On the Move to Stronger Bodies
Grant County 2017-2018

Public Value Statement
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 My Plate, 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
In 2017-18, 21 students attending two different schools in Grant County completed the program. They improved their knowledge of nutritional recommendations as shown by test scores:

- 93 percent consumed more dairy/calcium rich foods
- 75 percent drank less pop
- 87 percent chose more healthful snacks
- 93 percent increased daily physical activity
- 75 percent shared what they learned with their parents

Feedback
Students said:

- “I liked the snacks.”
- “I liked learning about healthy foods.”
- “It was fun learning and playing games.”
- “I liked the teacher because she was fun and I liked the snacks.”

Parents received a weekly newsletter with activities to try at home; 100 percent of survey respondents reported reading it, 75 percent set family goals, and 50 percent tried the recipes in the newsletter.

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