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Nutrition Education Intervention for Children in Low Socioeconomic Neighborhoods



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Background

Childhood obesity is a public health epidemic affecting 18.5% of children and adolescents in the United States¹. Children who are obese are more likely to be obese as adults. Obesity leads to a number of comorbidities including chronic conditions like high blood pressure, Type II diabetes, and heart disease^{2,3}. Low socioeconomic status (SES), lack of healthy food access, and urban neighborhoods have been associated with childhood obesity⁴. Additionally, convenience stores and other low-price stores tended to display and promote junk foods by the main entrance, whereas supermarkets and higher-income stores tended to display fruits and vegetables⁵. We want to combat these advertising forces and educated students about nutrition and maintaining a healthy lifestyle.

Objectives

Educate children and adolescents about the difference between healthy and unhealthy foods.

Show students how to make healthy food choices that will give them the energy and fuel to be fit and focused.

Address the issue of food access by giving parents resource guides on where to find affordable nutritious foods locally.

Students will have the knowledge, skills, and familial resources to make more informed and healthier food decisions.

Proposed Intervention

Virtual Presentation

- Healthy food and metabolism
- Minimizing refined sugar intake
- Affordable healthy eating habits
- Importance of physical activity

Interactive Activities

- Nutrition learning games
- Physical fitness activities

Resources for Families

- Provide resources to get nutritious foods locally
- Adapt to the organization's needs

Conclusion and Limitations

This intervention will equip children with the knowledge of what healthy food is, how to access healthy food, and how to make healthier food decisions. Although this project cannot help the entire state or the entire county, it may help the people in attendance. However, in order to assess the effectiveness of this intervention further research must be done using cohort studies to see how education can influence individual food habits and ultimately larger public health outcomes. Additional limitations of this intervention is that it is largely geared toward educating children, many of whom cannot control what they eat because they are not the ones that buy it. Therefore, it is critical that parents are involved in the intervention.

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