

GOOD NUTRITION AND FITNESS

MATTERS...

2006

HEALTHY KIDS, SMART KIDS

SUGAR FREE ZONE

Creating Academic Excellence
Through Nutrition and Exercise





Obesity



Childhood Obesity Statistics

- 55 million school age children between the ages of 5-19
- 9 million are overweight or obese
- 1 out of 4 already at risk of heart disease



GOAL

Implement a measurable healthy eating and fitness program that will reduce childhood obesity and be in compliance with Public Law 108-265 Section 204.

ESSENTIAL WELLNESS FOR BETTER HEALTH



The Child Nutrition and WIC Reauthorization Act of 2004

Public Law 108-265 enacted June 30, 2004

Section 204 – Local Wellness Policies

“No later than the first day of the school year beginning after June 30, 2006, each local educational agency...shall establish a local school wellness policy.”



OBJECTIVES

- To provide essential nutrition information to enhance students' health and to support their academic performance.
- To provide basic fitness information to support students' health and academic performance.
- To empower leaders by providing strategies and tools to design, implement, and evaluate a successful wellness program.

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Healthy Kids, Smart Kids

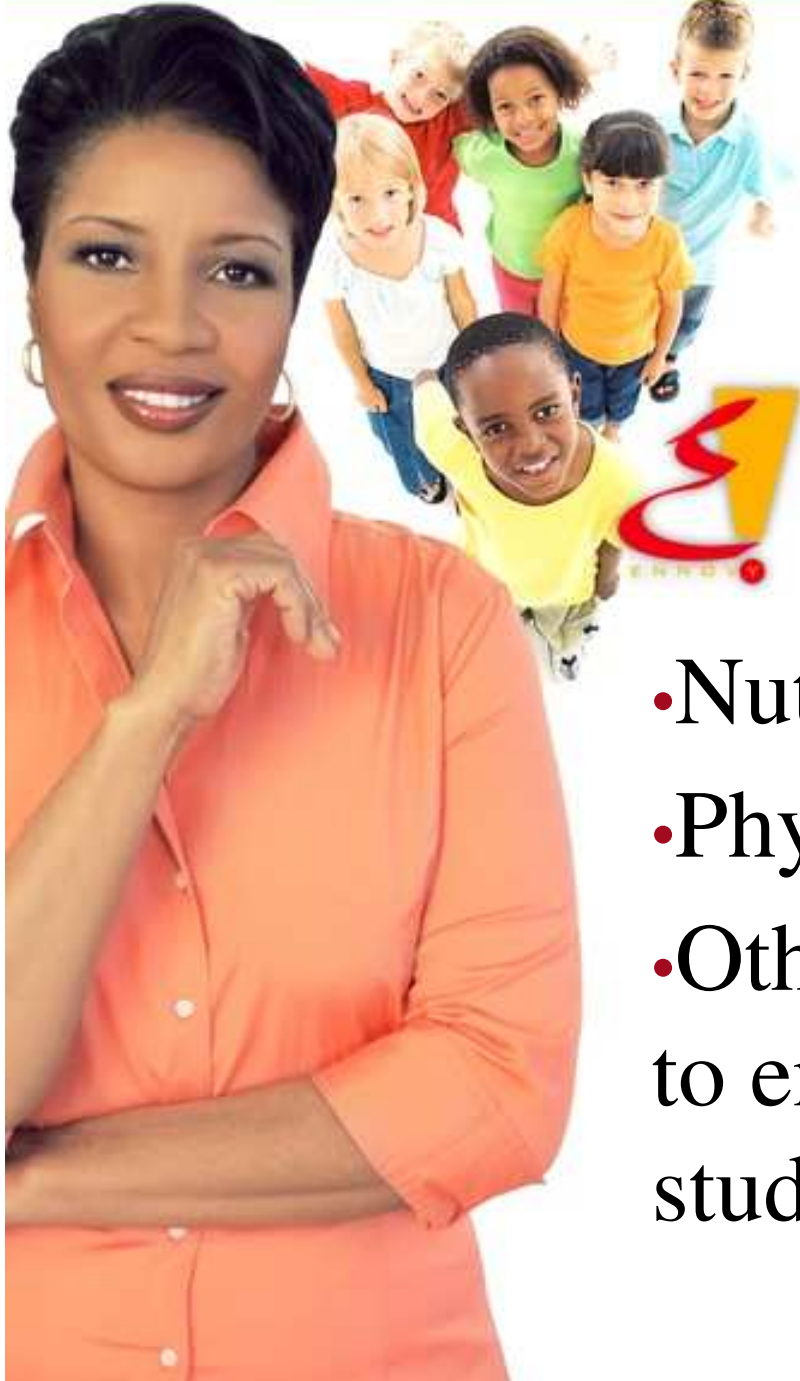
Created to ignite a wellness revolution in healthy lifestyle choices for families.



Healthy Kids, Smart Kids

To motivate and energize organizations to help members and employees attain higher levels of awareness through education and wellness friendly environments.





Combating Childhood **O**besity

- Nutrition education
- Physical activity
- Other school based activities to ensure that they all promote student wellness.



NUTRITION

Think About It

Students who eat breakfast before starting to school have fewer discipline problems and visit the school nurse less.

Pediatrician Adolescent Medicine, International Journal of food Science and nutrition

Poor nutrition during childhood has a detrimental effect on children's' cognitive development and productivity in adulthood.

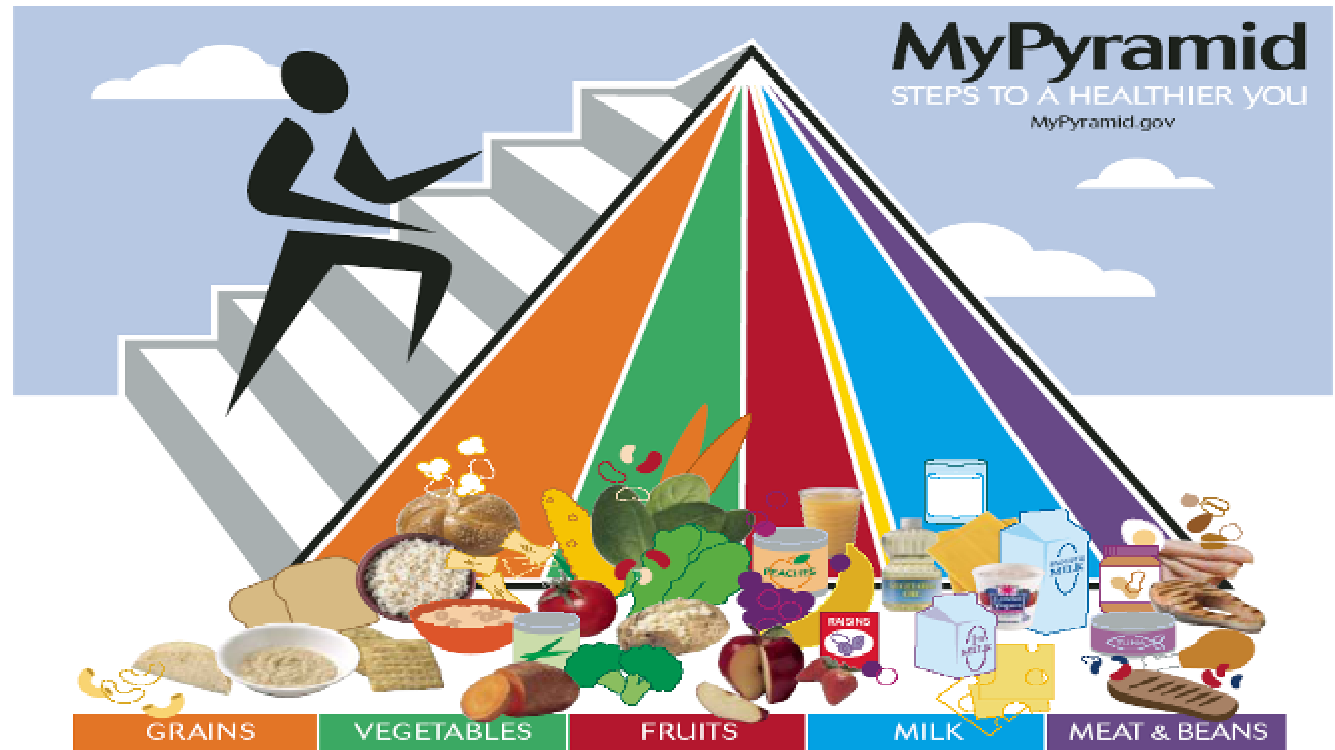
Tuft University

American kids (ages 6-14) eat in quick-serve restaurants 157 million times a month. (Eating out Food Counter, by Natow and Heslin 1998).

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www.mypyramid.gov

My Pyramid for Kids & Website

Healthy Sugar Free Snacks

...(that make the brain and body work)

Fresh Fruit Apples, bananas, strawberries, oranges, peaches, grapes, melons, and many more



HEALTHY KIDS, SMART KIDS



The Principal-Created, Parent-Tested, Kid-Approved
Minimum Plan for Sound Bodies and Strong Minds

Yvonne Sanders-Butler, Ed.D.
Creator of the Sugar-Free Zone and author of *Don't Leave Me This Way*

with Barbara Adams

See *Healthy Kids, Smart Kids* book for additional healthy snacks

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Fitness





Physical Education

Today's youth are considered the most inactive generation in history caused in part by reductions in school physical education programs

American Obesity Association

From 1991-1999, the percentage of students who attended physical education classes declined from 42% to 29%

Vienna University-Austria



Physical Education

Physical activity fuels the brain with oxygen, enhances connections between neurons and assists in memory. Children in daily physical activity have shown superior academic performance and better attitudes toward school.

California School Board Association

Physical Activity Action Steps

Plan Now!

- Find a fitness buddy
- Keep workout clothes and shoes in your car
- Do activities you enjoy