National Health and Nutrition Examination Surveys I, II, III, and 1999-2004. NCHS, CDC.

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- ❑ Research indicates food preferences begin and are processed as early as age 2.
- ❑ To influence and decrease the risk of overweight/obesity in our children, nutrition education needs to begin very early and with Parents.

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- ❑ Parent Education Project – **Fresh Foods for Healthy Kids** is an Instructional Design Project - Graduate Certificate in Nutrition Education Program at Framingham State.
- ❑ This Parent Education Program will be offered April 2009 in conjunction with the USDA Fruit and Vegetable Grant Program.



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- ❑ Thank You very much!



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