

N.D. Children Have Food Adventures, 2018-2019

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% 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 Food Adventures is a six-week school-based curriculum for preschool to grade one delivered in school classrooms. It is based on MyPlate, the current icon for good nutrition.

The curriculum aims to increase fruits and vegetables in the diets of children, encourage them to try new foods and healthful snacks, and improve fitness habits through hands-on activities.

Impacts

From 2018 to 2019, 370 children and their families participated in On the Move to Food Adventures. In 2018 to 2019, post-surveys with 370 children showed the following as a result of the program:



89% tried a new food



69% drank less pop and 87% tried different calcium-rich foods



90% ate more fruit



93% increased daily physical activity



84% ate more vegetables

All 18 classroom teachers (100%) wanted to have the class back and would recommend the program to others. Parents received a weekly newsletter with

activities to try at home; 86% of survey respondents reported reading it.

In making observations of their child's behavior at home, surveys with 160 parents/caregivers showed the following responses:

- 31% of children increased their vegetable consumption
- 48% tried new foods
- 64% asked questions about food
- 81% asked for healthful foods
- 49% offered help with food preparation

Feedback

Parents said:

- "My daughter really enjoyed the activities."
- "My child liked preparing the snacks and being able to do the measuring and cutting. She was so proud of every snack she made and couldn't wait for me to try every recipe."



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