KEEPING STUDENTS HEALTHY: PROMOTING PHYSICAL ACTIVITY AND HEALTHY EATING IN NEW HAMPSHIRE AND VERMONT SCHOOLS

Presented by

Dr. Robert J. Lister

Superintendent of Schools

Portsmouth, New Hampshire School Department

HISTORY

- 2002 Letter from a pediatrician
- Involve middle and high school students
- PMS
  - Vending machines
  - Teaching healthy choices
- Wellness Policy
- Bake sales in schools
- This is a community issue…..
  not just a school issue

TRENDS

- Kids eating better
- Partner in education
- Grants – investigate and apply
- School and community
- Build a culture in the schools
- Faculty models healthy eating habits
- Encourage school/community activities
- Making good decisions
- Water! Water! Water!
- Holiday celebrations in schools: cupcakes vs. veggie platter

RESOURCES

- Safe Routes to Schools – walking and biking
- Step it up Seacoast
- Student School Board Representative survey
- Make wellness/physical activity in the schools health curriculum
- Jump Rope for Heart
- Partnership with school nurses
  the nutrition program and
  physical education staff members

OUT OF THE BOX

- More students eat in school – limited resources at home
- “Jared” and childhood obesity, self esteem and risk factors
- Who are the role models?
- Partner with other agencies: Cooperative Extension, hospitals, state agencies etc.

CHALLENGES

- Educating parents
- Infuse more nutrition into the school lunch program
- More physical activity – fewer video games
- More after school attractions needed, especially for middle school
- Think of ways to reward students other than food
- High school – 1 physical education requirement in four years?
- Advertisements of fast food restaurants – “Would you like to be Super Sized?”
- Need for K-12 curriculum standards that drive consistency
- Funding prevention strategies
- Celebrating the successes!