

Healthy Foods, Healthy Moves

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Introduction

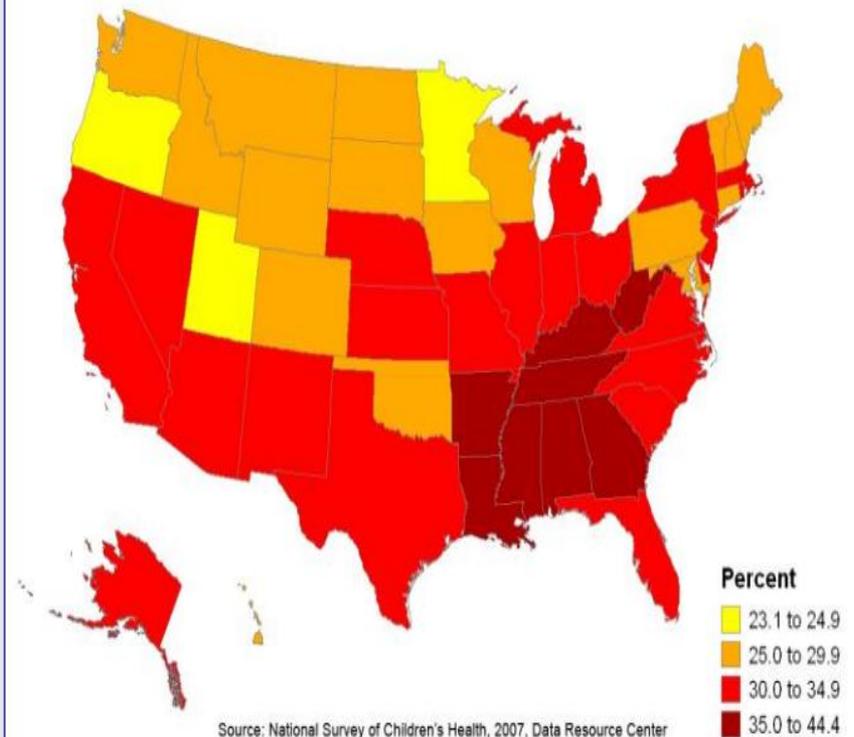
- Personal interest in primary care, pediatrics, nutrition & wellness
- Overview
 - Background, Methods, Results, Discussion, Recommendations
- An interactive workshop designed to encourage children to improve overall wellness by adopting healthy, sustainable habits. Also, a pilot investigation of the effectiveness of interactive workshop as a means of patient education



Background/Literature

- MS rank for overweight and obese children (1 being the best) is 51
- The prevalence of overweight and obese children in MS has increased
- Obesity → Increased risk of developing diabetes, heart disease and stroke
- AAFP reports that, “very small changes can improve your health considerably”

Percent of Children Ages 10-17 Classified as Overweight or Obese, by State: 2007



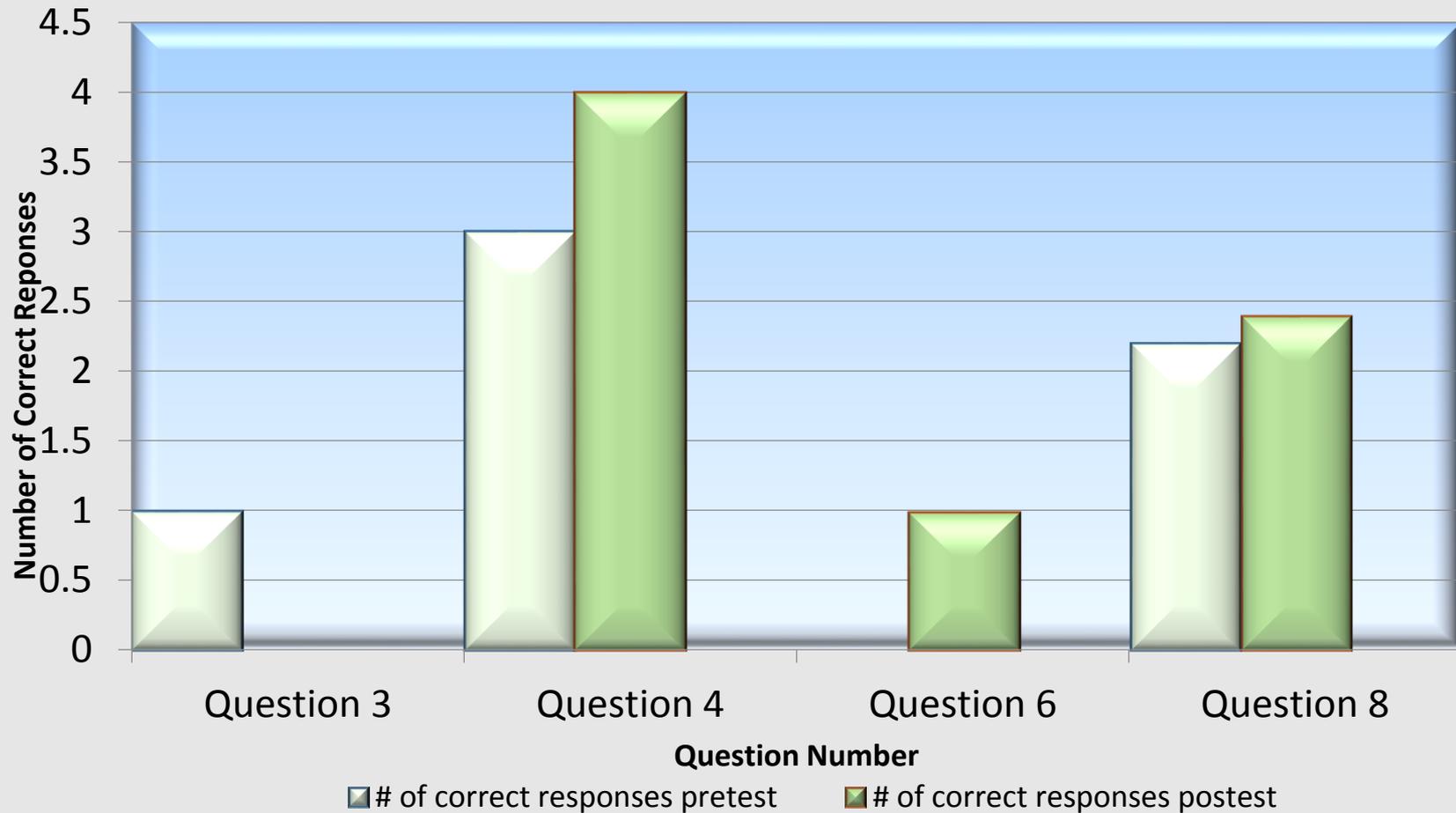
Methodology

- Pretest & Posttest
- 8 questions targeting current knowledge
 - Topics: body mass index, comprehending nutrition labels
- The same 8 questions were given following the workshop

1. If you eat the entire container, how many calories will you eat?
2. How many total cups are in the container?
3. How many cups should eat in one serving?
4. Name one item on the label that we should eat less of.
5. To calculate your BMI you would use _____.
6. What is a healthy BMI?
7. What is your BMI?
8. Name as many ways as you can to be healthy.

Nutrition Facts			
Serving Size 1/2 cup (114g)			
Servings Per Container 4			
Amount Per Serving			
Calories 90	Calories from Fat 30		
	% Daily Value*		
Total Fat 3g	5%		
Saturated Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 300mg	13%		
Total Carbohydrate 13g	4%		
Dietary Fiber 3g	12%		
Sugars 3g			
Protein 3g			
Vitamin A 270%	Vitamin C 10%		
Calcium 2%	Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	30g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Results: Question by Question



Discussion

- Overall, improved knowledge surrounding reading nutrition labels and body mass index
- Questions raised:
 - Long term information?
 - Will habits actually change?
 - Is a workshop sustainable?
 - 5 patients, representative?
- Further research required
 - What is the most effective means to get patients to adopt healthy habits?



Recommendations

- Interactive workshops are a good way to present information to a body of patients all at once
 - Biannual workshops for pediatric and/or adult patients
 - Incentives to increase attendance
 - Workshops/General education in wait rooms
 - Interactive videos during waits in wait rooms
- Help patients set goals at the end of appointments & follow-up on these goals at subsequent visits
- Goal logs (i.e. weight, blood pressure, etc.)



Conclusions

- Early intervention is necessary
 - Children and adolescents who are obese are likely to be obese as adults. Important health implications
- Small changes make a difference
 - Healthy habits, can lower the risk of becoming obese and developing related diseases.
- Family & society plays a role
 - The diet and activity behaviors of children are influenced by society.
- Nationwide issue that begins in the community
 - There are opportunities for children to learn and practice healthy eating and physical activity.



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Sources

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