Welcome to the “Choose It! Use It!” WebEx training for Extension Educators. The Diabetes Education State Team/Childhood Obesity Sub-committee is extremely proud to offer this training to educators in Ohio. This program is a result of hours of work and commitment to get this message out across the state. We hope you will be as excited as the committee has been in planning and implementing this program.

“Choose It! Use It!” is a program for kids to become healthier… by choosing more fruits and vegetables, and using their bodies to exercise!
WebEx Objectives

Educators will:
• Understand causes of childhood obesity
• Get overview of “Choose It! Use It!”
• Understand responsibilities/expectation of the program
• Have tools necessary to implement “Choose It! Use It!”

Read goals and objectives of program.
Objectives for “Choose It! Use It!”

Students will:

• Learn proper portion sizes using *The Plate Method for Kids*
• Learn to *choose* healthy foods
• Be aware of importance of regular physical activity
• Become healthier by *choosing* fruits & vegetables & *use* their bodies to exercise more

Read goals and objectives of program.
Let’s start with some background information regarding childhood obesity.

Childhood obesity has more than tripled in the past 30 years. The prevalence of obesity among children aged 6 to 11 years \textit{nationwide} increased from 6.5\% in 1980 to 19.6\% in 2008.

In 2008, only one state (Colorado) had a prevalence of obesity less than 20\%.

Thirty-two states had a prevalence equal to or greater than 25\%; six of these states (Alabama, Mississippi, Oklahoma, South Carolina, Tennessee, and West Virginia) had a prevalence of obesity equal to or greater than 30\%.

The map shows the United States obesity prevalence in 2008.

The \textbf{2008 obesity rate in Ohio was 28.9 \%}. 
How Can We Make a Change?

http://www.cdc.gov/obesity/childhood/index

**Educator notes:** Portion sizes - bring in samples of plates and cups to demonstrate how our eating utensils and meal plates have increased. Larger plates equals larger portions.

When it comes to maintaining a healthy weight for a lifetime – **calories count!** Weight management is all about balance—balancing the number of calories we **choose** to consume and the number of calories our body **uses** or "burns off" through physical activity every day.

**One in three** children are either overweight or obese. What an amazing statistic! Not one to be proud of when we have so many resources at our fingertips.
What is causing these increased obesity rates?

Obesity rates are increasing among children as well as adults due to a number of factors.

**Genetic factors** - Studies indicate certain genetic characteristics may increase an individual's susceptibility to excess body weight.

It is impossible to specify one behavior as the "cause" of obesity. However, certain behaviors can be identified as potentially contributing to an energy imbalance and, consequently, to obesity. We have all heard about heredity factors related to certain diseases. Overweight and heredity are no different. If one parent is overweight or obese the child has a higher risk to become overweight themselves. If both parents are overweight or obese – you get the picture. Let’s move on to behavioral factors.

**Behavioral factors** – Excessive energy intake (calories). Some examples of behavioral factors are: lack of regular physical activity, sedentary lifestyle.

**Environmental factors** – Within homes, child care, schools and communities. Think about the last social event you attended. Was the event centered around food?

The obesity rates are on the rise for just about everyone especially the high-risk populations such as African Americans and Hispanics.
What are the effects of obesity in children?

- Immediate & long-term health impacts
  - Increase risk of cardiovascular disease
  - Asthma & breathing issues
  - Bone & joint problems
  - Sleep apnea
  - Social & psychological problems
  - Increased risk associated with adult health problems

Childhood obesity has both immediate and long-term health impacts:
Obese youth are more likely to have risk factors for cardiovascular disease, such as high cholesterol or high blood pressure. In a population-based sample of 5- to 17-year-olds, 70% of obese youth had at least one risk factor for cardiovascular disease.

Children and adolescents who are obese are at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem.

Obese youth are more likely than youth of normal weight to become overweight or obese adults, and therefore more at risk for associated adult health problems, including heart disease, type 2 diabetes, stroke, several types of cancer, and osteoarthritis.
To address this topic, the Diabetes Education State Team Childhood Obesity Sub-Committee has developed “Choose It! Use It!”.

“Choose It! Use It!” is a ‘grab-n-go’ program (including 2 lessons, activities and all supporting materials) for Educators to offer this program in your community.
What the program looks like!

A program for kids to become healthier… by choosing more fruits and vegetables, and using their bodies to exercise!

Here is our flyer for “Choose It! Use It!”.

The goal of this program is for kids to become healthier… by choosing more fruits and vegetables, and using their bodies to exercise!

It sound pretty simple so far – right? Well our team has tried to give you all the tools necessary to implement this program.
Here’s how “Choose It! Use It!” works?

- Educator teaches *Choose It!* lesson #1 (any class 3rd through 5th grade) in September 2010
- Classroom teacher implements/distributes 3 simple assignments
- Educator teaches *Use It!* lesson #2 in October 2010
- Educator inputs evaluation data by November 30, 2010

Educator teaches *Choose It!* lesson #1 to one classroom (any class 3rd through 5th grade) in September 2010. Classroom teacher implements/distributes 3 simple assignments over next 3 weeks.

Educator teaches *Use It!* lesson #2 in October 2010 to same class.

Educator inputs evaluation data by November 30, 2010.

*To summarize the program:* The Educator teaches 2 lessons, one in September, one in October 2010. Educator collects evaluations (one for each lesson) and inputs data by November 30, 2010.

Sounds pretty simple so far right?
The “Choose It! Use It!” program targets any classroom grades 3rd – 5th.
The kit includes 2 interactive lessons, each lesson is about 40 minutes. No PowerPoint for classroom.

The educator will receive incentives for 50 students. You may teach the lesson to more than one classroom but you will have to provide your own incentives over 50.

The Grab-n-Go lesson includes a branding strip to identify the program.
A flyer for advertising the program.
2 lesson plans for Educator to follow complete with activities and suggestions for supplemental materials.
2 evaluations – 1 for the Choose It! lesson and 1 for the Use It! lesson.
3 short motivational videos for use in the classroom with messages from a star athlete, a coach and several OSU Buckeye Football playrs.
An exercise video for teachers to use in the classroom.
More about “Choose It! Use It!”

What’s in the “Choose It! Use It!” kit for Educators?

• Portion Plate For Kids
• Plate Method brochures
• Choose It! lesson plan & Use It! lesson plan
• 1 printed set of activity sheets & handouts
• 50 incentives
• Eat This! Not That! for Kids
• A colorful reusable tote bag

All counties interested in participating will receive one kit which includes:

Portion Plate For Kids - for discussion & to describe the plate method.
Plate Method brochures for students.
Choose It! lesson plan & Use It! lesson plan.
1 printed set of all activities and handouts
50 incentives – one for each student participating.
Eat This! Not That! for Kids book by David Zinczenko.
And last but not least - A colorful, fruity reusable tote bag to carry the lesson.
More about “Choose It! Use It!”

What’s in “Choose It! Use It!”

• Evaluations for students
• Evaluation for teacher to complete
• Evaluation for Educator to complete
• Input evaluation data by November 30
• An outline for completing a classroom wellness plan

More about “Choose It! Use It!”

Educators also receive the evaluation tools for students, teachers and Educators to complete after each lesson.

Special incentives will be provided for classrooms who complete a one page wellness plan for their classroom. Examples of a simple wellness plan

– Class will choose more fruits and vegetables and use their bodies to exercise more. A short explanation of how they will implement the plan and they are done!

Each class that completes a wellness plan will receive an additional special gift for the classroom
The plate method included in this lesson helps kids figure out what portion sizes look like.

Studies show portion control and visuals can affect food intake and be an effective strategy for weight maintenance.

Here is the kid’s plate method. In your kit will be a Portion Plate for Kids. Talk about how their plates differ from an adult plate.

The plate method is an easy way to learn healthy portion sizes. Just divide the plate into 3 parts. ½ of the plate or the largest part is for Fruits and Vegetables. ¼ of the plate for protein or meat. ¼ of the plate for starch or pasta, rice or potato.

Remember to use a smaller plate or serve smaller portions if you do not have different size plates.

7 inch plate for children.

9 inch plate for adults

The plate method is a **fun and simple way to build healthy eating habits to last a lifetime!**
Here is another way for Educators to help students to visualize portion size. Use your hand!

Describe each picture so students can visualize for themselves. Compare the teachers hand to a students hand.

- **Palm of the hand** – Serving size of lean meat
- **A fist** – Serving of rice, cooked pasta or cereal
- **A thumb** – Serving of cheese
- **Thumb tip** – Serving of peanut butter
Another tool included in your kit is the *Eat This! Not That!* book which will help students understand the difference between healthy and not quite so healthy foods. Help them understand there are not ‘good’ or ‘bad’ foods but there are some healthier choices for them to make.

*Eat This! Not That!* is a list of healthy foods to choose verses higher fat and calorie foods.

The *Eat This!* Foods are listed in green because we want to eat *more* of these foods.

The *Not That!* Foods are listed in red because we want to limit the amount of these foods we consume.
Increase Physical Activity

Recommended amount of activity for kids

30-60 minutes of moderate activity at least 5 days per week

– Biking
– Sports
– Mowing
– Using stairs
– Skateboarding

Educators should encourage teachers and students to increase their physical activity and to move more. Eating proper portion sizes is only half of the overweight/obesity solution. We all need to use our bodies to exercise more. The above example are some ways you can suggest for students to move more.

In addition to reducing the amount of high calorie foods and increasing healthy food choices, we can increase physical activity to burn more calories each day. This is another way to keep healthy. Find an activity you enjoy and begin to increase your activity level.

Even if you do not want to loose weight by exercising or do not need to loose weight, exercise is still an important part of staying healthy.

Try to reinforce this message to the students when possible.

The exercise video provided in each kit will be another way to get the class to move more. Many teachers use videos sometime during the day to get students up out of their seats and get the blood pumping. Let us know if the students and teachers enjoy the video.
The Childhood Obesity Team has linked up with The Ohio State University Athletic Department to provide a few motivational messages.

Let’s get a sampling of their messages for the boys and girls in the state of Ohio participating in the “Choose It! Use It!” program.
“We are not born winners or losers, we are born choosers!”

Shawn Harper

Note to Educators and teacher. Remember to reinforce the theme of “Choose It! Use It!” as a program for kids to become healthier... we can help students to choose more fruits and vegetables, and use their bodies to exercise more.

We can support and motivate one another to become healthier one small step at a time. It took a long time to get in the shape we are in. We cannot expect to change our behaviors overnight but with encouragement and perseverance we can make a change to become healthier and happier.
Educators willing to commit to using the “Choose It! Use It!” program please contact
Licking County OSU Extension: lick@ag.osu.edu

Educators who are willing to commit and present the “Choose It! Use It!” program please contact the Licking County OSU Extension Office by emailing lick@ag.osu.edu.

If you are assigned to more than one county – 2 counties = 2 kits. The kits are available on a first come first served basis. The supply of kits is limited to the first 50.
Special Thanks

• Jill Nolan & Kirk Bloir
• The Diabetes Education State Team
  Childhood Obesity Sub-committee

The Diabetes Education State Team Childhood Obesity Sub-committee wish to extend a special thanks to Jill Nolan, Assistant Director, Ohio State University Extension Family and Consumer Sciences for her leadership and support on this project.

A big thanks also to Kirk for his guidance along the way.
Questions?
Thank You!

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Questions?

• Thanks so much for your attention and participation.

• Questions?