Children are On the Move to Stronger Bodies 2018

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

The Situation
Childhood obesity has more than tripled in the past 30 years. 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 Stronger Bodies is a six-week school-based curriculum for fourth-graders. It is based on MyPlate, the current icon for good nutrition. The curriculum aims to increase fruits, vegetables and calcium-rich foods in the diets of children and improve fitness habits through hands-on activities.

Impacts
From 2017 to 18, more than 1,300 children and their families from 21 counties participated in On the Move to Stronger Bodies. Post-surveys showed the following as a result of the program:

- 75 percent consumed more dairy/calcium-rich foods
- 73 percent drank less pop
- 77 percent chose more healthful snacks
- 80 percent increased daily physical activity
- 70 percent ate more vegetables

Cavalier County Impact
Extension Agent Lukach presented the program to 28 Langdon Area Elementary 4th graders. On the county level:

- 71 percent consumed more dairy/calcium-rich foods
- 82 percent drank less pop
- 74 percent chose more healthful snacks
- 85 percent increased daily physical activity
- 75 percent ate more vegetables

Feedback
Student – “Taught us how to eat smarter!”

Parent – “Great program. We make an effort to eat healthy at home and love that it’s getting reinforced with your program.”

Teacher – “As a result of the program I see my students making healthier choices.”

County Contact
Macine Lukach
NDSU Extension Agent
701-256-2560
macine.lukach@ndsu.edu

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