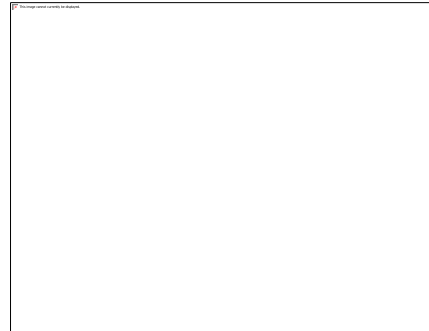


Troy Elementary School: Eating Smart and Moving More with NC State Steps to Health



A Troy Elementary/NC State Collaboration



Why Health Programs?

There is more to educating a child than specifically teaching reading, math, and other subjects. Ensuring that students engage in healthy choices also helps increase student performance.



Increase students' capacity to learn

Reduce absenteeism

Improve physical fitness and mental alertness



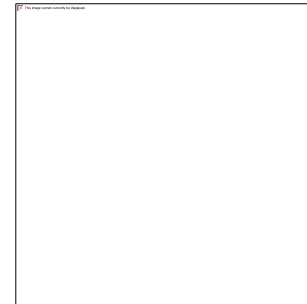
Troy Elementary Partnership with NC State University

Programs fulfill objectives from North Carolina Healthful Living Standard Course of Study

Second year kindergarten and 2nd grade has participated in Steps to Health

School Health Index (Center for Disease Control)

Pilot of NC State School Employee Wellness Program (8 Weeks)



Outcomes for Color Me Healthy for SNAP-Ed

Based on parent feedback forms:

- 52% of parents observed an improvement in their child's willingness to taste fruits.
- 48% of parents observed an improvement in their child's willingness to taste vegetables.
- 52% of parents observed an increase in their child's physical activity.
- 63% of parents observed other positive changes in their child in regards to healthy eating and/or physical activity.

Based on feedback forms, classroom teachers made the following observations:

- 76% of students improved their willingness to taste fruits.
- 73% of students improved their willingness to taste vegetables.
- 68% of students increased their physical activity.



Steps to Health for 2nd Grade

Outcomes for 2nd Grade

Based on matched pre-surveys and post-surveys:

- 22% of students drink more water.
- 16% of students are more active.
- 37% of students watch TV or play video games less often.
- 28% of students eat more fruit and vegetables.
- 30% of students eat or drink more low-fat dairy.
- 38% of students try new fruits and vegetables more often.
- 9% of students use appropriate hand-washing techniques more often.

Based on parent feedback forms:

- 71% of parents observed their child eating more fruits and vegetables.
- 89% of parents observed their child drinking water more often.
- 74% of parents observed their child playing outside more.
- 80% of parents observed their child trying new foods more often.

Parents reported the following in regards to their own eating and physical activity behaviors:

- 67% of parents are eating more fruits and vegetables.
- 79% of parents are drinking water more often.
- 79% of parents are moving more.
- 74% of parents are trying new foods more often.

Based on 4 teacher feedback forms, 100% of classroom teachers observed changes in their students' behavior.



Next Steps: Comprehensive School Approach

School Health Index Improvement Plan (CDC)

School Employee Wellness Program (Directors of Health Promotion and Education)

Dates Set for Pilot Wellness Program Starting in January, once/week for 8 weeks

Potential Benefits of School Employee Wellness Programs

Healthy role models for students

Increased motivation to practice healthy behaviors

Positive community image

Improved employee morale

Questions/Comments



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