

Integrating Nutrition into PE

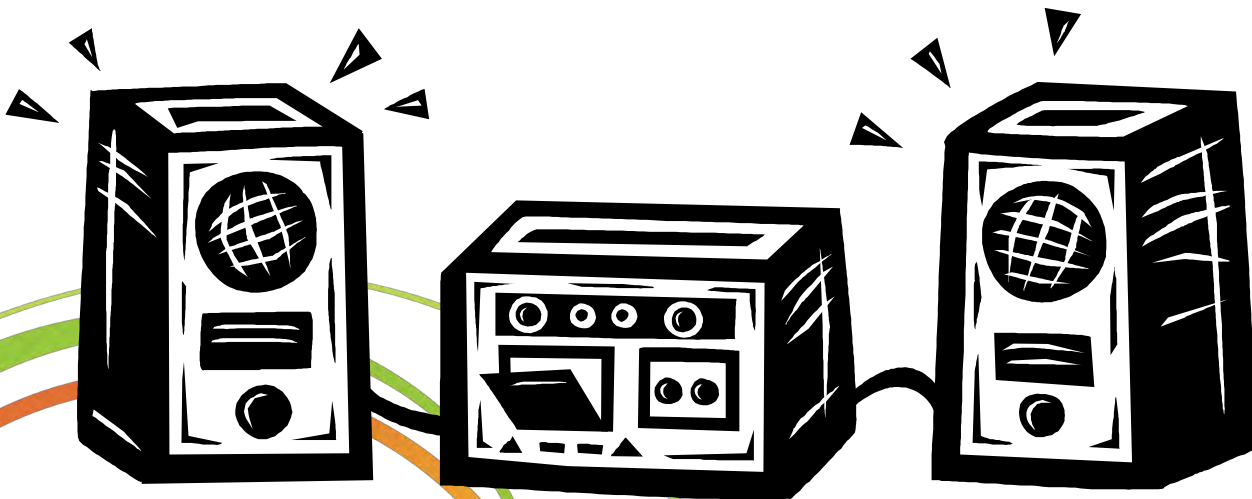


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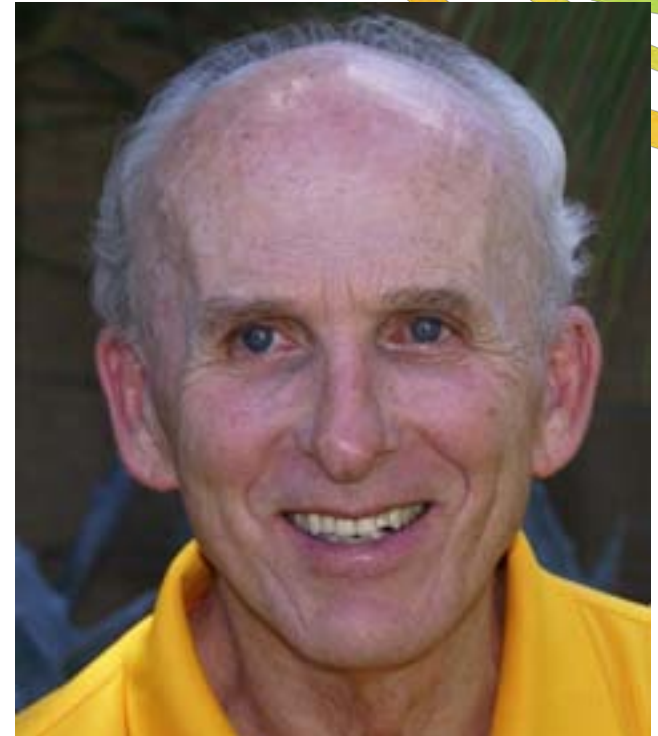
Can You Hear Me?

- Turn up volume on speakers or select “use telephone” on your control panel and follow the call-in instructions listed
- For technical assistance during the webinar please call: **1-800-263-6317**



Meet the Speaker

Chuck Corbin
Arizona State University



Let's Move in School Goal

- To ensure that every school provides a **comprehensive school physical activity program** with quality physical education as the foundation so that youth will develop the knowledge, skills and confidence to be physically active for a lifetime



What is a CSPAP?

- Comprehensive School Physical Activity Program (CSPAP)
- School districts and schools utilize all opportunities for school-based physical activity
- Develop physically educated students who participate in the nationally-recommended 60+ minutes of physical activity each day
- Develop the knowledge, skills, and confidence to be physically active for a lifetime





National Association for Sport and Physical Education of the
American Alliance for Health, Physical Education, Recreation and Dance

Comprehensive School Physical Activity Program

Poll Question

- Are you currently integrating nutrition education into your PE program?
- Yes
 - No
 - N/A



Why Integrate Nutrition into PE?



- Understanding energy balance
- Both priority healthy lifestyles (PAN)
- Body composition understanding
- Current levels of obesity



Energy Balance



Calories In – Calories Out



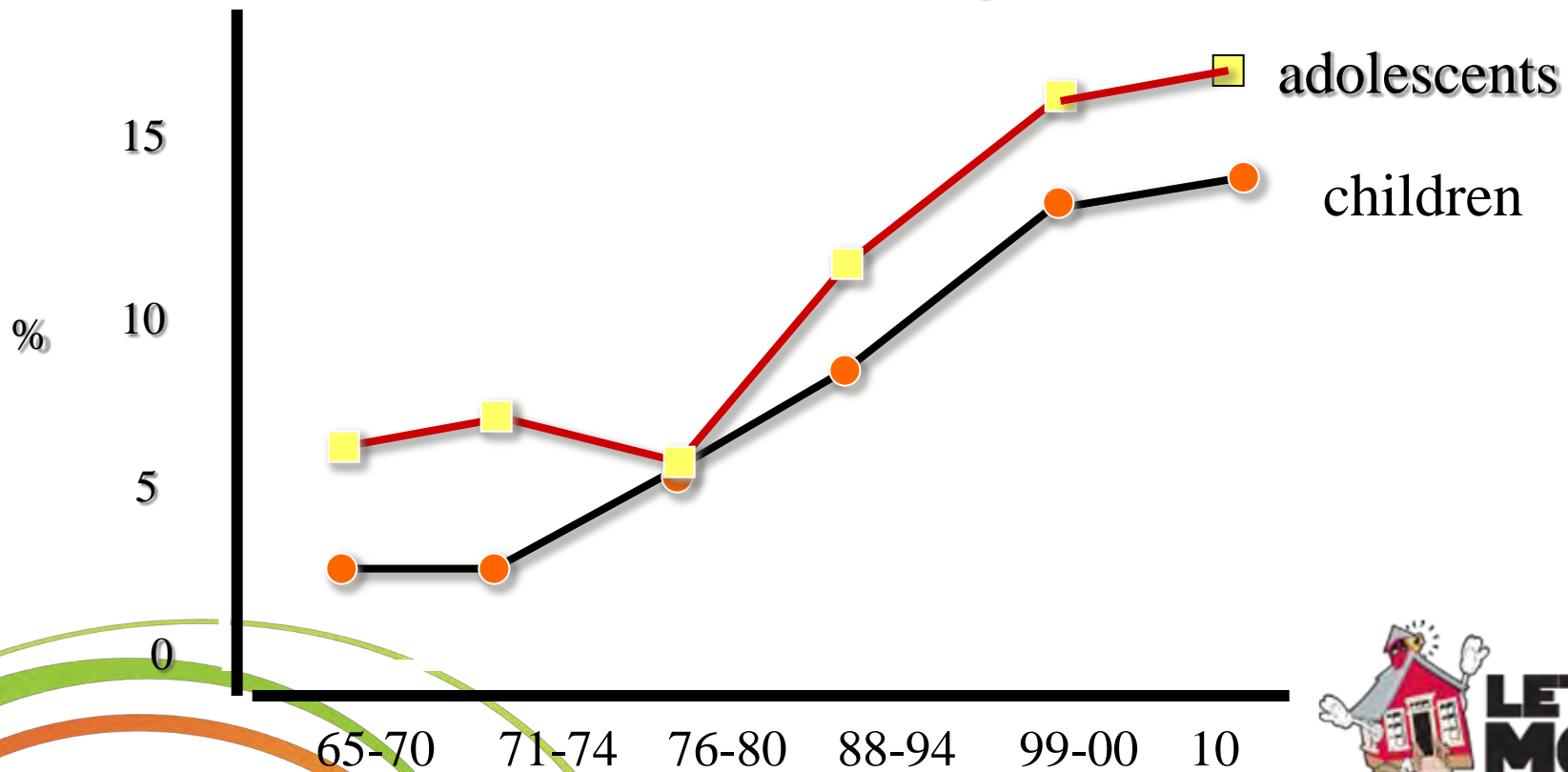
Priority Lifestyles

- Combined = number 2 cause of death
- Second to tobacco use
- More people to help
 - Many people need to improve activity/diet
 - Only a few smoke
- Behaviors can change with effort

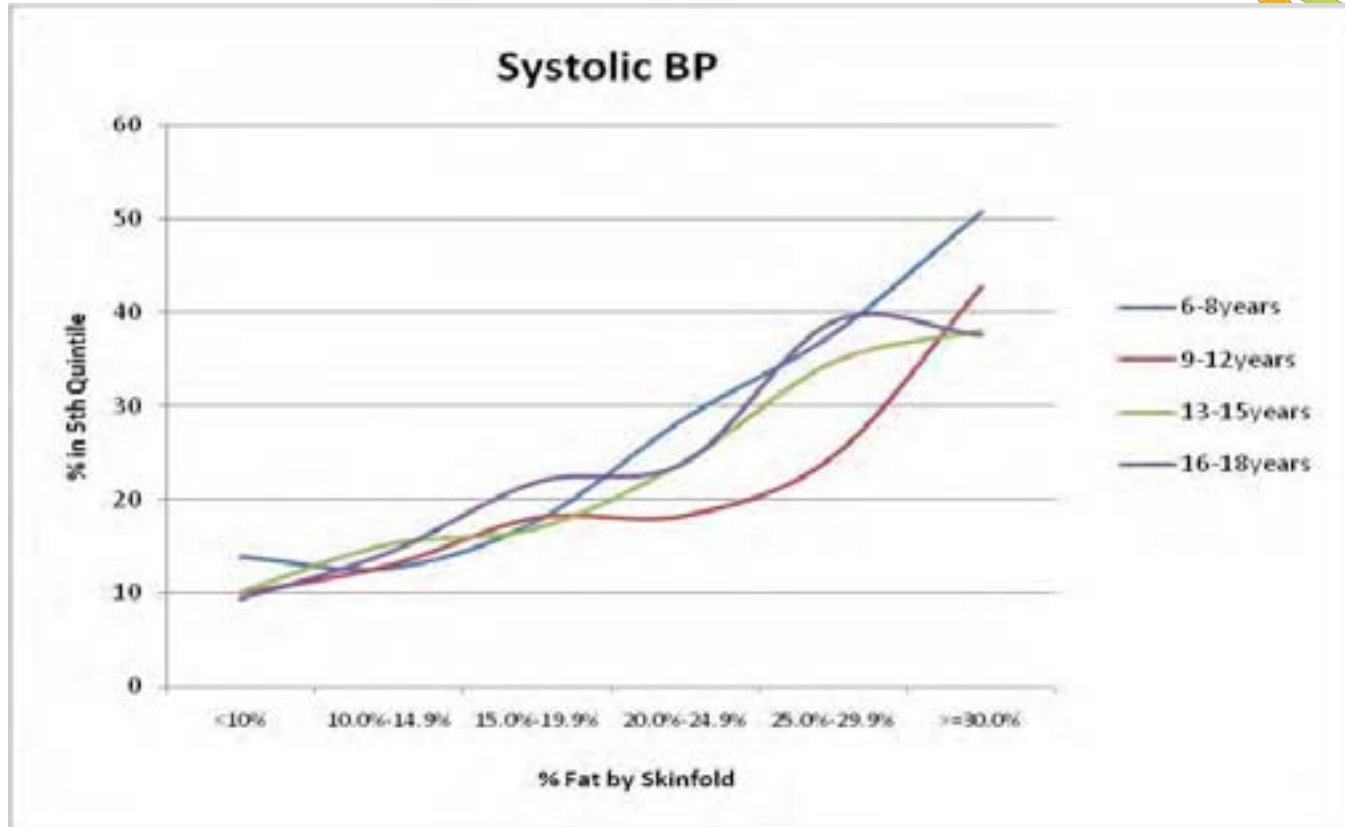


Trends in Overweight Among Children and Adolescents

30% at risk of overweight



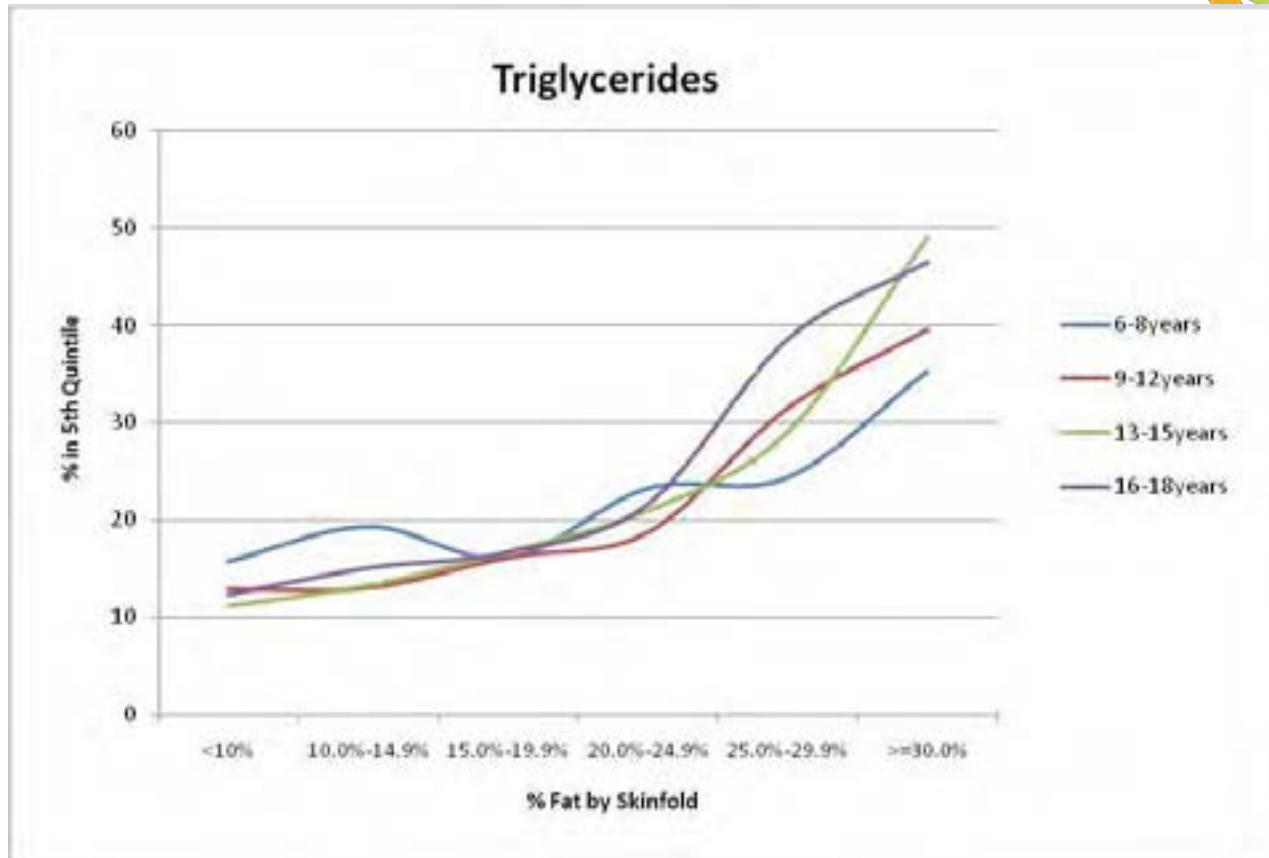
Health and Fatness



Going et al., 2011 Am. J. Preventive Med.



Health and Fatness



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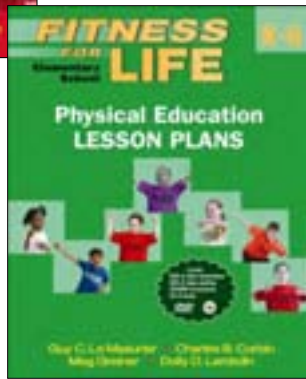
Fitness for Life Examples



- **Elementary School**
- **Middle School**
- **High School**



Elementary School



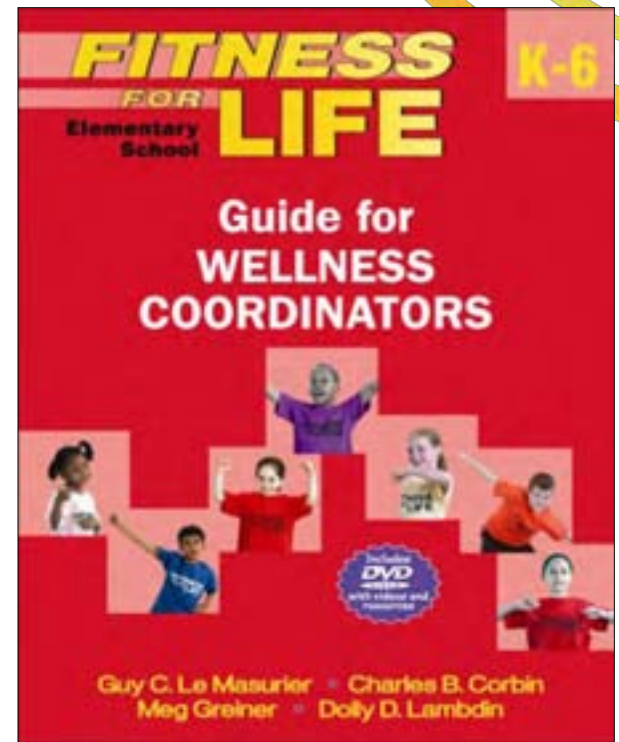
Courtesy: Human Kinetics



www.LetsMoveInSchool.org

FFLES: Ideas for All

- **WELLNESS WEEKS**
- Total School Involvement
- Four Times a Year
- PE, Classroom, Cafeteria
- Eat Well Wednesdays
- Newsletters
- Parent Activities



FFLES: Ideas for All

- Plug and Play Exercise Breaks with Nutrition and Activity Messages
- K-2: Did you know that the food we eat, helps us move our feet?
- 3-5
- Fruits and veggies are all-star snack, ask for them in your lunch pack. Fruits and veggies are made from the sun—nature's energy supply that helps us run.



FFLES: Ideas for All

- Signs, Chants, and Exercise Songs



FFLES: Ideas for All

- Sample Plug and Play (Kindergarten)

EXERCISE ON THE FARM

- Sample Plug and Play (GRADE 1)

CYIM FIT

- Sample Plug and Play (3-6)

TIC TAC TOE

- Nutrition Games-Alphabet

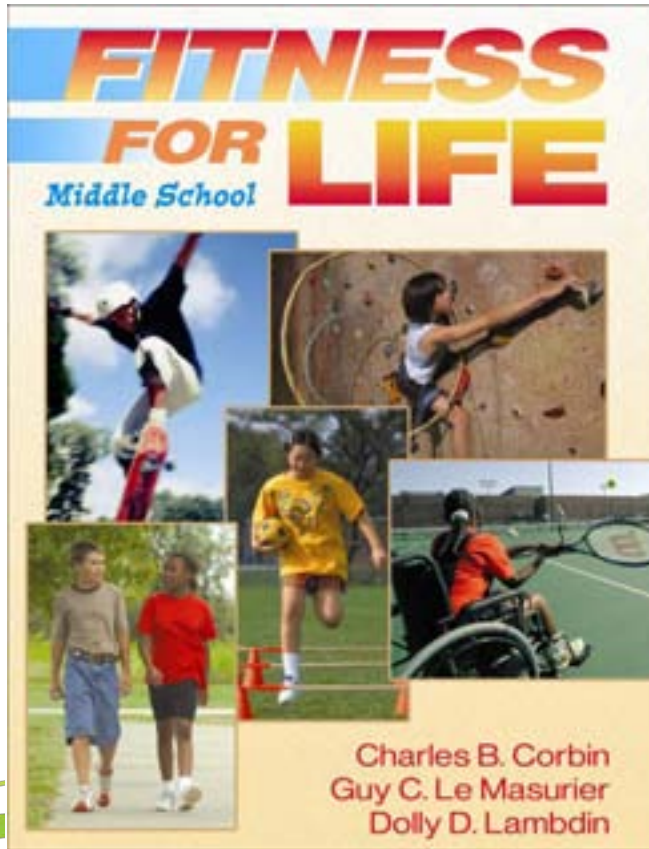


Eat Well Wednesday Activity

- **Wednesday of each Wellness Week**
- Nutrition event in cafeteria
 - Fruit and vegetable bar
 - Healthy breakfast
 - Yogurt bar
 - Fruit, veggie, and bottled water bar
- Emphasis on nutrition in classrooms & PE



Middle School



Body Composition,
Physical Activity
and
Nutrition

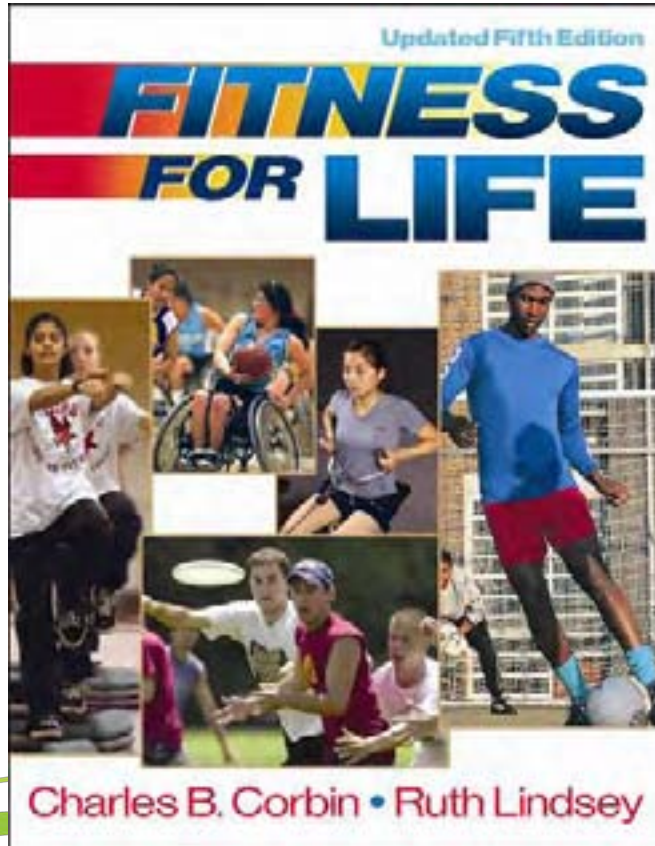


FFLMS: Topics

- Energy Balance
- Food Groups
- Basic Nutrients
- Energy in exercise and food
- Commercials and misinformation



High School



- One Semester
- 18 Chapters
- Body Composition
- Nutrition
- Consumer Choices
- Wellness Perspective



Body Composition

- Body Composition (what is it?)
- What influences it?
- Self-Assessment - choices
- Energy Balance
- Calories in activity
- Gaining losing body fat
- Myths



Nutrition



- Nutrients that provide energy
- Nutrients that do not
- Planning a balanced diet
- Making food choices (FIT formula)
- Food Labels
- Food Myths
- Eating Before Activity



Consumer Choices

- Quackery and Fraud
- Nutrition and Supplement Quackery
- Fitness Quackery
- Evaluating books, article, videos, internet and organizations



Wellness and Planning

- Choosing healthy lifestyles
- Planning to change lifestyles
- Environmental factors

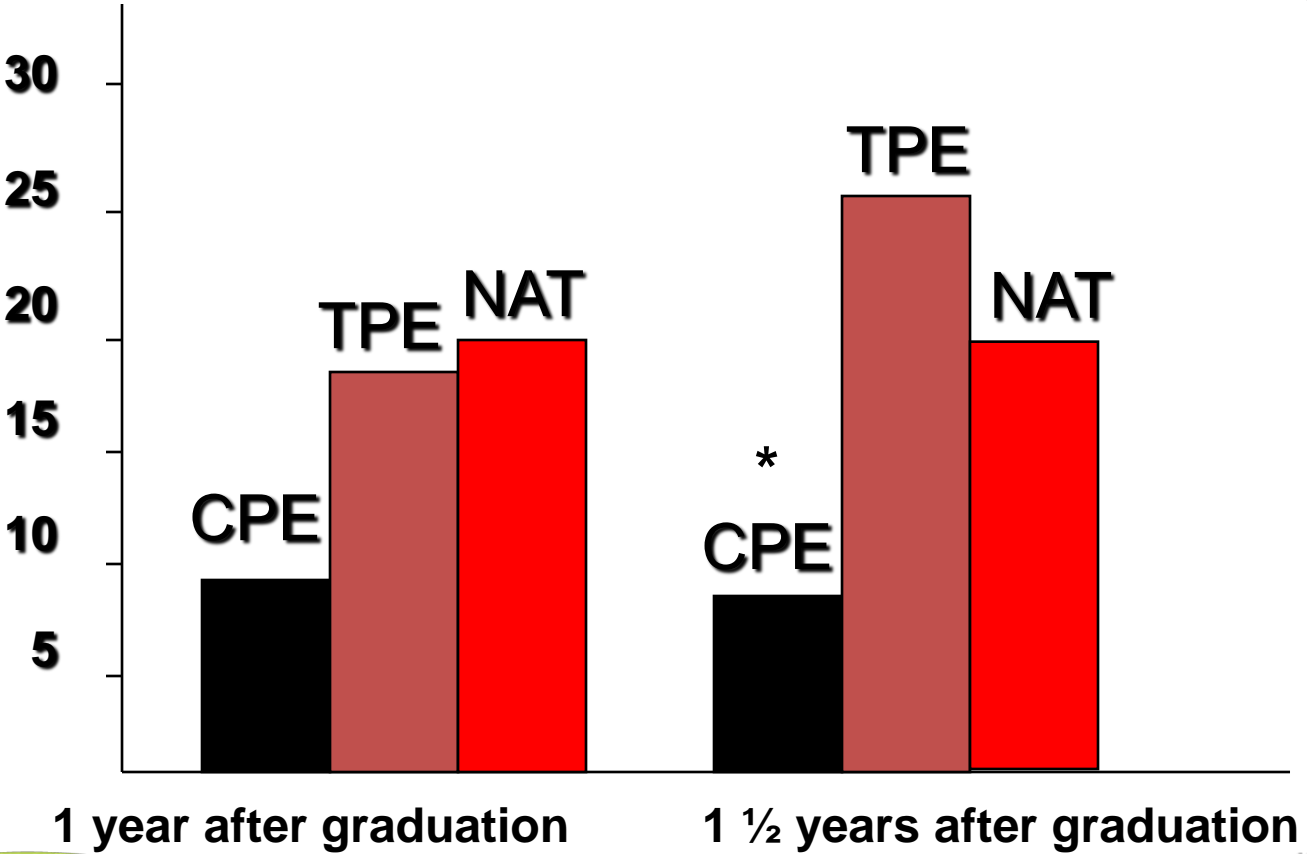


Self-Management Skills

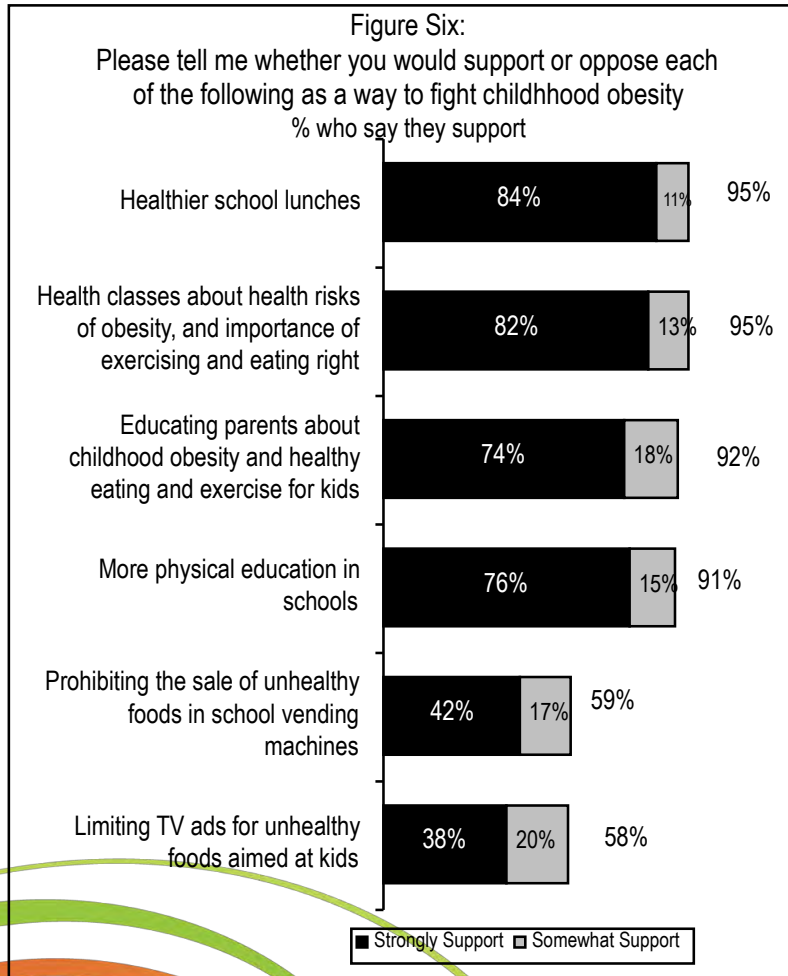
- Self-assessment
- Goal setting
- Self-monitoring
- Social support
- Preventing relapse
- Learning to say “no”
- Self-planning
- Overcoming barriers
- Thinking critically



Evidence: Percent Sedentary



Evidence



Harvard Forums on Health

www.phsi.harvard.edu/health_ref/orm/poll_results.pdf



Importance of Nutrition Education

- NASPE Fitness Education Standards
- Everyone's job is nobody's job
- Started in 1979—before obesity epidemic
- Low teacher burden essential
- Part of academic physical education
- Supports other academics



Resources

- Let's Move in School – www.letsmoveinschool.org
- Fitness For Life – www.fitnessforlife.org
- NCES Health and Nutrition Education Resources
<http://www.ncescatalog.com>
- American Dietetic Association - National Nutrition Month printables
<http://www.eatright.org/NNM/content.aspx?id=5342>
- Choose My Plate Interactive Website
<http://www.choosemyplate.gov>
- Nutrition and Physical Education Resources
<http://www.energybalance101.com>
- USDA Food and Nutrition Services Team Nutrition
<http://www.fns.usda.gov/tn>
- Fuel Up to Play 60 Interactive Physical Education and Nutrition resources <http://www.fueluptoplay60.com>



Poll Question

- Is nutrition education being taught anywhere else in your school? (Check all that apply.)
 - Health education class
 - Food services (lunch, breakfast)
 - Classroom setting
 - N/A



Meet the Speaker

Jennifer Reeves
University of Arizona



Desert View High School

- 2225 students
- 83 % free and reduced lunch
- Grades 9-12
- One year PE requirement part of freshmen experience, electives available 10-12th grade
- Unique features – Freshmen experience integrates Fitness for Life, Choosing Healthy Habits behaviors, Nationally recognized Active Student Advocacy Wellness Team (SWAT) Ambassadors by National Dairy Council Fuel Up to Play 60



Barriers

- Support from...
 - Staff: Active School Healthy Advisory Council
 - Administration: Highly Integrated in all Activities
 - School board: Recognized School SWAT Team and support activities
 - Community: Work closely with University of Arizona, YMCA, UA 4-H, Food Bank, Health Corp
- Barriers overcome over time from adding layers each year through multiple communication channels





Process of Implementation

- General Mills Healthy Active Students Grant - 10 years ago developed SWAT Team Ambassadors
- School Health inventory helped define gaps and strength
- Fuel Up to Play 60 used to engage school staff and students
- Worked with University of Arizona Nutritional Sciences to develop programs, write grants, and provide resources and technical assistance
- SHAC formed, HealthCorp Wellness Coordinator







Fuel Up To Play 60
Food, Fun,
Fitness Fiesta
Salsa Challenge,
Parachute Popcorn,
Climbing Wall.
Minute to Win It



www.LetsMoveInSchool.org

Top 3 Highlights

- School culture supports comprehensive healthy eating and physical activity before, during, and after school
- SWAT Student Ambassadors – Amazing Group of Dedicated Students
- Model the Nine School Health Guidelines to Promote Healthy Eating and Physical Activity

http://www.cdc.gov/healthyouth/npao/pdf/PAN_Guidelines_Executive_Summary.pdf

WOW!



Meet the Speaker

**Ellen Sviland,
MS, RD, CNSD, LD**



About Ellen

- Clinical dietitian in hospital setting and private practice
- Outpatient eating disorders clinic one afternoon per week
 - Focus on overweight and underweight, picky eating, general healthy eating
- General GI clinic weekly



Barriers to Incorporating Nutrition Education

- Time
- Attentiveness of children
- Curriculum
- How do you overcome barriers?



Integrating Nutrition Into PE

- How can I do this?
 - Modeling
 - Games
 - Posters
 - Guest Speakers
 - Interactive websites



Modeling



- Be a healthy role model
 - Everything in moderation!
 - Model lower calorie food choices, beverages, and increased fruit and vegetable intake
- Have students talk to their parents about healthy food choices
- Use the school lunch menu as a tool to determine what choices would be better



Games

- Interactive way to follow school curriculum and teach children about nutrition
- Basketball
 - Play “Food Around The World.” Place laminated pictures of food on 9 different places around a basketball key. In order for the student to move to the next food, they must make the basket from that food.



Games

- Hopping/Jumping
 - Hold a healthy-spelling warm-up activity. Tape the letters of the alphabet on the four gym walls. Ask students to use locomotor skills (e.g., galloping, skipping or jogging) to reach the letters and “spell” the names of healthy foods
- Running
 - Play “Fruit and Vegetable (Freeze) Tag.” In order to be un-frozen, you must name a fruit or vegetable that hasn’t been named to continue playing the game.



Posters

- Posters are an interactive way to teach children about new foods
- Can show posters of fruits, vegetables, herbs and spices
- Can be found online at NCES Health and Nutrition Education - <http://www.ncescatalog.com>

American Dietetic Association - National Nutrition Month -

<http://www.eatright.org/NNM/content.aspx?id=5342>



Guest Speakers

- Registered Dietitian
 - From a local hospital, school system or private dietitian
 - Healthy eating, incorporating more fruits and vegetables into meals, healthy snacking
- Food Service Workers
 - Talk about the school lunch menu, providing healthy meal options
- Local Grocery Store Manager
 - Provide local grocery store tours with a focus on healthier food options



Interactive Websites



- <http://www.choosemyplate.gov>
- Replacement for the Food Guide Pyramid
- Has printable guides for educators to use during instruction
- Provides visual aids for various servings of individual foods



Interactive Websites (con't)



- <http://www.energybalance101.com>
- Provides lesson plans for teachers for K-5 grade
- Focus on nutrition and physical education and “Energy In, Energy Out” concept



Interactive websites (con't)

- <http://www.fueluptoplay60.com/>
- Requires a username and login but allows you to create a “team” within your school
- Players are drafted and healthier changes/goals are made for the school as a whole
- Goals can be tracked online and compared with other schools throughout the country



Top 3 Nutrition Tips

- Don't try to change everything at once! Start with small, easy changes first! Switch from sugar sweetened beverages to water or sugar-free beverages.
- Get kids to try new fruits and vegetables with a roll of the dice! Whatever number they roll with both die is the number of fruits and vegetables they must try (NEW fruits and vegetables) over the next 1-2 months.
- Demonstration works best! Show kids how many calories they consume with sugar-sweetened beverages with sugar packets.



Meet the Speaker

Nancy Sandbach
Vice President of
Fuel Up to Play 60
Implementation,
National Dairy
Council



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Poll Question

- Are you currently enrolled in Fuel Up to Play 60?
 - Yes
 - No
 - Thinking about enrolling



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Join the Movement



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Why Fuel Up to Play 60?

- NFL & National Dairy Council
- For kids, with kids
- Complements other wellness programs



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Why Fuel Up to Play 60?

- **Funding up to \$4000**
 - Next deadline: 6/1



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www.FuelUpToPlay60.com

Join Today!

Home > Join

Haven't joined Fuel Up to Play 60 yet? This is the place!

Who can join?

- Any adult who wants to help activate Fuel Up to Play 60 in a school can join!
- School district staff can join without linking to a specific school. You'll see what's happening in your area on a special District Dashboard
- Community members can join, too! Link yourself to a school if you want to help, or just sign up for the eNewsletter.

What happens when I join?

- You'll identify one (or more) schools you want to help activate Fuel Up to Play 60!
- Other enrolled adults in that school will be able to see that you've joined (and you'll see them, in your Dashboard).
- You'll begin receiving the monthly eNewsletter
- The rest is up to you! Contact your school's Program Advisor to see how you can help - or [become a Program Advisor yourself!](#)

Join Today!

Join Fuel Up to Play 60 and make wellness part of the game plan in your school!

enter your email

GO

When you join, you'll get an online Dashboard, where you can:

- [Sign up as a Program Advisor](#) for your school and earn rewards for working with students to implement the "Six Steps to Fuel Up to Play 60"
- Track your school's progress through the [Actions](#)
- [Apply for funding](#) and see your school's funding status.
- Get critical updates in your Message Center
- Sign up for the monthly eNewsletter to learn about the latest incentives and program news.

Supplemental Resources

Check out these resources to learn more about why nutrient-rich foods and physical activity are so important for students—and you!

Why and How to Play 60

Health experts recommend that young people get at least 60 minutes of physical activity a day. Here's why and how to meet this goal!

[View](#) | [Download PDF](#)

What Foods Can Do For You

Learn why your body loves nutrient-rich foods, and get information on how much of them you should choose each day.

[View](#) | [Download PDF](#)



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Thank You!



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Question & Answer Session



Let's Move in School Contact Info



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1-800-213-7193

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on the **2nd Wednesday of each month.**
Register at www.letsmoveinschool.org!

