



Family Nutrition Program

The Family Nutrition Program, in collaboration with school systems, wants to make an impact on the unhealthy eating patterns and physical inactivity in today's youth. We want to bring forth change in our youth, families, communities, and state. Our program is designed to provide nutrition education particularly, in schools that have greater than 50% of the student body receiving free or reduced lunch.

I am confident that you are aware of the obesity epidemic in our state and that rates of obesity have hit all time highs in recent years. Health disparities associated with obesity, such as hypertension, high cholesterol, DM-type 2, poor bone health and heart disease have also increased dramatically. There is truly a need in our state and communities to reach out and provide nutritional education services. It has been said that today's generation will be the first generation ever, to **NOT** outlive their parents' generation. This is a result of unhealthy eating patterns and physical inactivity among today's youth.

Our mission is to stimulate behavior change related to healthy eating and physical activity by creating multiple opportunities to learn and practice these goals. The benefit of these behavior changes can lead to fewer health disparities.

Our program is designed to coincide with existing school curriculum to present messages of healthy eating and active lifestyles. We not only deliver messages of healthful eating patterns and the importance of physical activity but offer opportunities to practice these behaviors to help bolster behavior change. Our program also provides individual lesson newsletters to be taken home by the students that provide nutritional information for parent(s)/family members on what their child has learned and experienced. The Family Nutrition Program also provides the teacher with extension lesson materials that will offer continued messages of healthy eating and active lifestyles. The lessons conducted in the classroom along with the extension lessons provided to each teacher helps the teacher meet WV standards of education. A list of every educational standard met is provided to each teacher.

Our goal, as a program, is to offer statewide nutritional education services to all qualified schools. This is not just an endeavor that we want to take into our own area or even just our surrounding counties. Our desire is to have the opportunity to spread the nutritional message of the benefits of healthy eating and physical activity across the State of WV.

Marshall University's Family Nutrition Program is set up on a match system where we have the opportunity to generate cost share/funds from school faculty during any time that he/she delivers messages of nutrition, healthy eating patterns, or the

importance of physical activity to the students. We are able to accomplish this through many different avenues. For example, we provide the teachers with extension lessons that coincide with each lesson our educators teach. Our goal is to also set up bulletin boards in each of the schools where the faculty can discuss the nutritional messages with the students. We have calendars that each school receives that provide a daily nutritional message that each teacher can discuss with his/her students. We will be providing nutrition related posters to each classroom to spark weekly discussion. We are striving to come up with new ideas everyday to determine how we can assist in nutritional messages being delivered to the students and families of these schools.

Our Kindergarten through 2nd grade program is called "Show Me Nutrition". This program was developed by the University of Missouri. It is a very interactive 9 week program that covers many aspects of nutrition and health. Topics covered during these weeks include: prevention of spreading germs, body image, advertising schemes, healthful benefits of MyPyramid, hygiene, and a great breakdown of each food group fruit, grain, vegetable, dairy, and meat/beans. This program fosters behavior change through practicing healthful behaviors by offering opportunity for hands on activities as well as taste testing and engagement in physical activity.

Our middle school program is an 8 week program called "Body Works". It is also a very interactive program. We encourage participation and offer opportunity for critical thinking. Our program lessons cover such topics as MyPyramid and the importance of balancing diet and exercise; Food safety practices; Breakfast and its' importance to our health and metabolism; Calcium and the importance of bone health; Rethink your drink in which we compare the sugar content of our common drinks and the effects it has on our body as well as discuss the importance of using drinks that provides nutrients to our bodies; Snack smart; and Fast food frenzy where we talk about the importance of limiting the saturated fat in our diet and learn how to make healthier choices. We also cover a budgeting lesson where we teach the students how to shop healthy on a tight budget and end the program with a Jeopardy "review" game that covers many topics of the program. We also offer opportunity for the students to taste test items of discussion.

Our high school curriculum is designed to target the interest of sports nutrition but also covers a wide array of other topics. These topics include the following: Breakfast-Start your day the right way!; Calcium-Get Enough!; Drinks-Rethink your Drink!; MyPyramid-Energy Balance; Fast Food-Healthy or Horrible?; Nutrition and Fitness; Portion Savvy; Whole Grains-Get your Fiber!; Snack Smart; Nutrition Jeopardy. These lessons are presented on power point and provide opportunity for classroom discussion. Taste test opportunities are also made available for our high school classrooms.

To conclude, the best characteristic of our family nutrition program is that it can be tailored to service any school's need. We meet with principals and faculty from each school to determine how we can best meet their specific school's need.

For more information of our program services please contact me at the phone number or email address provided below.

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