

NUTRITION FRIENDLY SCHOOL MODEL TO PREVENT OVERWEIGHT IN CHILDREN

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The rates of overweight children and adolescents have steadily risen over the past 30 years. Many environmental factors contribute to the epidemic of overweight children. The Nutrition Friendly School (NFS) program is an ecological model, which impacts the entire school environment including students, staff, and families to promote good nutrition and physical activity. The NFS model builds upon school strengths to prevent the development of overweight in children. School community stakeholders collaborated with the UCLA Nutrition Friendly Group to develop the NFS certification criteria and self-evaluation tool.

The goals of the workshop are to introduce participants to the NFS model and demonstrate the NFS process. Participants will work in small teams in a participatory action research process used to develop the NFS criteria. Next, participants will work through the self-evaluation process to determine the strengths and areas in need of improvement for a school. Finally, participants will write a plan to achieve the NFS criteria. Development of the NFS model was funded by the California Nutrition Network through the Los Angeles Unified School District.

Main Objectives:

1. Understand the Nutrition Friendly School environmental intervention to prevent the development of overweight in children.
2. Demonstrate the process and steps through which a school can take to become Nutrition Friendly certified.

Format/Strategies: small group discussion, participatory action

Key Words: school, nutrition, environment