

CHILDHOOD NUTRITION

Evidence-based prevention strategies

The Social-Ecological Model

The *Social-Ecological Model* provides a framework to describe how multiple elements of society influence health.

Influences exist at multiple levels:

Interpersonal
Organizational
Community
Public Policy

Comprehensive public health efforts should act across multiple levels of influence



Public Policy - Wyoming

- Schools meeting National Standards for Competitive Foods
- Farm-to-school programs for local vegetables and fruits
- Healthy vending machine policies
- Banning advertising of foods/beverages in schools and functions
- Taxing sugar-sweetened beverages in stores
- Menu-labeling laws requiring calorie listing

Community

- Increase access to farmers markets in all neighborhoods
- Increase the number of farmers markets that accept SNAP/WIC
- Increase food security among at-risk populations by promoting nutrition assistance programs

Organizational

In Schools:

- Incorporate lessons on the importance of nutrition and health into the curriculum
- Support student participation in high quality school meal programs
- Promote the importance of consuming fruits and vegetables every day
- Include students when developing healthy food options for lunches
- Create school gardens with students
- Have healthy food and beverage options at ALL school functions and activities

In Early-Care and Out-of-School Care:

- Ensure foods meet Federal Child and Adult Care Standards
- Limit screen time exposure to food and beverage ads
- Have children participate with preparation of healthy snacks and meals
- Obtain training in obesity prevention, including nutrition and physical activity

Resources

For more information go to:

Policy: <http://www.cdc.gov/nccdphp/dnpao/division-information/policy/obesity.htm>

School: For more information go to: <http://www.cdc.gov/nutrition/>

Early and After-School Care: <http://www.cdc.gov/obesity/strategies/childcare.htm>

Home: <http://www.nutrition.gov/life-stages/children>

References

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Centers for Disease Control and Prevention. 2013 Youth Risk Behavior Survey. Available at: www.cdc.gov/yrbbs. Accessed on 6/14/15

Caprio, S., Daniels, S. R., Dzewnowski, A., Kaufman, F. R., Palinkas, L. A., Rosenbloom, A. L., & Schwimmer, J. B. (2008). Influence of Race, Ethnicity, and Culture on Childhood Obesity: Implications for Prevention and Treatment: A consensus statement of Shaping America's Health and the Obesity Society. *Diabetes Care*, 31(11), 2211-2221. doi:10.2337/dc08-9024

Interpersonal - At Home

- Model healthy behavior and eat healthy themselves
- Make healthy snacks and meals as a family
- Limit the availability of unhealthy options in the home
- Have half of each plate at each meal fruits and vegetables
- Have half of the grains be whole grains
- Switch to fat-free or low-fat (1%) milk
- Encourage getting calories from food NOT beverages
- Incorporate healthy options into gatherings such as birthday parties