

# 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

Wyoming Department of Health. 2014 School Health Profile Report. Available at: [https://edu.wyoming.gov/downloads/data/2014wy\\_profiles\\_trend\\_report.pdf](https://edu.wyoming.gov/downloads/data/2014wy_profiles_trend_report.pdf). Accessed on 7/20/15

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### 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