

NUTRITION FRIENDLY SCHOOL MODEL TO PREVENT OVERWEIGHT IN CHILDREN

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The rates of obesity among children and adolescents have been steadily rising over the past 30 years. Many environmental factors contribute to the current epidemic of overweight children. The Nutrition Friendly school process is an ecological model based on the coordinated school health model, which impacts the entire school environment including students, staff, and families to prevent the development of overweight in children. School community stakeholders in collaboration developed the Nutrition Friendly school certification process and self-evaluation tool with the UCLA School of Public Health Nutrition Friendly Schools and Communities Group. The Nutrition Friendly School model is an environmental intervention that involves school community members and builds upon school strengths in preventing the development of overweight in children.

The overall goal of the workshop is to report on the continued development and preliminary results of the Nutrition Friendly School pilot study. . In addition, new participants will be introduced to the Nutrition Friendly School model . Participants will also gain an understanding through active participation of the participatory action research method used to develop the Nutrition Friendly School model.

After a brief introduction and reporting of results, participants will work in small teams to develop a plan for using the results in their own setting including: elementary, middle and high schools, child care, healthcare and work sites. Each team will review the results and decide on next steps for achieving Nutrition Friendly status in their setting. .

Goal of the workshop: is to report on the continued development and preliminary results of the Nutrition Friendly School pilot study , to introduce new participants to the Nutrition Friendly School mode, and develop a plan for using the results in their own setting in order to gain an understanding through active participation of the participatory action research method that was used to develop the Nutrition Friendly School model.

Main Objectives:

1. Understand the Nutrition Friendly School environmental intervention to prevent the development of obesity in children.
2. Demonstrate the process and steps through which a school, childcare, healthcare or work sites can take to become Nutrition Friendly certified.
3. 3. Develop a plan for using preliminary results of the Nutrition Friendly Schools pilot study in their own setting.

Format/Strategies: small group discussion, participatory action

Key Words: school, nutrition, environment