





# **Taking your Program to the Next Level: Changing Lives, Saving Lives**

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# Training Objectives

- Understand the consequences children may suffer from the obesity epidemic
- Comprehend the power of the afterschool environment on reducing the obesity rates in children
- Have the audience demonstrate fun nutrition hands on activities for children
- Access, use, and promote reliable nutrition resources and healthy recipes that are kid friendly





# ***Why is it important to teach nutrition to your kids?***



# The Kids have More to Lose with the Obesity Epidemic

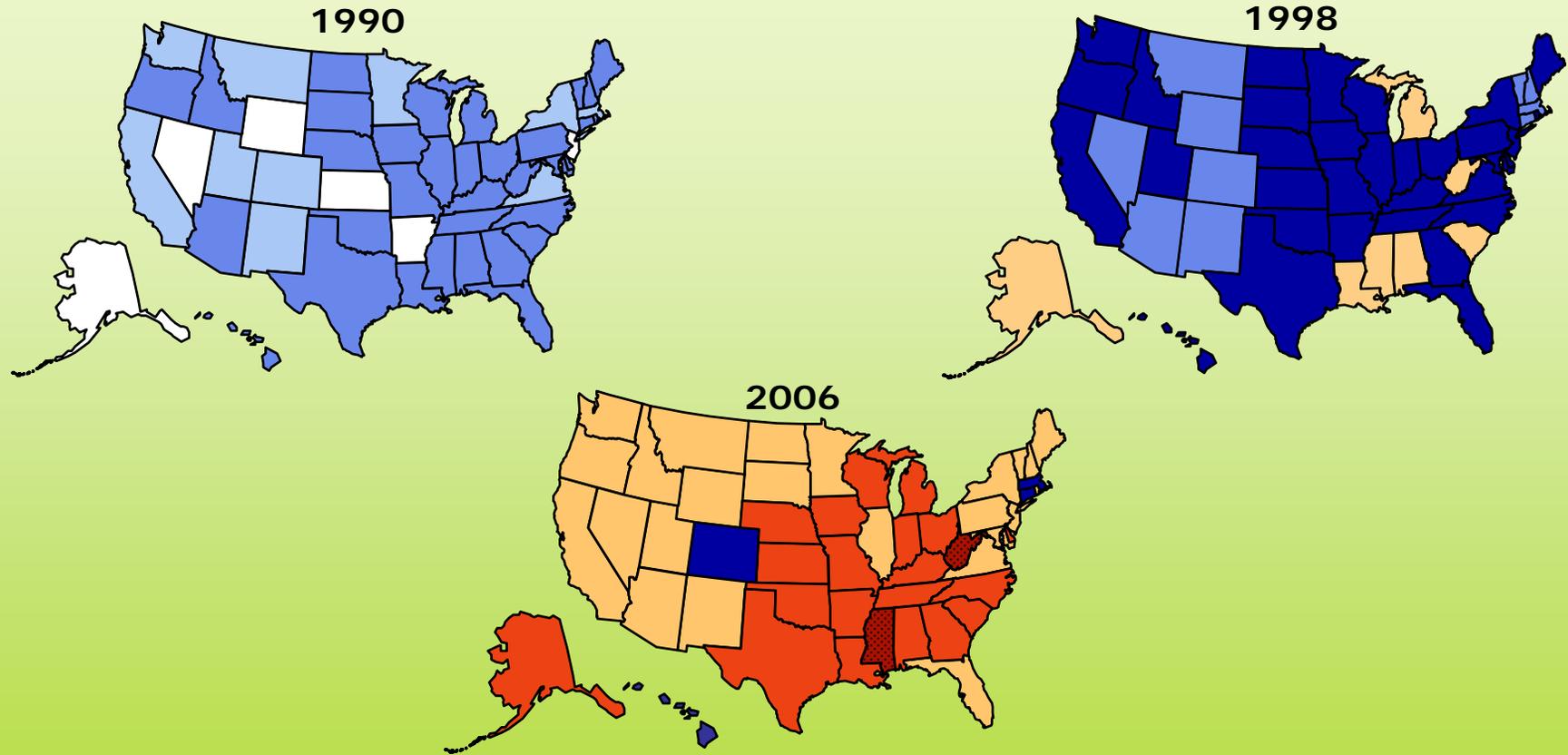
- Adult disease are now child diseases (*CDC*)
  - Type 2 Diabetes
  - Heart disease (high blood pressure and cholesterol)
  - Fatty liver (similar to alcoholic liver disease from high corn syrup intake)



# Obesity Trends\* Among U.S. Adults

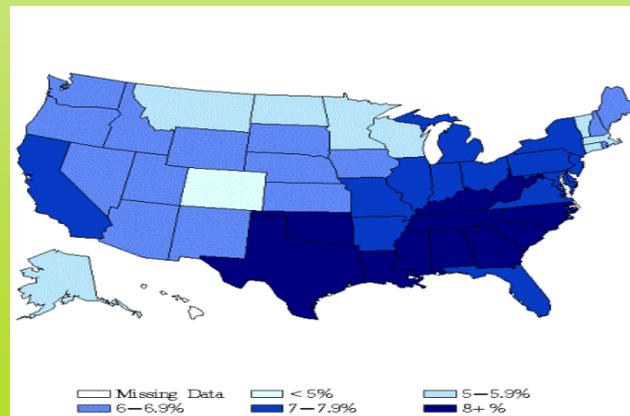
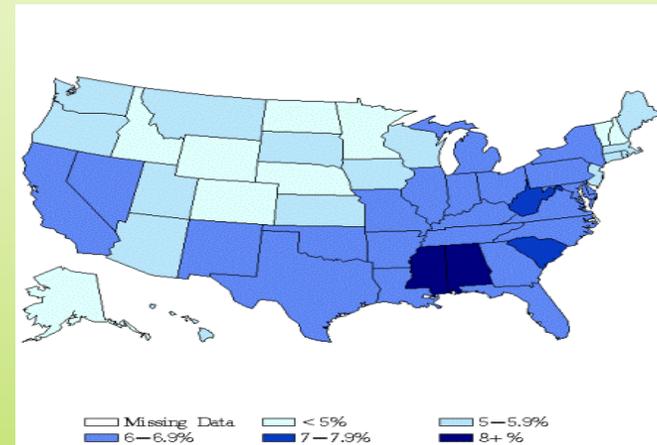
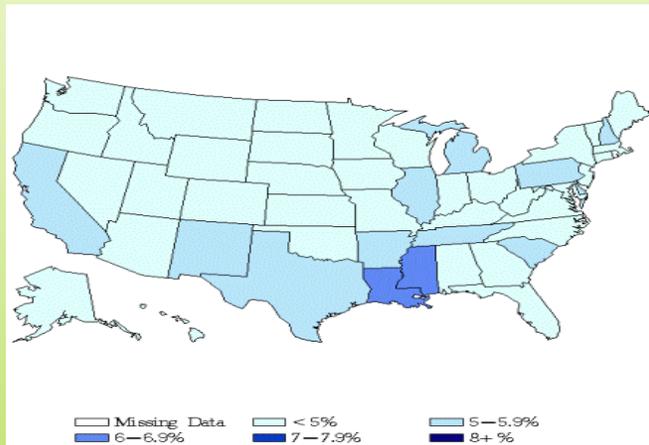
**BRFSS, 1990, 1998, 2006**

(\*BMI  $\geq 30$ , or about 30 lbs. overweight for 5'4" person)





# National Diabetes Surveillance System 1994, 2000, and 2005







- Manually change channel
  - Cook for 30 min
  - Sit down family dinners
  - Walk to school
  - Play in the Park
  - Purchase produce at local store
- Remote control
  - Pick up Fast Food
  - Fast food on the bus
  - Walking outside is not safe
  - Park is not safe
  - No stores or farmers' markets

# Increased Calories

280 kcal



“Old Days”  
Hamburger

1120 kcal



Double Whopper with Cheese

# Increased Calories

1950

100 kcal



Classic Coke  
8 fluid oz

2002

630 kcal



Extreme Gulp  
52 fluid oz



# Nutrition Basics

Fats, carbs, protein, and minerals,  
this is all you need to know!



# Nutrition is Simple!

- Make half your grains whole!
- Vary your veggies!
- Focus on fruits!
- Get your calcium-rich foods!
- Go lean with protein!



# Types of Fat

**HARD FATS**  
Animal origin  
Linked to heart disease  
and cancer



**LIQUID FATS**  
Plant origin  
Healthy Fats



# The Dangers of Fast and Processed Foods for Kids



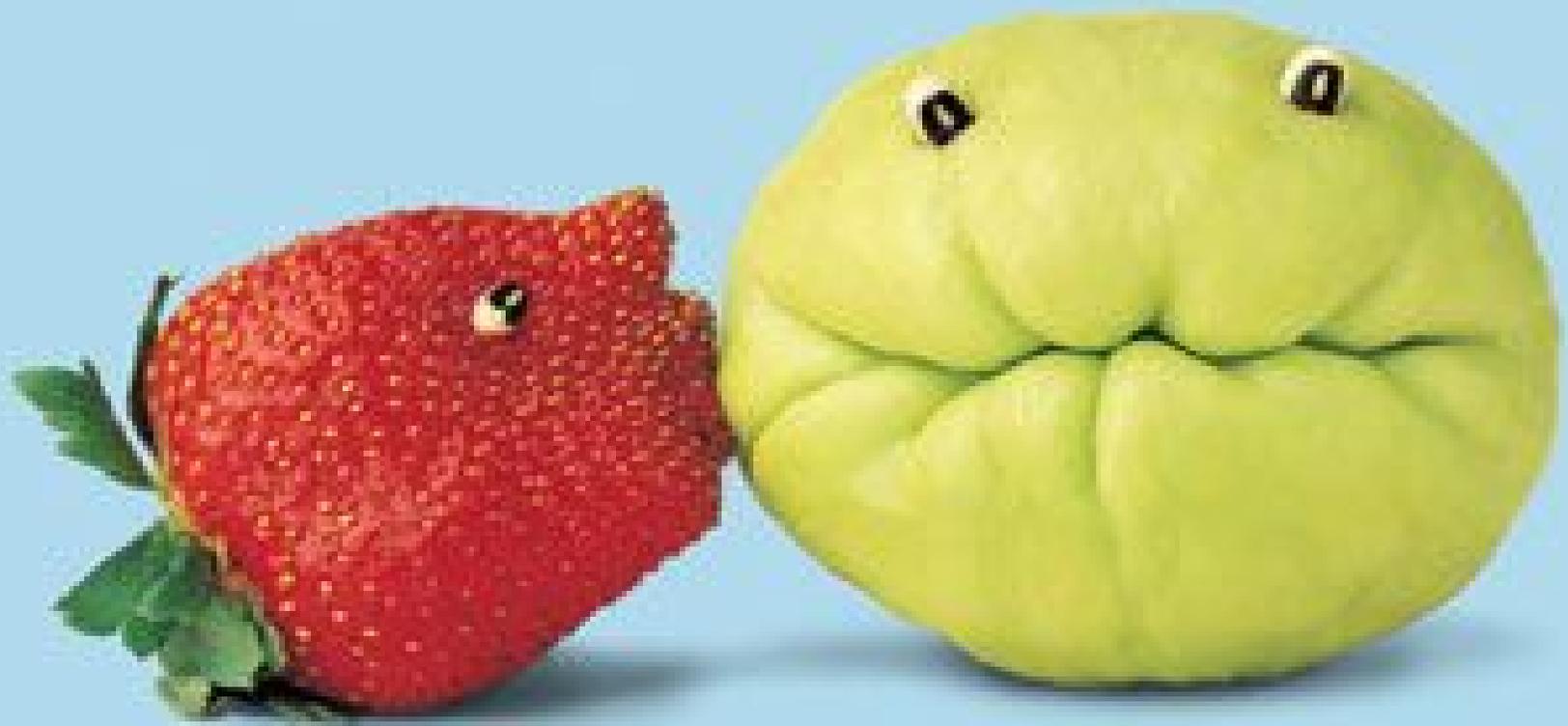
**1,110 mg sodium**  
**22 grams total fat**  
**9 saturated fat**



**1,170 mg sodium**  
**12 gms fat**  
**6 gm saturated**



**1,127 mg sodium**  
**22 grams total fat**  
**9 gms saturated fat**





***What did you learn today  
that you plan to  
implement into your  
program?***





***Please feel free to ask  
questions, call or email.***

***Center for Collaborative  
Solutions***

***(916) 567-9911***

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