

The Foxborough Model for Child Wellness: A Partnership Plan for Parents

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**HOCKOMOCK
AREA YMCA**



Are diet and activity patterns of OUR kids a concern?



KidSTEPS

An Observational Pilot Study in Medfield

38 Students
Grades 3-5
Caucasian
Mid- to High SES
Assessed seasonally



Multiple
assessments of
diet



Multiple
assessments of
physical activity

Measured
height & weight



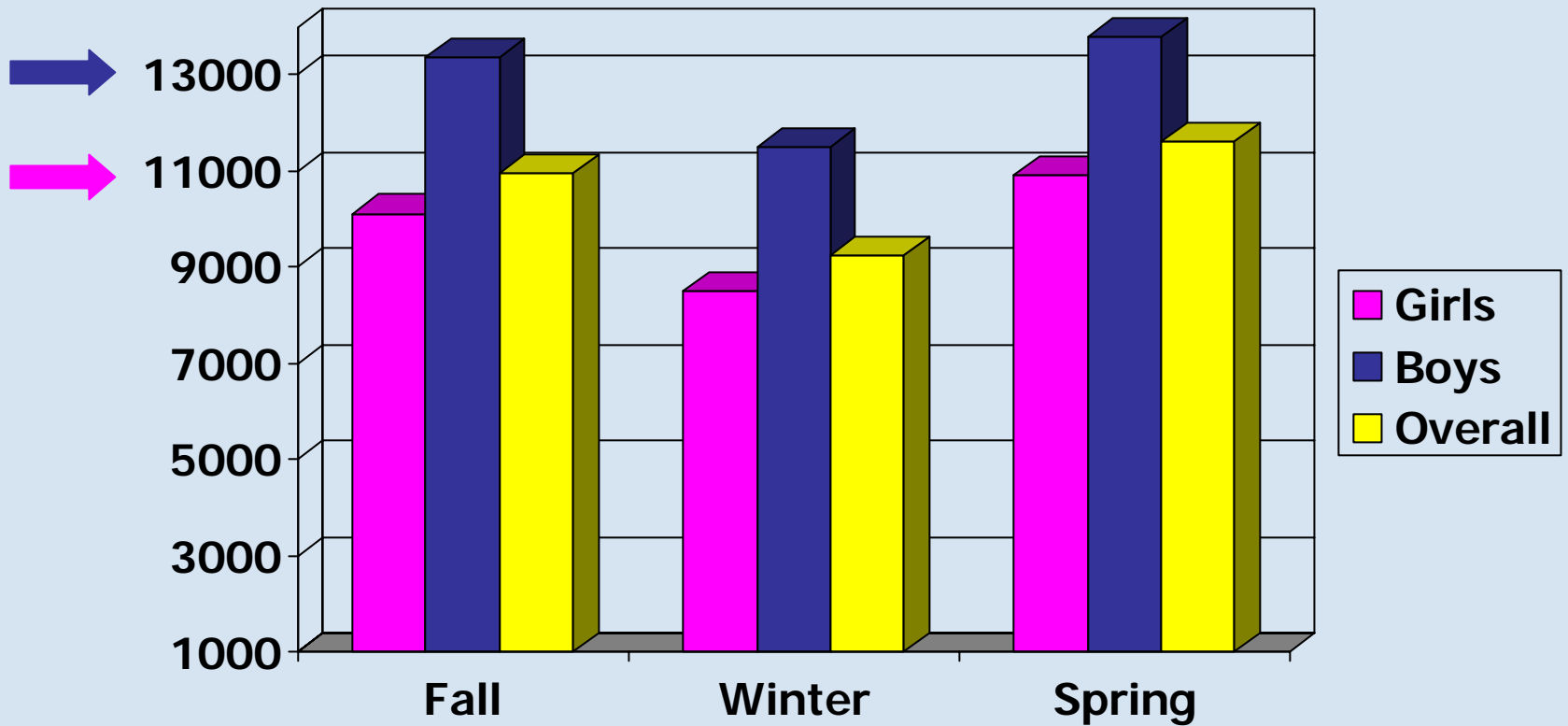
Did you walk 10,000 steps today?

- Equals ~ 5 miles
 - 2,000 steps ~ 1 mile
 - 1 mile ~ 100 calories
-
- Guidelines for Children
 - 13,000 for boys
 - 11,000 for girls



KidSTEPS

Average Steps per Day



Vadiveloo et al., JADA 2009



CUT DOWN ON



- T.V. watching
- Video and computer games
- Sitting more than 30 minutes at a time

2-3 TIMES A WEEK

Leisure & Playtime



- Swinging
- Canoeing
- Tumbling
- Miniature golf

Strength & Flexibility



- Push-ups/pull-ups
- Martial arts
- Dancing
- Rope climbing

3-5 TIMES A WEEK

Aerobic Exercises (at least 20 minutes)



- Roller blading
- Biking
- Skateboarding
- Rope climbing
- Swimming
- Running



Recreational activities (at least 20 minutes)



- Volleyball
- Basketball
- Soccer
- Skiing
- Kickball
- Relay races

EVERYDAY

(as often as possible)



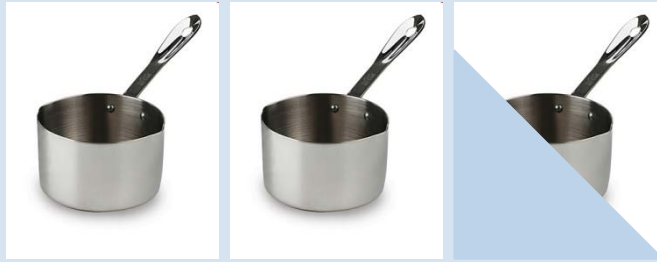
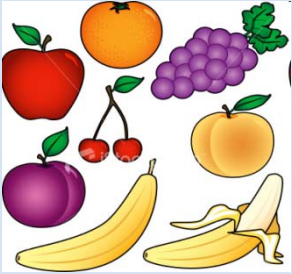
- Play outside
- Take the stairs instead of the elevator
- Help around the house or yard

- Bathe your pet
- Pick up your toys
- Walk to the store
- Go for a walk



KidSTEPS Diets

Recommended vs. Consumed



KidSTEPS

Top 10 Calorie Sources

- Milk
- Peanut butter sandwich
- Chicken, turkey
- Ice cream
- Beef, lamb
- Yogurt
- Cold cereal
- Spaghetti w/ sauce
- Pasta
- Dark bread



KidSTEPS

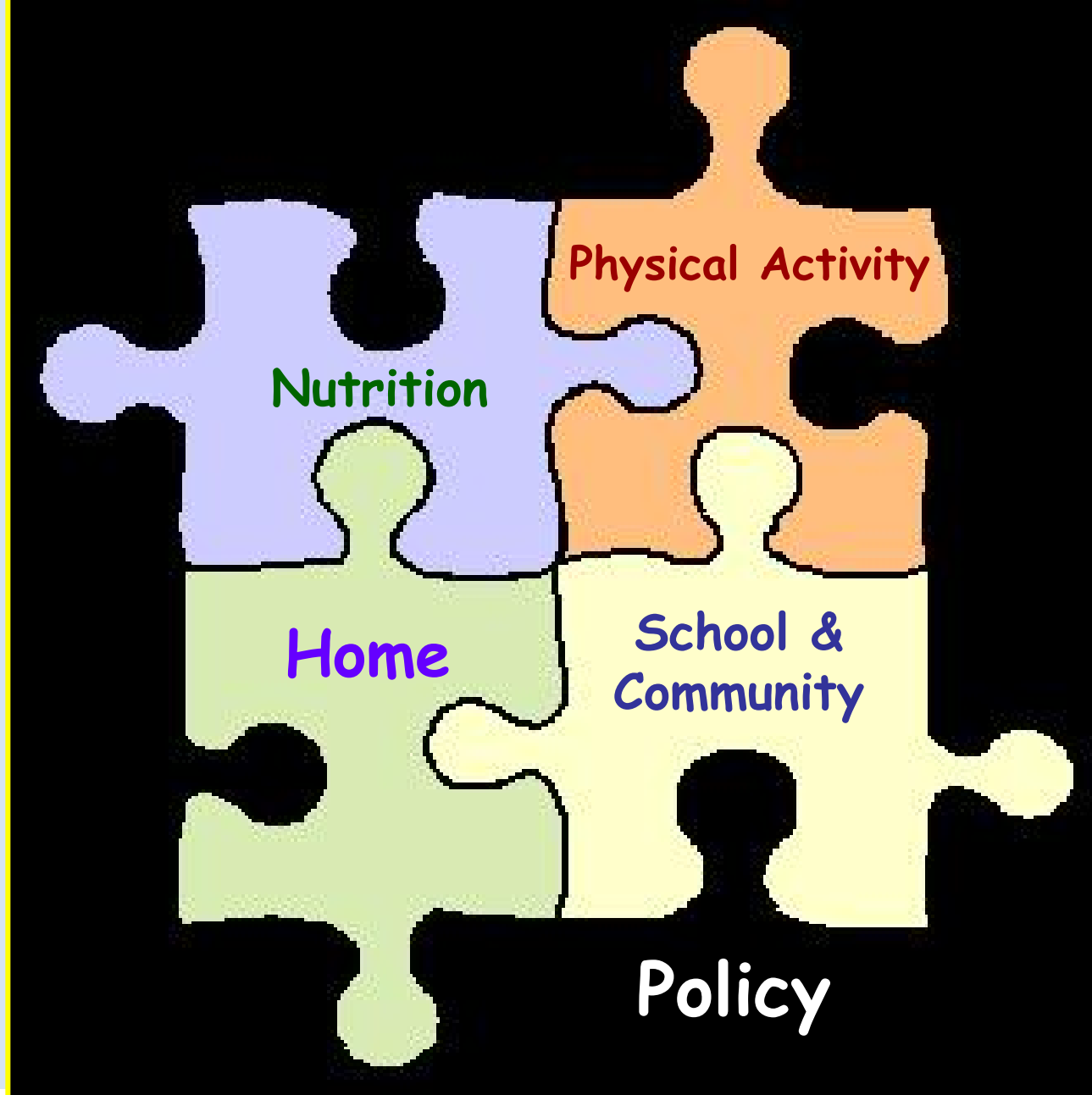
Top 10 Sources of Fat in the Diet

- Beef, lamb
- Milk
- Peanut butter sandwich
- Ice cream
- Chicken, turkey
- Butter
- Fried foods eaten away from home
- Macaroni & cheese
- Meatballs
- Chicken nuggets



Healthy Growth & Development: A Balancing Act





The Foxborough Model

Health and PE Cornerstones

Grades 1 through 8

- Health Ed featuring a Nutrition curriculum
- Physical Education, with fitness evaluations
- Food Environment that fosters healthy choices
- School Wellness Policy



The Foxborough Model

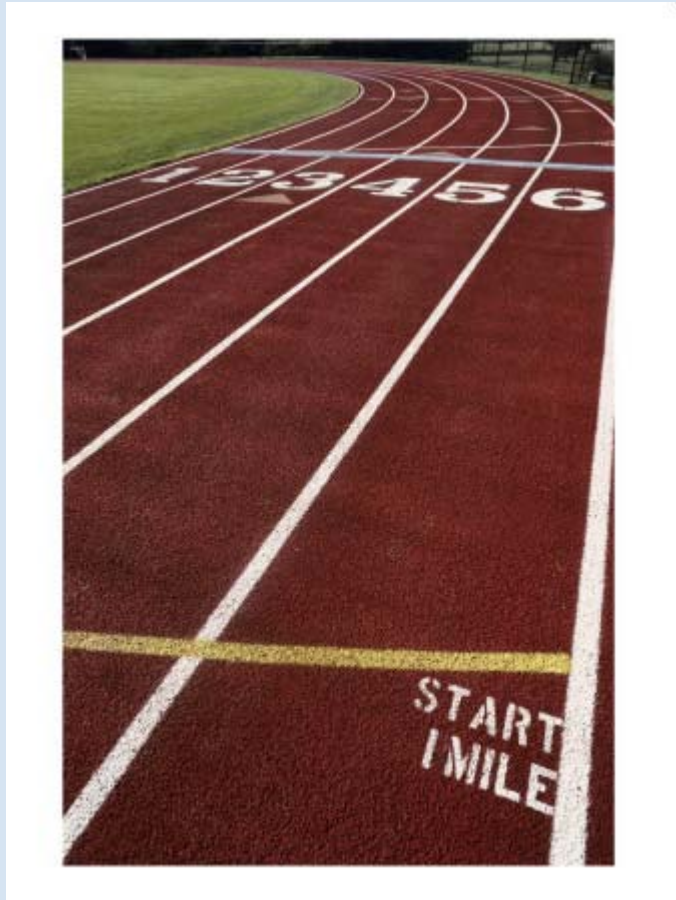
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Grades 1 through 8

- Health Ed featuring a Nutrition curriculum
- Physical Education, with fitness evaluations
- Food Environment that fosters healthy choices
- School Wellness Policy
- Community-based partnerships incl. YMCA
- Home connection involving Parents



Where did we start?



- ✓ Assessed what's in place
- ✓ Evaluated what's working
- ✓ Identified areas needing improvement
- ✓ Conceptualized a Road Map
- ✓ Moved to Action



New Nutrition Curriculum

- Assessed the available curriculum materials
- Set goals & priorities
- Developed curriculum to meet standards
- Trained teachers
- Implemented AY 2009-2010
- Student assessments Pre- and Post-
- Evaluation
- Ongoing revision and implementation



The Foxborough Model

- Grade 1 • Introducing & Understanding
- Grade 2 • Choices, Skills, & Setting Goals
- Grade 3 • Applying & Personalizing
- Grade 4 • Application of Skills
- Grade 5 • Promotion & Prevention
- Grade 6 • Self Awareness & Self Assessment
- Grade 7 • Applying Advanced Skills
- Grade 8 • Putting it All Together



In Grades 1-4

Your Child Will Learn

- The variety of foods the body needs
- How much food he/she needs each day
- How food fuels growth and activity
- How food is digested into nutrients that are used by different parts of the body
- How to balance food and physical activity to achieve proper growth



In Grades 1-4

Your Child Will Learn

- To identify healthy foods
- Healthy snack ideas
- The importance of breakfast
- How to pack a healthy lunch box
- How to choose wisely in the cafeteria
- How to read a food label to guide good choices



In Middle School

Your Child Will Learn

- Healthy body image and body weight
- Self-assessment of eating habits
- Planning meals and creating eating plans according to the Dietary Guidelines
- Functions of nutrients
- Health promotion & disease prevention
- Media literacy



"Small changes add up to make a big impact..."



Think big, but start small

Prioritize & plan

Set realistic goals

Take one step at a time

"Just do it..."



Building the Bridge between School and Home



We need your HELP!

- Be informed and ask questions
- Attend events
- Read materials that come home
- Discuss topics at the family table
- Be involved in goal setting
- Help your child complete the "challenges" designed to engage active learning
- Provide feedback!



Support Healthy Habits



Start early
Create opportunity
Reinforce consistently
Empower with positivity
Lead by example
Build competence to sustain

Make it FUN !





Start Early

- Introduce variety
- Be patient and creative
- Try again!
- Treat food as fuel for growing bodies
- Feed hunger, recognize fullness





Create Opportunity

- Make time for breakfast!
- Engage kids: kitchen, market, garden
- Try something new
- Experience new flavors & cuisines
- Try a new recipe
- Dinner Tonight: try vegetarian
- Get fish onto your menu





Reinforce Consistently

- Work with the Pyramid
- Never miss a teachable moment!
- Family dinner, A.O.A.P.
- Serve appropriate portions
- Serve a variety, serve the rainbow
- Discuss what your child learned in school at the family dinner table





Empower with Positivity

- Keep your messages positive
- Focus: fitness & healthy choices, not weight
- Emphasize **INCLUSION**
- Focus on overall eating patterns
- Don't instill guilt or shame
- Treat every eating episode as a new opportunity to make good choices



Foods to INCLUDE

"The BIG FOUR"

- Whole-grain foods
- Fruits & vegetables
- Low-fat dairy foods
- Lean proteins (poultry, fish, lean meats, eggs, beans, nuts)





MyPyramid

STEPS TO A HEALTHIER YOU

Based on the information you provided, this is your daily recommended amount from each food group.

GRAINS 5 ounces	VEGETABLES 2 cups	FRUITS 1 1/2 cups	MILK 2 cups	MEAT & BEANS 5 ounces
Make half your grains whole Aim for at least 3 ounces of whole grains a day	Vary your veggies Aim for these amounts each week: Dark green veggies = 2 cups Orange veggies = 1 1/2 cups Dry beans & peas = 2 1/2 cups Starchy veggies = 2 1/2 cups Other veggies = 5 1/2 cups	Focus on fruits Eat a variety of fruit Go easy on fruit juices	Get your calcium-rich foods Go low-fat or fat-free when you choose milk, yogurt, or cheese	Go lean with protein Choose low-fat or lean meats and poultry Vary your protein routine—choose more fish, beans, peas, nuts and seeds

Find your balance between food and physical activity

Be physically active for at least 60 minutes every day, or most days.

Know your limits on fats, sugars, and sodium

Your allowance for oils is 5 teaspoons a day.

Limit extras—solid fats and sugars—to 130 calories a day.

Your results are based on a 1600 calorie pattern

Name: _____

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.

Lead by Example

- Role model healthy habits
- Make healthy eating your priority
- PLAN to be physically active
- Schedule your own self-care activities to show your kids that you value wellness
- Help your children set goals to achieve and sustain healthy habits





Build Competence to Sustain

- Help your child learn skills in the kitchen
- Read labels and compare products when you shop
- Provide opportunities or lessons for your child to learn fitness skills or sports
- Gradually shift responsibility from you to your child
- Encourage accountability and independence





Healthy Schools = Healthy Students

