

**Strong Bodies, Smart Brains:
A Holistic Approach to Childhood Obesity Prevention**
Action for Healthy Kids ~ October 11



Dayle Hayes, MS, RD
Nutrition for the Future ~ EatWellatSchool@gmail.com
www.nutritionforthefuture.org

**Strong Bodies, Smart Brains:
A Holistic Approach to Childhood Obesity Prevention**
Action for Healthy Kids ~ October 11

... | **Promote
STRONG BODIES,
SMART BRAINS
at School**

Dayle Hayes, MS, RD
President, Nutrition for the Future, Inc.

... | **Ensuring a
Holistic Approach
to Childhood
Obesity
Prevention**

... | **OBJECTIVES**

1. Describe most current trends in childhood weight, nutritional status, and physical activity.
2. Identify potential negative effects of some approaches to childhood obesity prevention.
3. Discuss relationship of bullying in school to student weight.
4. Outline best school-based practices to promote healthy weights for all children.

... | **CHILDHOOD
OBESITY:
Stepping Back ...
... and Considering**

Dayle Hayes, MS, RD
Nutrition for the Future ~ EatWellatSchool@gmail.com
www.nutritionforthefuture.org

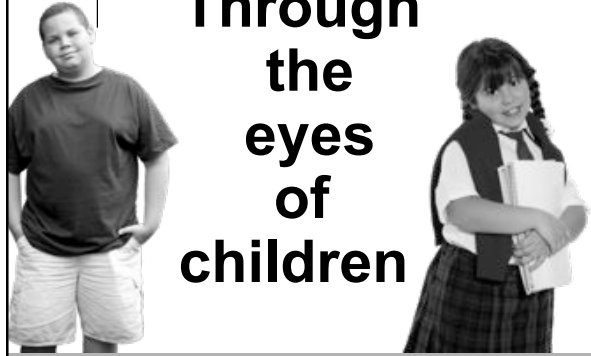
**Strong Bodies, Smart Brains:
A Holistic Approach to Childhood Obesity Prevention
Action for Healthy Kids ~ October 11**

... **CONSIDER ...**

Could this approach cause any harm to children?
What evidence do we have that it will be effective?
What opportunities do we have to improve health?

...

**Through
the
eyes
of
children**



... **Building Healthy Children**



...

**SOME
Strategies for
Tackling Today's
Childhood
Nutrition
Problems**

CONCERNS

Dayle Hayes, MS, RD
Nutrition for the Future ~ EatWellatSchool@gmail.com
www.nutritionforthefuture.org


**Strong Bodies, Smart Brains:
A Holistic Approach to Childhood Obesity Prevention**
Action for Healthy Kids ~ October 11

... | **Mini-Treadmills for Preschoolers**



The image shows two young children, a boy and a girl, each standing on a small, four-wheeled treadmill. To the right of the treadmills is a large, bold black question mark.

Fat Vests to Simulate Look and Feel of Obesity



The image features a man wearing a white vest over a dark long-sleeved shirt. A large black question mark is superimposed over the vest. To the right, there is a smaller image of the vest and some text. The text includes 'Fat Vest, Adult Size', 'Item 26003', and a description: 'The effects of additional weight on a person's body are dramatically demonstrated with this useful teaching tool. By inserting weights in varying increments into the vest's interior pocket, the wearer can experience the additional weight and limited range of motion that are associated with obesity. Two versions are available. The adult version, which includes a total of 20 lb of weight (three 5-lb weights and two 2 1/2-lb weights), features a colorful and informative front panel that describes the effects of excess weight on several body organs. An excellent way to start group discussion about healthy eating habits. \$62.75'. At the bottom right, there is a quantity selector set to '1' and an 'Add to Cart' button.

www.stopchildhoodobesity.com/



The image shows a video player interface. On the left is a large photo of a young girl with her arms crossed. To the right of the photo is a video player with a 'WARNING' sign at the top and the text 'FAT KIDS BECOME FAT ADULTS.' below it. The video player shows a smaller version of the girl. A large black question mark is positioned to the right of the video player. At the bottom of the video player, there is a Facebook logo and the text 'JOIN THE CONVERSATION FOLLOW US ON FACEBOOK'.

... | **FACTS**

**Downsides
Unintended
Consequences
What can we do?**

Strong Bodies, Smart Brains: A Holistic Approach to Childhood Obesity Prevention

Action for Healthy Kids ~ October 11

Hypertension in Canadian Children



Elevated Blood Pressure Suffered By Up To 8 Percent Of Canadian Children

30 Nov 2010 [Click to Print](#)

"We blame kids for being fat, we blame kids for being inactive, we blame kids not eating right or the families for not feeding their kids right," says Terrance Wade, the Canada Research Chair in youth and wellness at Brock University. "But a lot of these things are not based on individual choices because your life choices and such are constrained by your life chances."

Wade is completing a five-year study funded by the Heart and Stroke Foundation of Ontario to determine what social situations can lead to hypertension in children and develop strategies for children to deal with those situations in their daily lives. His work will be part of the program at the first-ever Canada Research Chairs conference in Toronto this week.

Children in disadvantaged socio-economic situations are more likely to deal with the kinds of daily stresses that can lead to hypertension at an early age.

While other studies have focused on the direct physical causes of hypertension in children, such as obesity and physical inactivity, Wade says his study is the first to his knowledge in Canada to look at social factors.

NEJM, March 17, 2011

Susan Z. Yanovski, M.D., and Jack A. Yanovski, M.D., Ph.D.
**Obesity Prevalence in the United States —
Up, Down, or Sideways**
As increasing recognition of the public health impact of obesity leads to implementation of programs and policies, it is also essential that outcomes be evaluated so that we know what works and what doesn't and can direct our energies and resources toward strategies that are most likely to be successful.

Downsides Stigmatizing? De-motivating? Ineffective?



Krukowski RA, Smith West D, Philyaw Perez Z, Bursac Z, Phillips MM, Raczynski JM.
Overweight children, weight-based teasing and academic performance. Int J Pediatr Obes. 2009; 4(4): 274-280.

Strong Bodies, Smart Brains: A Holistic Approach to Childhood Obesity Prevention

Action for Healthy Kids ~ October 11

"Obese children aren't doing worse in school because they're not as smart as thinner students.

They're doing worse in school because they face frequent (and often daily) victimization and harassment from peers because of their weight. (2) They are afraid to walk down the hallways because of negative remarks they receive from schoolmates. They are made fun of in physical education classes, mocked in the school cafeteria, and teased on the bus.

... And we already know that overweight and obese youth who are victimized because of their weight have higher risk of depression, anxiety, low self-esteem, poor body image, and suicidal behaviors. (2) How could this not impact school performance?"


BULLYING and BMI

Media contact: Margarita Bouix
Email: mibou@med.umich.edu
Phone: 734-764-2229

May 22, 2012

U-M study: Being obese can attract bullies

Interventions needed to reduce bullying of obese children, U-M researchers say



ANN ARBOR, Mich. — Obese children are more likely to be bullied regardless of gender, race, socioeconomic status, social skills or academic achievement.

These are the findings of the study "Weight status as a predictor of being bullied in third through sixth grades," which is available online now and will be published in the June issue of the journal *Pediatrics*. Julie C. Lumeng, M.D., assistant professor in the Department of Pediatrics and Communicable Diseases at the University of Michigan's C.S. Mott Children's Hospital, is lead author of the study.

Meet the expert:
Julie C. Lumeng, M.D.

Authors conclude that being obese, by itself, increases the likelihood of being a victim of bullying. Interventions to address bullying in schools are badly needed, Lumeng adds.

"Physicians who care for obese children should consider the role that being bullied is playing in the child's well-being," Lumeng says. "Because perceptions of children are connected to broader societal perceptions about body type, it is important to fashion messages aimed at reducing the premium placed on thinness and the negative stereotypes that are associated with being obese or overweight."

YouTube | you tube weight prejudice rudd | Search | Browse | Movies

Weight Prejudice: Myths & Facts

YaleUniversity 718 videos | Subscribe



16,180

Take Weight-Related Bullying Seriously

Research for Real Life
Food & Life of the Future
EAT BIRTH BOUNDARIES
www.eatbirthboundaries.org

Weight and Bullying

Bullying is increasingly a major concern of parents, teachers, and school administrators. Kids may be bullied for a variety of reasons - or for no real reason at all. Weight-related bullying is not a new phenomenon. With all the current media attention to childhood obesity, this type of bullying seems to be increasing among students of all ages.

What we know

- Being overweight can increase the chances of a child being bullied. Several recent studies have confirmed that obese children were twice as likely to be bullied than other kids.
- Bullying can take a toll on a child's physical and mental health. Medical experts say that being bullied can have serious effects on both physical and emotional well-being. A child's academic performance may also be affected by bullying. A 2007 study found that bullying victims often show a long-lasting decrease in grade point averages.

What can parents do

1. Talk to your children about all types of bullying.
 - Children are often afraid to talk about being bullied by their peers. They may be especially embarrassed if they suspect you'll blame or punish them for their weight.
 - Watch for signs that your child may be dealing with bullies, like problems at school or with parents/friends. Keep asking and talking whenever you see a concern.
 - Take a zero-tolerance policy on weight-related teasing at home.
 - Teasing - or any negative comments - about a child's weight can have long-lasting effects on self-esteem. They may even be the last step toward an eating disorder.
 - If you have concerns about a child's health status, discuss them privately with your health care provider first. Make appropriate genetic changes for the whole family.
2. Help your school understand weight-related bullying.
 - Request that weight cannot be included on your district's anti-bullying education. The Yale Child Center has useful materials at www.yalechildcenter.org.
 - Help all children enjoy Healthful and Every Day!
 - Children of all shapes, sizes, and weights benefit from delicious nutrition and fun fitness. At home and school, encourage everyone to eat smarter and move more.
 - For more about Health at Every Size® for children, download Everybody is Healthy When You Reverse It! www.eatbirthboundaries.org/healthatwebsitesite

© 2012 EAT BIRTH BOUNDARIES. Healthy Futures for Everyone! 3/11

Dayle Hayes, MS, RD
Nutrition for the Future ~ EatWellatSchool@gmail.com
www.nutritionforthefuture.org

**Strong Bodies, Smart Brains:
A Holistic Approach to Childhood Obesity Prevention
Action for Healthy Kids ~ October 11**



... | **Unintended
Consequences
More eating
problems and
disorders?**

... | **Eating Problems**

- o Hard data is hard to come by, most numbers are estimates
- o Agency for Healthcare Research and Quality (AHRQ), from 1999 to 2006, hospitalizations for eating disorders rose sharply for children under 12 years of age – 119 percent.
- o ESTIMATES = 10% of high school girls = diagnosable eating disorder

... | **Eating
Problems**

STATISTICAL BRIEF #70

April 2008

Hospitalizations for Eating Disorders from 1999 to 2006

Yuh-Ping Chen, M.D. (Lead & Subtitle Systems) and William Brinkman, Ph.D. (AHRQ)

Introduction

Eating disorders and psychiatric disorders, such as anxiety, depression and bipolar disorder, which the patient becomes comorbid with, may, weight and body image. Research has shown it is diagnosed when the patient is at least 10 percent underweight and refuses to gain weight, either by not eating enough food, dieting, exercising, vomiting or by using laxatives. This can lead to severe deterioration and weakness of the heart muscles, causing cardiac arrhythmias. In contrast, patients with bulimia nervosa are not necessarily underweight, but engage in binge eating followed by purging either by vomiting or by using laxatives. This can lead to severe dehydration and gastrointestinal problems. Thus, severe eating disorders can lead to repeat hospitalizations. More in-depth clinical research is needed to better understand eating disorders.

Findings

This Statistical Brief presents data from the Healthcare Cost and Utilization Project (HCUP) on national estimates of hospitalizations for eating disorders from 1999–2006. First, eating disorder-related hospital stays are projected to grow. Age, sex, and hospital costs are provided for 1999–2006 and 2006–2008. Second, the national estimates of eating disorder-related hospital stays are provided for seven specific eating disorder subtypes. Third, eating disorder-related hospitalizations may be under-reported in hospital discharge data. This information provides a narrative of information on these conditions. The statistical significance of all differences between estimates, unless noted, is indicated in all tables.

Table 1: National Estimates of Hospitalizations for Eating Disorders by Age, Sex, and Year

Age Group	Sex	1999–2006	2006–2008
0–11	Male	1,000	1,200
	Female	1,500	1,800
12–17	Male	2,000	2,500
	Female	3,000	3,500
18–24	Male	3,000	3,500
	Female	4,000	4,500
25–34	Male	4,000	4,500
	Female	5,000	5,500
35–44	Male	5,000	5,500
	Female	6,000	6,500
45–54	Male	6,000	6,500
	Female	7,000	7,500
55–64	Male	7,000	7,500
	Female	8,000	8,500
65–74	Male	8,000	8,500
	Female	9,000	9,500
75+	Male	9,000	9,500
	Female	10,000	10,500

Table 2: National Estimates of Hospitalizations for Eating Disorders by Age Group and Gender

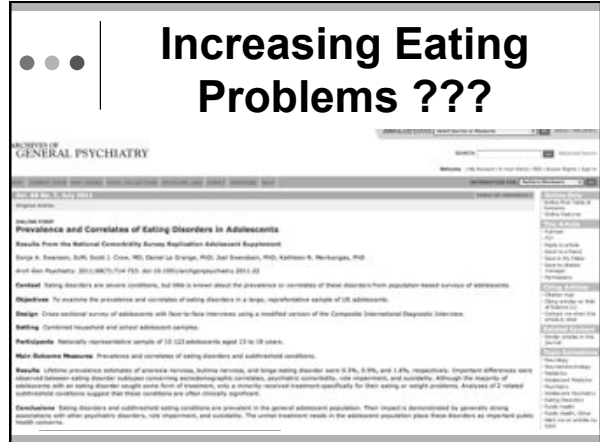
Age Group	Gender	1999–2006	2006–2008
0–11	Male	1,000	1,200
0–11	Female	1,500	1,800
12–17	Male	2,000	2,500
12–17	Female	3,000	3,500
18–24	Male	3,000	3,500
18–24	Female	4,000	4,500
25–34	Male	4,000	4,500
25–34	Female	5,000	5,500
35–44	Male	5,000	5,500
35–44	Female	6,000	6,500
45–54	Male	6,000	6,500
45–54	Female	7,000	7,500
55–64	Male	7,000	7,500
55–64	Female	8,000	8,500
65–74	Male	8,000	8,500
65–74	Female	9,000	9,500
75+	Male	9,000	9,500
75+	Female	10,000	10,500

Strong Bodies, Smart Brains: A Holistic Approach to Childhood Obesity Prevention Action for Healthy Kids ~ October 11

●●● Eating Problems




●●● Increasing Eating Problems ???



Dayle Hayes, MS, RD
Nutrition for the Future ~ EatWellatSchool@gmail.com
www.nutritionforthefuture.org

**Strong Bodies, Smart Brains:
A Holistic Approach to Childhood Obesity Prevention
Action for Healthy Kids ~ October 11**

Continuum of Weight Issues in US



Journal of Adolescent Health 44 (2009) 206–213

Review Article
Preventing Obesity and Eating Disorders in Adolescents: What Can Health Care Providers Do?
 Dianne Neumark-Sztainer, Ph.D., M.P.H., R.D.*
Division of Epidemiology and Community Health, School of Public Health, University of Minnesota, Minneapolis, Minnesota

Continuum of Weight Issues in US

PEDIATRICS
OFFICIAL JOURNAL OF THE AMERICAN ACADEMY OF PEDIATRICS

Clinical Report Identification and Management of Eating Disorders in Children and Adolescents
 David S. Rosen and THE COMMITTEE ON ADOLESCENCE
Pediatrics published online Nov 29, 2010;
 DOI: 10.1542/peds.2010-2821


The online version of this article, along with updated information and services, is located on the World Wide Web at:
<http://www.pediatrics.org>

••• | AED Guidelines

**Academy of Eating Disorders
Guidelines for Childhood
Obesity Prevention
Programs**

www.aedweb.org/

••• |



**Our children
are facing
an epidemic ...
of
under-nutrition
and inactivity.**

Dayle Hayes, MS, RD
 Nutrition for the Future ~ EatWellatSchool@gmail.com
www.nutritionforthefuture.org

**Strong Bodies, Smart Brains:
A Holistic Approach to Childhood Obesity Prevention**
Action for Healthy Kids ~ October 11




- | **Epidemics ??**
- **Overweight**
- **Under-nutrition**
- **Inactivity**

UNDERNOURISHED 2010

2010 Dietary Guidelines for Americans Advisory Committee Report

SHORTFALL NUTRIENTS

For children, especially teens



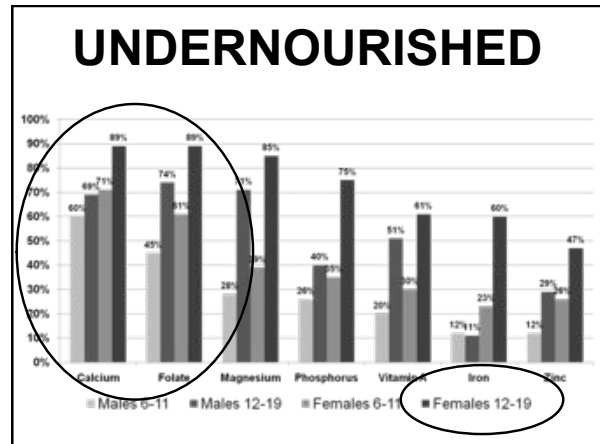
VITAMINS A, C, D, and E

MAGNESIUM, PHOSPHORUS,

and POTASSIUM

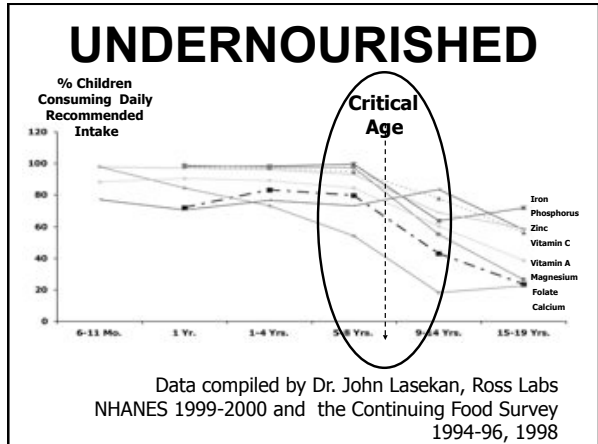
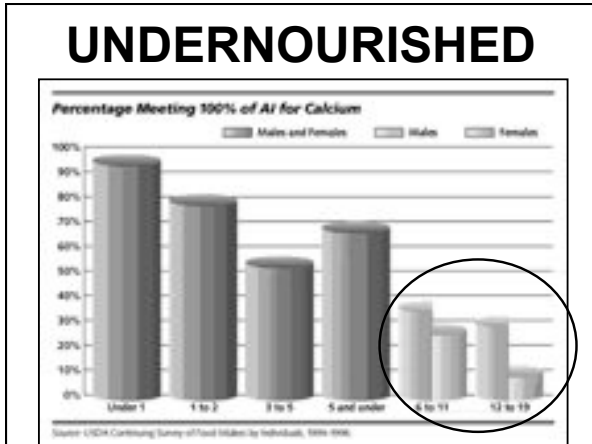
CALCIUM

DIETARY FIBER



Dayle Hayes, MS, RD
Nutrition for the Future ~ EatWellatSchool@gmail.com
www.nutritionforthefuture.org

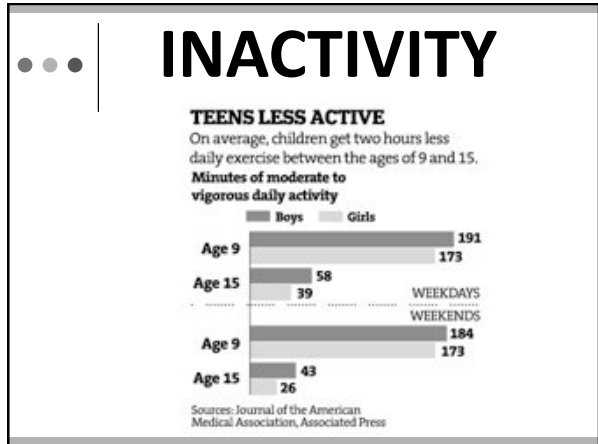
**Strong Bodies, Smart Brains:
A Holistic Approach to Childhood Obesity Prevention**
Action for Healthy Kids ~ October 11



INACTIVITY

Youth activity trends all heading in the wrong direction:

- More screen time entertainment, less active play at home
- Less physical education, more desk time at school
- Fewer walks to school, more rides in cars
- Girls less active than boys
- Weekend less active than weekdays



Dayle Hayes, MS, RD
Nutrition for the Future ~ EatWellatSchool@gmail.com
www.nutritionforthefuture.org

Strong Bodies, Smart Brains: A Holistic Approach to Childhood Obesity Prevention

Action for Healthy Kids ~ October 11

... INACTIVITY

Average daily television viewing
Selected countries, 2007, hours

Country	Average daily television viewing (hours)
United States	~4.5
China	~0.5
Denmark	~0.5
Poland	~0.5
Canada	~1.5
Spain	~1.5
Japan	~0.5
Turkey	~0.5
Russia	~0.5
Germany	~1.5
Britain	~2.5
Australia	~2.5
South Korea	~0.5
New Zealand	~1.5
Sweden	~0.5
India	~0.5
Norway	~0.5
Switzerland	~0.5

Source: BBC, International Television

EarlyBird 45 Study from the UK

ADC **Fitness leads to inactivity, but inactivity does not lead to fatness: a longitudinal study in children (EarlyBird 45)**

D S Metcalf, J Hosking, A N Jeffery, et al.
Arch Dis Child published online June 29, 2010
doi: 10.1136/adc.2009.175927

ABSTRACT
Objective To establish whether inactivity is the cause of fatness or whether the cause of inactivity is fatness. A case-control prospective cohort study, including children aged 7 to 10 years. Subjects were recruited to follow up according to their weight at the start of the study.
Starting February 2006, 200 children were recruited to the study from 45 primary schools in the London area.
Main outcome measures Physical activity (PA) was measured using triaxial accelerometers. The children were then categorised by 1) fatness (BMI) and 2) inactivity (PA) at the start of the study. The relationship of the study around the relationship of PA and the time spent at moderate and vigorous intensity. Body fat was measured by skinfold thickness at the start of the study.
Results It was possible to categorise 176 of the 200 children. At 18 months, there was no significant relationship between BMI and PA. However, there was a significant relationship between BMI and inactivity (OR 1.16, 95% CI 1.02 to 1.32, p=0.02). Children who were fat and inactive at the start of the study were more likely to be fat and inactive at 18 months. This relationship was stronger when considering PA above moderate intensity.
Conclusion Physical inactivity appears to be the cause of fatness, and this is evident in a series of public health measures aimed at making children more active. The UK government has priority

What is already known on this topic

- It is widely believed that obese children are inactive. However, it is unclear whether inactivity is caused by obesity or whether obesity is caused by inactivity.
- Obesity of children is caused by reduced physical activity and increased energy intake. High energy intake is also a major cause of obesity leading to physical inactivity.
- Public health and school based interventions designed to make children more active have been shown to be effective.

What this study adds

- Physical inactivity is the result rather than the cause of obesity.
- The relationship between fatness and PA is determined by the impact of fatness on activity and not of PA on fatness.
- The inverse causality may explain why the commonest school based physical activity programmes do not reduce weight gain in children.

Keywords: fatness, and this is evident in a series of public health measures aimed at making children more active. The UK government has priority

ALL KIDS need more nutrient-rich foods and more outdoor play

... Building Healthy Children

Family
School
Community

Dayle Hayes, MS, RD
Nutrition for the Future ~ EatWellatSchool@gmail.com
www.nutritionforthefuture.org

**Strong Bodies, Smart Brains:
A Holistic Approach to Childhood Obesity Prevention
Action for Healthy Kids ~ October 11**

... | **How can we
do what is
BEST for
KIDS?**

... | **BEST for KIDS**

1. Focus on health, not weight.
2. Address weight stigma and bullying in schools.
3. Emphasize positive messaging about healthy behaviors.
4. Promote tasty nutrient-rich family meals.
5. Advocate for healthy school environments.
6. First, do no harm.

... | **1.
Focus on
HEALTH
not weight.**

... | **HEALTH as
a VALUE**



...
rather
than size
as a goal.



Strong Bodies, Smart Brains: A Holistic Approach to Childhood Obesity Prevention Action for Healthy Kids ~ October 11

2. Address WEIGHT STIGMA and bullying in schools.

Dayle Hayes, MS, RD
Nutrition for the Future ~ EatWellatSchool@gmail.com
www.nutritionforthefuture.org

**Strong Bodies, Smart Brains:
A Holistic Approach to Childhood Obesity Prevention**
Action for Healthy Kids ~ October 11



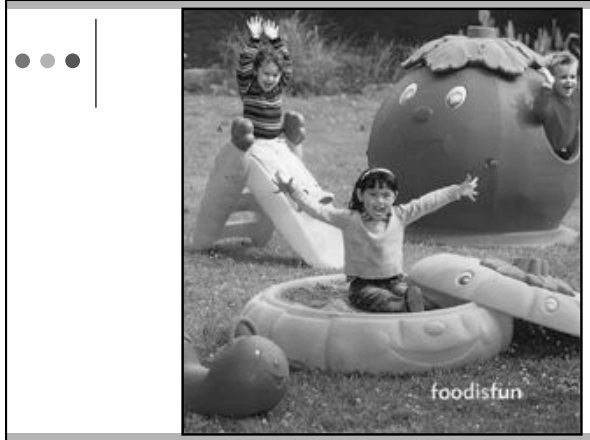
... | **3.**
**Emphasize
POSITIVE
messaging about
healthy behaviors.**

... | **Nutrition Messages**
**It's
the
carrot,**
not the
stick.

A photograph of two young girls in a field. One girl is holding a carrot up in the air, and the other girl is looking at it. They are both smiling and appear to be enjoying their time outdoors.

Dayle Hayes, MS, RD
Nutrition for the Future ~ EatWellatSchool@gmail.com
www.nutritionforthefuture.org

**Strong Bodies, Smart Brains:
A Holistic Approach to Childhood Obesity Prevention
Action for Healthy Kids ~ October 11**



●●● **Fitness Messages**

**It's
the
carrot,
not the
stick.**



●●● **Fitness Messages**

<http://www.peinks4u.org/articles/wantingtoExercise0310.htm>

WANTING TO EXERCISE VS HAVING TO EXERCISE Written by: Don Peterson, Lynn Glover-Stanley, Patrick Wempe, Carrie Barber -- Henderson State University

Teachers have long known that children are more likely to be intrinsically motivated to learn at the age of six than at the age of twelve.

teache Many physical educators are already teaching children to want to exercise by infusing flow (herein also known as enjoyment, fun, and intrinsic motivation) into daily physical education classes. They understand that, ultimately, the most powerful justification for daily physical education classes in K-12 schools will be measured as a function of healthy adult lifestyles.

One of Mihaly The premise of this paper is: "Force children to exercise, and you may make them fit for now. Teach children to want to exercise, and you have made them fit forever."

●●● **4.
Promote
TASTY NUTRIENT-
RICH FAMILY
MEALS.**

**Dayle Hayes, MS, RD
Nutrition for the Future ~ EatWellatSchool@gmail.com
www.nutritionforthefuture.org**

**Strong Bodies, Smart Brains:
A Holistic Approach to Childhood Obesity Prevention
Action for Healthy Kids ~ October 11**



Fit Kids = Happy Kids

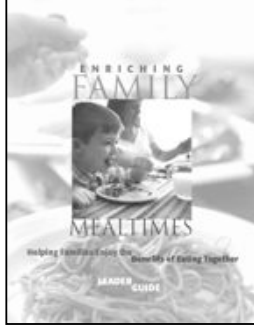
Six Steps for Families

How can I help my child have a healthy weight?

- Be active by playing together inside and outside.
- Enjoy tasty fruits and vegetables together.
- Make family meals a special time to eat together.
- Drink milk with meals and drink water with snacks.
- Save fast food for a once or twice a week treat.
- Take the TV out of the bedroom and eat together.

www.eatrightmontana.org/eatrighthealthyfamilies.htm

Resources



www.school-wellness.org/AtHome.aspx



Dairy Council of California

The Family Meal: Reclaiming the Dinner Table

By Heather Ryan, Business Director / About The Author

October 2011 11:57

140 0 11 11

eat better. Eat Together is a blog series by registered dietitians, educators and parents whose advice and advice help families start or strengthen a commitment to balanced family meals. Take the Eat Better, Eat Together Family Meal Pledge at dairy.com/eatright.

I had the good fortune to attend what registered dietitians call PNCC sponsored "tea" in San Diego September 24 through September 27. The official name is the Food & Nutrition Conference & Expo - a national gathering of the members of the American Dietetic Association.

One session was of particular interest to me, The Family Meal: Reclaiming the Dinner Table. For long had a passion for the importance of family meals. I am one of five children and we had a family dinner every night. It was my mother's dedication to preparing family meals and the interest in food and nutrition sparked by my high school home economics teacher that inspired me to become a registered dietitian! Since the importance of family meals is a core value for me, I was excited to attend a special session on this topic at PNCC.

Here is what I learned in a nutshell:

5.

**Advocate for
HEALTHY SCHOOL
ENVIRONMENTS.**

Dayle Hayes, MS, RD
Nutrition for the Future ~ EatWellatSchool@gmail.com
www.nutritionforthefuture.org

**Strong Bodies, Smart Brains:
A Holistic Approach to Childhood Obesity Prevention
Action for Healthy Kids ~ October 11**

••• **First Things FIRST**

1. Breakfast for every child
2. Daily PE and physical activity
3. Recess before lunch
4. Time to enjoy a healthy lunch
5. Positive NON-food rewards
6. Smart snack opportunities

Breakfast = Achievement

Breakfast in the classroom

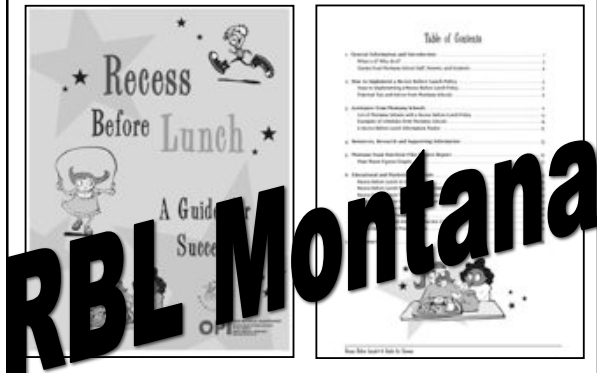
- Fewer students tardy or absent
- More settling down to work
- Better focus & concentration
- Increased student time on task
- Fewer visits to the nurses office
- Fewer disciplinary actions



... AND breakfast eaters are more likely to have healthy weights!!



Resources



Dayle Hayes, MS, RD
Nutrition for the Future ~ EatWellatSchool@gmail.com
www.nutritionforthefuture.org

**Strong Bodies, Smart Brains:
A Holistic Approach to Childhood Obesity Prevention
Action for Healthy Kids ~ October 11**

... |

**20
Minutes
of
SEAT
TIME**



The clipping is from a newspaper section titled 'You Life'. The main headline is 'Students feel rushed at school lunch'. Below the headline is a photograph of a school cafeteria with students at tables. The text of the article discusses how a lack of time for meals leads to overeating and obesity, and mentions that parents are often unaware of the school's lunch schedule.



Dayle Hayes, MS, RD
Nutrition for the Future ~ EatWellatSchool@gmail.com
www.nutritionforthefuture.org

**Strong Bodies, Smart Brains:
A Holistic Approach to Childhood Obesity Prevention**
Action for Healthy Kids ~ October 11

... | **6.**
First,
DO NO
HARM.



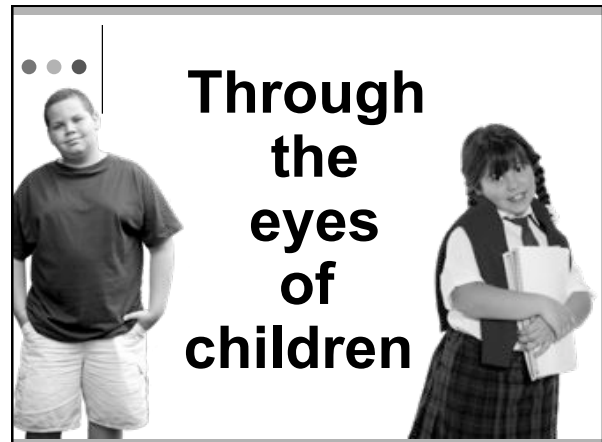
... | **How can we**
do what is
BEST for
KIDS?

... | **CHILDHOOD**
OBESITY:
Stepping Back ...
... and Considering

Dayle Hayes, MS, RD
Nutrition for the Future ~ EatWellatSchool@gmail.com
www.nutritionforthefuture.org

**Strong Bodies, Smart Brains:
A Holistic Approach to Childhood Obesity Prevention
Action for Healthy Kids ~ October 11**

... **CONSIDER ...**
Could this approach cause any harm to children?
What evidence do we have that it will be effective?
What opportunities do we have to improve health?



... **Let me know
WHAT YOU THINK.
EatWellatSchool
@gmail.com**



Dayle Hayes, MS, RD
Nutrition for the Future ~ EatWellatSchool@gmail.com
www.nutritionforthefuture.org

**Strong Bodies, Smart Brains:
A Holistic Approach to Childhood Obesity Prevention
Action for Healthy Kids ~ October 11**



Dayle Hayes, MS, RD
Nutrition for the Future ~ EatWellatSchool@gmail.com
www.nutritionforthefuture.org