

Google search terms “childhood obesity school-based programs” within the last year

1. Fresh Fruit and Vegetable Program – University of Arkansas

Federal program decreased childhood obesity rates in elementary schools by 3% at a cost of \$50-75 per student per year. Compared to other strategies, cost estimates range from \$280-339 per student at a rate of change of about 1%.

2. Lessons from the Lunchroom – review of data and the impact of childhood obesity on the development of chronic diseases, healthcare costs and continued cycle of poverty.

- Offering children a larger quantity and variety of fruits and vegetables in school cafeterias has led to increased consumption. Studies show that when offered new vegetables at school, children are more likely to try them.
- Food programs alone are not yet strong enough to prevent childhood obesity and it’s lifelong impacts
- Northeast Iowa Food and Fitness Initiative (NEIFFI) – Farm to School Grant Program – **USDA Farm to School Grant program** is to assist eligible entities in implementing farm to school programs that improve access to local foods in eligible schools: <http://www.fns.usda.gov/farmentoschool/farm-school-grant-program>

And the USDA Farm to School Planning toolkit:

http://www.fns.usda.gov/sites/default/files/f2s/F2S_Planning_Kit.pdf

- Prioritize fruits and vegetables
- Improve nutritional education for children can complement efforts to provide children with healthier food by giving them the information they need to make healthier choices.

3. Childhood Obesity Research Demonstration Project (CORD)

- Schools:
 - i. CATCH (<http://catchinfo.org/>) CATCH (Coordinated Approach to Child Health) is the most proven program to prevent childhood obesity and launch kids and communities toward healthier lifestyles. CATCH is a platform that launches kids and communities toward healthier futures. CATCH employs a holistic approach to child health promotion by targeting multiple aspects of the school environment: the classroom, Child Nutrition Services, physical education (PE), parents, and the broader school community. This coordinated approach repeatedly reinforces CATCH

lessons and life skills, and is a big part of what makes the program highly effective.

- ii. SPARK (www.sparkpe.org). SPARK is dedicated to creating, implementing, and evaluating research-based programs that promote lifelong wellness. SPARK strives to improve the health of children, adolescents, and adults by disseminating evidence-based Physical Education, After School, Early Childhood, and Coordinated School Health programs to teachers and recreation leaders serving Pre-K through 12th grade students. Each SPARK program fosters environmental and behavioral change by providing a coordinated package of highly active curriculum, on-site teacher training, extensive follow-up support, and content-matched equipment.
- iii. Eat Well and Keep Moving (www.eatwellandkeepmoving.org). Eat Well & Keep Moving is a school-based program that equips children with the knowledge, skills, and supportive environment they need in order to lead healthier lives by choosing nutritious diets and being physically active. Designed for fourth- and fifth-grade students, its six interlinked components—classroom education, physical education, school-wide promotional campaigns, food services, staff wellness, and parent and community involvement—work together to create a supportive environment that promotes the learning of lifelong good habits.
- iv. Planet Health (www.planet-health.org). Planet Health, Second Edition, is a complete curriculum that helps academic, physical education, and health education teachers guide middle school students in these areas:
 1. Learning about nutrition and physical activity while building skills in language arts, math, science, and social studies.
 2. Understanding how health behaviors are interrelated.
 3. Choosing healthy foods, increasing physical activity, and limiting TV and other screen time.

4. Childhood Obesity: A Qualitative Review of School-Based Interventions. This is a review article highlights 13 school-based programs. Those evaluated most successful included:
 - Targeting physical activity and nutrition is important
 - Curricular programs should be supplemented with health promotion interventions
 - Interventions should include home components and pay attention to environmental and cultural practices

- Screen time was the most modifiable behavior
- Multi-level and multi-component designs have shown to be more helpful in creating behavior change.
- Parental involvement and school buy-in was found to be very important in creating behavior and environmental change.
- Knowledge of nutrition and physical activity along with access to healthy environments provides support to garner change in healthy behavior in children.
- Multi-level interventions directed towards reducing childhood obesity, as well as, adolescent obesity should target both physical activity and nutritional behaviors.
- Reduction of sedentary lifestyle within the school settings and outside of school settings is a factor that should continue to be monitored
- Increasing water intake, fruits and vegetables and decreasing fat intake are all important aspects in changing nutritional behavior.
- There is also importance in reducing access to fatty foods, increasing access to healthy foods during school hours, and increasing physical activity during and after school as well.

5. Effect of School-based Interventions to Control Childhood Obesity: A review of Reviews

Recommendations for further school-based studies:

- It is recommended to implement multi-component interventions to prevent or treat childhood obesity
- The gender differences should be taken into consideration before tailoring the interventions
- Body mass index should not be applied as the sole criterion for adiposity reduction studies/program – other measures like skin fold thickness and body composition are reliable outcomes which can be used to define adiposity status among children
- Before initiation of a program, assessment and overcoming potential barriers to implementation are essential.

6. MATCH Wellness (<https://www.matchwellness.org/>) school-based curriculum
 MATCH Wellness is an interdisciplinary approach to wellness, empowering adolescents to make healthy choices. Focusing on nutrition education and increasing physical activity, MATCH Wellness produces sustainable improvement in weight status years later.

Article: "The Match Program: Long-Term Obesity Prevention Through a Middle School Based Intervention:

<https://www.matchwellness.org/lazorick%20Childhood%20Obesity%202016.pdf>

7. Additional resources:

- Partners in Information Access for the Public Health Workforce
<https://phpartners.org/obesity.html>
- NIH Supported Native American Health and Childhood Obesity Research
https://lmic.ihs.gov/default/includes/themes/lmictheme/display_objects/documents/nih/NAHealthChildhoodObesityResear.pdf