TARGET AUDIENCE

This program is for children who are in elementary school.

SUMMARY

Eating Good and Moving Like We Should (EGMLWS), a school-based program, is designed to improve students' knowledge about and attitudes towards eating fruits and vegetables and being physically active with the goal of increasing these behaviors and promoting general well-being. The program also intends to help schools provide healthier meals.

EVIDENCE

One pretest/posttest study was conducted in third and fourth graders in seven schools in Mississippi. Students' body mass index (BMI), knowledge and attitudes of healthy eating, and physical activity were assessed at the start of the school year and again at the end of the program, which was approximately 8 months later. Results indicated significantly reduced BMI scores in students in five of the seven schools. Two schools had no change in BMI, and, collectively, no significant differences from pre to post-program were observed across all schools. All measures of physical activity and nutrition knowledge and attitudes significantly improved from pre to post-program.

COMPONENTS

EGMLWS intends to reinforce healthy eating and physical activity through several strategies.

- Nutrition lessons, facilitated by registered dietitians and teachers, focus on a monthly theme, such as “Vary the colors of your fruits and vegetables” and “Go lean with protein.” Teachers and registered dietitians alternate delivering the nutrition lessons each week.
- Build and maintain fruit and vegetable gardens with the assistance of teachers, parents, and staff.
- Dietitians review school menus to ensure that the menus meet nutrition standards in the national school lunch and breakfast programs and help the staff modify food choices as needed.
- Brief physical activity sessions are delivered in the classroom to increase children's opportunities for engaging in physical activity.

PREVIOUS USE

The program was tested in seven elementary schools in Mississippi from 2012 to 2014. The extent to which the program has been used outside of this is unknown.
Eating Good and Moving Like We Should (EGMLWS)

TRAINING
A dietitian and health education specialist are responsible for training teachers at the beginning of the school year. Training for teachers lasts 1 hour and provides teachers with the skills and resources they need to deliver nutrition lessons. Dietitians also teach nutrition lessons, and health education specialists provide program coordination. No specific training information was located beyond their professional education for dietitians and health education specialists.

CONSIDERATIONS
Considerations for implementing this program include acquiring buy-in from school administrators, staff, and teachers; hiring a registered dietitian and a health education specialist to train teachers and help deliver the program; finding time in the already existing school curriculum for program activities; and ensuring schools have the space and resources to plant and maintain gardens.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION
If you are interested in implementing EGMLWS, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME
The program lasts approximately 8 months. Nutrition lessons require approximately 15 minutes and are delivered weekly, and physical activity sessions are incorporated into the classroom for at least 10 minutes every day. Time to complete other activities, such as gardening and review of school food menus, will vary.

COST
Program implementation costs were not located.

EVALUATION PLAN
To move EGMLWS to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT
Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Kathy Knight by mail The University of Mississippi, Department of Nutrition and Hospitality Management, 108 Lenior Hall, P.O. Box 1848, University, MS 38677, phone 1-662-915-7371, fax 1-662-915-7039, or email k knight@olemiss.edu

SOURCE
Knight, Cole, Dodd, and Oakley (2017) and http://olemiss.edu/projects/eatinggood/aboutus.html

www.militaryfamilies.psu.edu