

ASHA Conference Independent Session Application Program Description
Presenter: Stephanie Vecchiarelli

Nutrition Friendly Schools and CommunitiesSM update

The Nutrition Friendly Schools and Communities (NFSC) program is an ecological model, which impacts the entire school environment including students, staff, and families to promote good nutrition and physical activity. It is a participatory model that builds upon school strengths to prevent the development of overweight in children. It incorporates the eight components of the Coordinated School Health Model. The NFSC model is currently being pilot tested in eight elementary schools in a large, urban school district. Each of the eight schools is working towards the Nutrition Friendly Schools and Communities criteria that were developed in collaboration between the UCLA School of Public Health and school community stakeholders.

The goals of the session are to introduce participants to the NFSC model and report on the progress of the pilot study. An overview of the NFSC school committee development, school self – evaluation, NFSC plan development and implementation will be provided. The barriers and facilitators to implementing the NFSC model in elementary schools will also be discussed. Participants will have the opportunity to discuss how the NFSC criteria may be adapted to their organizations. By the end of the session, participants will be able to: describe the Nutrition Friendly Schools and Communities environmental intervention; articulate the NFSC process through which each school is completing to meet the NFSC criteria; identify the barriers and facilitators to implementing a school based participatory, environmental model to promote good nutrition and physical activity; and adapt the NFSC model to their organization.