

Rockland County Department of Health

Carrie Steindorff, MA

School Health Coordinator

# **Childhood Obesity**

Psychosogial

Eating disorders Poor self-esteem Body image disorder Social isolation and stigmatisation Depression

## Pulmonary

Exercise intolerance Obstructive sleep aprocea Asthma

#### Gastrointestinal

Gastro-sesophageal reflux Non-alcoholic fatty liver disorder

#### Rena

Glameruloselerosis

### Musculoskeletal

Ankle sprains Flat feat Tibia vara Slipped capital femoral epiphysis Forcerm fracture



Pseudotumour cerebri (kilopathic intracranial hypertension)

#### Cardiovascular

Hypertension
Dyslipidaemia
Coagulopathy
Chronic inflammation
Endothelial dysfunction

#### Endocrine

Insulin resistance
Impaired fasting glucose
or glucose intelerance
Type 2 diabetes
Precocious puberty
Menstrual irregularities
Polycystic ovary
syndrome (females)

 Childhood obesity is one of the most serious health epidemics facing America today.

Schools can be powerful places to initiate behavioral and environmental changes for students and staff.

# Move More









# Eat More Fruit, Veggies Eat More Whole Grains! Rethink Your Drink!



At White is . Zages Generally in turbused Promounts, analogs are getting jurgitation with population and





## Win Win

**Public Health** 

Physical Activity + Healthy Nutrition = Obesity

Education

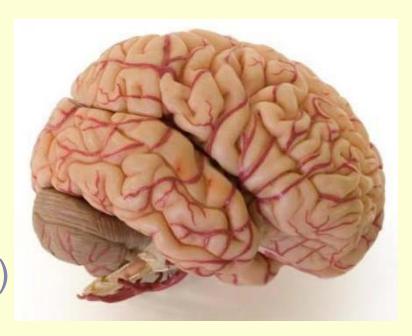
Physical Activity + Healthy Nutrition = Learning

# Physical Activity **Improves Learning**

Blood flow (nourishes brain cells)



Neuro-chemical production (improves alertness, concentration, self control)

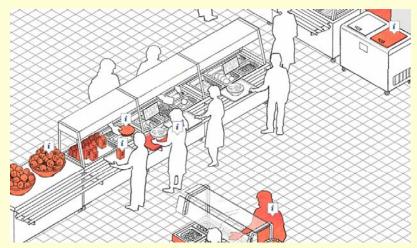




Brain volume

# Eating Breakfast and Lunch Improves Learning





**Smarter Lunchroom** 

Students focus on their school work, not their hunger.

# Creating Healthy Schools and Communities Grant

\$250,000/year for the next 5 years to improve access to physical activity and better nutrition in:

- •East Ramapo Central School District
  - Towns of Ramapo and Clarkstown

Through

Policy

- Practices
- Environmental changes

# October 1, 2015 – September 30, 2020

## **Expected School Outcomes**

- Updated Wellness Policy
- 2. Comprehensive School Physical Activity (in classrooms, recess, physical education)
- "Smarter Lunchrooms"
- 4. Eliminate Food and Beverage Marketing
- 5. Achieve the "bronze level" or higher in the Healthy School Program

# Timeline

Task	By Whom	Year 1	Year 2	Year 3	Year 4	Year 5
Form wellness teams	<ul><li>Teachers</li><li>Nurse</li><li>Parent</li><li>Food svc</li><li>Admin.</li></ul>	Elem. schools	MS/HS	Elem/ MS/HS	Elem/ MS/HS	Elem/ MS/HS
Assess- ments and action plan	Wellness teams with student involvement	Elem. schools	MS/HS		Elem. schools	MS/HS
Train teachers	HIth Dpt.	Elem.	MS/HS	Elem/ MS/HS	Elem/ MS/HS	Elem/ MS/HS

Task	By Whom	Year 1	Year 2	Year 3	Year 4	Year 5
Eval. PE	Consult- ant and District Admin	Elem/ MS/HS				
Buy PE equipmt/curric.	Consultant and District Admin	Elem.	MS/HS	Elem/ MS/HS	Elem/ MS/HS	Elem/ MS/HS
Smarter Lunchrm	HIth dept	Elem/MS /HS	Elem/ MS/HS	Elem/ MS/HS	Elem/ MS/HS	Elem/ MS/HS
Revise Wellness Policy	District Wellness Comm.	Board Approval			District Wellness Comm.	

Task	By Whom	Year 1	Year 2	Year 3	Year 4	Year 5
Safe Routes to School	HIth dept			Pilot elem. school	Pilot elem. school	Pilot elem. school
Employee Wellness	HIth dept	Central Office	Schools as ready	Schools as ready	Schools as ready	Schools as ready
Eliminate Marketing	School teams		Elem schools	Elem/ MS/HS	Elem/ MS/HS	Elem/ MS/HS
Wellness Webpage	District Office	District Office	District Office	District Office	District Office	District Office

# **Community Partners**

- Rockland County School Health and Wellness Coalition
- Rockland Council on Alcoholism and Other Drug Dependence
- 3. Family Resource Centers, East Ramapo
- 4. Whitsons' Food Service
- 5. Spring Valley Collaborative
- 6. Cornell Cooperative Extension, Eat Smart NY

# **Community Partners**

- 7. Cornell University Behavioral Economics in Child Nutrition (B.E.N.) Center
- 8. Action for Healthy Kids, New York State
- 9. Alliance for a Healthier Generation
- 10. Let's Move Active Schools
- 11. Fizika Group
- 12. Harrisburg University

# Community Project

- Implementation of "Complete Streets" with focus near schools in the Towns of Ramapo and Clarkstown
- Employee Wellness programming in local establishments and organizations
- Corner store increase availability of fruit/vegetables/whole grain foods, and low/no-sugar beverages with focus near schools

# Contact

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