

Creating a Culture of Wellness Resource Guide ITP

Invitation To Participate™ Alignment Nashville HEAL (Healthy Eating, Active Living) Committee and the Alignment Nashville School Nutrition Committee Creating a Culture of Wellness Resource Guide



Date of Release: January 9, 2014

Respond on-line by: July 18, 2014

Description: The Alignment Nashville HEAL (Healthy Eating, Active Living) Committee in collaboration with the Alignment Nashville School Nutrition Committee is compiling information for a resource guide that will support the vision of **Creating a Culture of Wellness**. These two committees are seeking resources that address the issues of (1) importance of increased knowledge and awareness about good nutrition (2) awareness and education about the importance and value of physical activity, and (3) aligning community resources to address the overall issue of food insecurity in each school's community. These two committees are seeking community partners to do any one or more of the following:

1. Provide awareness, education and assistance in nutrition education and physical activity to students and families.
2. Provide support and tools to assist families that are in danger of food insecurity.
3. Provide school food pantries with nutritious food and information regarding available resources that can be accessed by families in need.

Services Needed from the Community:

These two committees are creating a resource guide of community services and programs for students and families, especially families in schools with Free And Reduced Meals enrollment rates >75%. We are looking for services and programs, such as the examples listed below, to be included in this resource guide.

Please remember, these are ONLY examples and organizations may have other important resources that support the committee's stated outcomes but are not listed here.

- a) **Food distribution programs** (food pantry programs, mobile markets, back pack programs, summer food service, emergency kitchens, etc.)
- b) **Food Preparation Education Programs** (demonstration kitchens, food prep classes, affordable- healthy recipes, food safety, menu planning etc)
- c) **Nutrition Education (Parent University, nutrition classes, healthy food guidelines and labels, nutrition and wellness, Healthy Eating and Active Living, etc.)**

- d) **Nutrition Assistance Programs** (Food Stamp Programs, SNAP, etc)
- e) **Garden to Table Programs** (Community/school gardens, etc)
- f) **Physical Activity:** information and education on benefits, amount daily, access to activities, coaches/trainers, community resources (parks, greenways, biking etc)

HEAL Committee and School Nutrition Committee Members

[Name, Organization, Committee]

Jill Baker, **MNPS**, School Nutrition

Janet Barcroft, **H2U | Health to You, LLC**, HEAL Committee

Jeremy Barlow, **Nashville Chef**, School Nutrition

Lisa Beck - Chair, **YMCA of Middle Tennessee**, HEAL Committee

Jen Boulton, **Healthways**, School Nutrition

Fred Carr, **MNPS**, School Nutrition

Sheila Clark, **MNPS**, School Nutrition

Jackie Contreras, **Community Food Advocates**, School Nutrition

Tom Cook, **Vanderbilt University School of Nursing**, HEAL Committee

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Tanya Debro, **Healthways**, School Nutrition

Alex Diamond, **Monroe Carell Jr. Children's Hospital at Vanderbilt**, HEAL Committee

Kevin Dorr, **American Culinary Foundation**, School Nutrition

Kitty Fawaz, **St. Thomas Hospital**, School Nutrition

Katie Fell, **Parent**, School Nutrition

Julie Fitzgerald, **Metro Public Health Dept.**, HEAL Committee & School Nutrition

Amy Frogge, **MNPS Board of Education**, School Nutrition

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Sarah Johnson, **Nashville Grown**, School Nutrition

Melinda Judd, **Second Harvest Food Bank of Middle Tennessee**, School Nutrition

Dianne Killebrew, **Vanderbilt University Medical Center**, School Nutrition

Jennifer Kimball, **Girls on the Run Nashville**, HEAL Committee

Jenna LeQuire, **MNPS**, School Nutrition

Holly May, **LEAD Academy Teacher**, School Nutrition

Oscar Miller, **Tennessee State University**, HEAL Committee

Megan Morton - Vice Chair, **Community Food Advocates**, School Nutrition

Rhonda Newborn, **Healthways**, School Nutrition

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Nicole Proffitt - Vice Chair, **MNPS**, HEAL Committee & School Nutrition

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Chris Taylor, **Metro Public Health Dept.**, HEAL Committee

Spencer Taylor - Chair, **MNPS Food Services**, School Nutrition

Deborah Walker, **MNPS Food Services**, HEAL Committee & School Nutrition

Kathy Wantland, MNPS, School Nutrition
Ashley Waters, MNPS, HEAL Committee
Teresa West, MNPS, School Nutrition

Project Explanation

For the first time in our country's history, the next generation is expected to have a shorter life span than the current one. This prediction is based on the fact childhood obesity is at unprecedented levels nationwide. Tennessee has the third highest rate of pediatric obesity in the United States and ranks 44th among the 50 states in health outcomes for its adult populace. Since health habits learned during the formative years are crucial to preventing negative health outcomes later in life, early intervention among school-aged youth is necessary and essential in reducing these alarming trends.

The **Centers for Disease Control and Prevention** define childhood "obesity" as those children who are in the 95th percentile of all children's combination of weight and height measurements. Children who are defined as "overweight" include children who are in the 85th to the 95th percentile of all children measured. Along with that, in the United States, more than one out of six children lives in a household with food insecurity, which means they do not always know where they will find their next meal. According to the **United States Department of Agriculture (USDA)**, 16.2 million children under 18 in the United States live in this condition - unable to consistently access nutritious and adequate amounts of food necessary for a healthy life

The increase in obesity among children and youth is linked to environmental and social conditions and poor nutritional habits.

- Consumption of a high fat, high calorie diet
- Ever-increasing portion sizes
- Overindulgence or reliance on "fast foods"
- Skipping breakfast and lunch and eating the majority of calories at night
- Eating when anxious or depressed for mood control ("food as friend")
- Eating in association with sedentary activities, such as watching television
- Decreased physical activity

Education

Children who are obese and/or from food insecure households are likely to be behind in their academic development compared to other children which ultimately makes it difficult for them to reach the same level of development as their fellow food secure peers. Research conducted by Frongillo, Jyoti, and Jones, 2005 found that food insecurity impairs academic development of young school-age children. This study revealed that the reading and mathematical skills of food insecure children entering kindergarten developed significantly more slowly than other children.

Metro Nashville Public Schools - Coordinated School Health measurements for the 2012-13 school year indicate that over 37% of school age children are overweight or obese (> 95 percentile).

Target Population

Students and families/caregivers with a focus on schools with >75% Free and Reduced Lunch.

The primary goals supported by this **Invitation to Participate™ (ITP™)** are to:

SHORT TERM:

- Enroll 200 families, in need of information published in the resource guide, to increase their skills and capacity for preparing nutritious meals by 25% through their participation in demonstration kitchens and nutrition education programs

MID TERM:

- Improve families' nutrition and increase physical activity habits by 20%
- Increase self-reporting regarding healthier nutrition and increase physical activity habits
- Increase the number of families accessing HEAL community resources listed in the resource guide by 25%
- Increase healthy food distribution programs in schools and communities by 25%

LONG TERM:

- Improve and enhance Children's Health and Wellness (as measured by BMI data provided by MNPS Coordinated School Health)

Assessment Strategies

- Pre- and post- surveys of students and families/caregivers regarding nutrition and physical activity
- Number of community partners and services listed in resource guide
- Pre- and post- surveys of Healthy School Teams regarding nutrition and physical activity

Information needed from Community Service Providers

1. Organization Name
2. Contact
3. Address
4. Description of program/services being offered
5. Frequency of program/service offered
6. Capacity to provide this program/service (location, # served, etc)
7. Which schools and/or communities can you offer program/service? (Please list specific schools and communities)
8. Organization's expertise in providing program/service
9. If workshop - language availability

Expected Dates of Implementation

Committee to review community responses July 24, 2014

Organizations notified July 30, 2014

Resource Guide compiled August 15, 2014

If you have any questions about the event or ITP proposal process, please contact **Glen L. Biggs, Associate Director - Alignment Nashville**, at 615.823.8038 or glen@alignmentnashville.org.

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