

On the Move to Better Health – Sargent County 2016

The Situation

Childhood obesity has more than tripled in the past 30 years. Some researchers consider children to be “overfed” but “undernourished.” Obese children are at higher risk for cardiovascular disease, with 70 percent showing at least one risk factor for cardiovascular disease. Obesity also increases the risk for diabetes, stroke, cancer and osteoarthritis.

Extension Response

On the Move to Better Health is a five-week school-based curriculum that was presented to the 36 sixth grade students at Sargent Central, Milnor, and North Sargent public schools. Based on the MyPlate icon for good nutrition, the curriculum aims to increase the amount of fruits, vegetables and calcium-rich foods in the diets of children and improve fitness habits. Weekly newsletters are sent home with students for their parents to read, and families are encouraged to participate in goal setting activities.

Impacts

Post-surveys conducted with the students showed the following as a result of the program:



58.3% increased their consumption of dairy group foods and beverages



50% decreased the amount of pop they drink



61% chose healthier snacks



38.9% increased their daily physical activity



52.8% increased their consumption of fruits and vegetables

Post-surveys with parents showed the following:



60% percent of parents/caregivers read the newsletter



37 percent set a weekly goal

Additionally, parent post-surveys showed that

- 26.7% increased their fruit consumption
- 46.7% increased their vegetable consumption
- 26.7% increased their intake of whole grains
- 33% increased their consumption of dairy

Feedback

Teachers said they had noticed their students talking more about healthy choices.

Public Value Statement

Improving health behaviors can increase the quality of life and save millions of dollars in collective health-care costs for North Dakotans throughout their lifetime.



County Contact

Cindy Klapperich
 NDSU Extension Agent – Sargent County FCS
 724-3355, ext. 5
cindy.klapperich@ndsu.edu