Healthy Lifestyles for Children
The new FAD
That will Stay

Introduction To “How To Get the Program Started In Your School”

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Welcome

- Thank you
  - Taking the 1\textsuperscript{st} step in making a difference in the life of our kids
- Childhood obesity is an epidemic not only in WI but the entire United States
- The more that we can do at an earlier age will only help with this concerning issue
Goals of the Video

- Help get this program started in your school
- Help teach your High School students to give this talk
- Continue to use every year
- Go over things that I did to establish program
- This program is FREE!! Yes FREE!
Overall Goals of the Program

1. Educate kids on living a healthy lifestyle
   - Live to 70 y/o ~ 60 years of impact
2. Decrease childhood obesity rate
3. Help High School students
   - Bolster their college application
   - Earn scholarships
   - Community service
   - Continue to live healthy life
4. Live longer, fewer health problems
5. Cheap and self-sustaining program
Getting Started

- Important people to establish as contacts
  - Need motivated people
- 5th grade teacher
- High School teacher, counselor, etc
- Reminder: minimal time required once program is established
5th grade Teacher

- Organize class times
- Helps if there have been previous lessons on a healthy diet
- After talk, continue healthy goals in class
  - Incorporate reading labels in lesson plans, etc
- Refresh FAD topic every 2 weeks or month
  - Ideas= Plate rule and the kids write down what they had for dinner, Take 10 minutes to talk about FAD
- Pictures of kids with diploma and white coat
  - Help remind them of the talk
- Fitness and activity stressed
High School Contact

- Identify good H.S. students for project
  - Dedicated and ambitious students
  - Students interested in medicine, physical therapy, nursing, teaching, etc

- Encourage students to continue talks
  - Maybe make a club
  - Goal is to have students pass it down, if a Sophomore joins they can give the talk for 3 years and help teach other students for 2 years

- Establish contact with 5th grade teacher to set up talks
5th Grade teacher or High School Contact

- Does our school lunch and snack machine offer healthy options

- Supply list:
  - Fake fruit- helps to show them serving sizes
    - ~$25 for what I had, went through hospital dietitian
  - White coats- they are going to be Doctors of Healthy Lifestyles- get these at Goodwill
  - Paper plates
  - Raisins- little boxes, helps gets the kids active in the talk
  - Handouts: Plate rule and Diplomas
How to recruit H.S students

■ Very EASY
■ Tell them:
  – Looks excellent on college application
  – Earn Scholarship Awards
  – Community service opportunity
  – Can continue in college
    ■ Graduate application or resume
  – FUN
High School Students

- Once you learn it, teach younger class
- Be energetic, have fun
- Better if not reading directly off of powerpoint
- Get interactive with kids
- Very minimal time commitment
Supplies Needed

- Powerpoint presentation
- Fake food
  - Hamburger patty, mac n cheese noodles, carrots, broccoli, apple, 8 oz milk
- White coat (1 or 2)
- Diploma
- My plate planner handouts (online)
- Paper plates
- Raisins to hand out
All Set...Time to have FUN

- Copy of my presentation on website
  - Under “Download Powerpoint Slideshow”
- Use what works for you
- Hope you have as much fun as I did
Please Follow Up With Me

- I would like to keep track of the schools that complete this program
- This will help me encourage other schools to partake in the program and help with presentations on the effectiveness of the program
- I am also available for answering questions!
- Please email me at cdeano27@gmail.com
Any Ideas To Incorporate Into Classroom Curriculum?

- Please contact me if you have any ideas or suggestions of how to incorporate the FAD principles into your curriculum

- My ideas so far:
  - Periodically have students take paper plate home and write down their meal that night and go over ways to make it healthier
  - Pop quiz about presentation in 2 weeks or 1 month
  - Take 10 minutes a month to talk about the FAD principles
"Please contact me, cdeano27@gmail.com if you use this program in your school. I would like to track the program to follow the success of the program. I will use the results to show my fellow colleagues and my Wisconsin Academy of Rural Medicine program mentors the outreach of the program. Thank you in advance for your help."
Contact info:

- If you have any questions, concerns or suggestions please email me:

cdeano27@gmail.com