

On the Move to Better Health-Junior Grant County 2016

The Situation

More than 30 percent of North Dakota children 2 to 5 years of age are considered overweight or obese (with a BMI-for-age above the 85th percentile). According to the Youth Behavior Risk Surveillance Survey (2015), 42 percent of North Dakota students in grades nine to 12 consumed vegetables less than one time daily, 75 percent of adolescents were not physically active at least 60 minutes per day, and about 12 percent were not physically active 60 minutes on at least one day during the seven days prior to the survey.

Extension Response

“On the Move Junior” is a five-week school-based curriculum for second-graders. It is based on MyPlate, the current icon for nutrition, and includes children’s story books and hands-on activities. The curriculum aims to improve the variety of healthful foods that children consume, especially the amount of fruits and vegetables they consume. It also aims to improve fitness habits. Parents receive newsletters and participate in goal setting and other family-based activities.

Impacts

In the fall of 2016, 23 students attending Roosevelt Elementary and Elgin-New Leipzig Public School participated in the program. They improved their knowledge of nutritional recommendations as shown by test scores.

- 78 percent ate more fruit
- 83 percent ate more vegetables
- 94 percent drank more milk and ate yogurt

- 94 percent got more exercise
- 100 percent had fun learning about nutrition

According to survey results, 71 percent of parents read the weekly newsletter. Parents reported children asked for healthful snacks, such as; fruit, whole grains, and veggies (64 percent), asked questions about food (57 percent), and eat more fruit (71 percent).

Student Feedback

- “I like learning about food that makes me feel good.”
- “The snacks were my favorite.”
- “When are you coming back to my classroom?”

Public Value Statement

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

Primary Contact

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