

3190.0: Monday, November 17, 2003 - Board 7

Abstract #70670

Helping schools foster healthy K.I.D.S

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Recent studies continue to provide evidence of the swelling tide of the obesity epidemic and resulting co-morbidities in US children, with underserved and minority pediatric populations at high risk. Schools are increasingly called upon to help address this problem, a task for which additional resources are needed.

The Healthy K.I.D.S.(Knowledge Improving Diet and Strength) project was undertaken to provide schools with simple and culturally appropriate tools to help children make exercise and nutrition changes. The project provides English and Spanish versions of quarterly illustrated newsletters written at fifth grade or lower reading level, targeting children aged 10-12 years. Newsletters provide relevant messages about nutrition in the form of fun, age appropriate activities including exercise and games, and practical tips on small steps to take towards better eating and fitness. Information about a different food group anchors each newsletter. Newsletters can be used for classroom nutrition education, or for individual education by a school nurse or other health professional.

A unique feature of this project is its development team, a multi-disciplinary group of clinicians, affiliated with the National Children's Health Project Network who directly provide comprehensive health care to medically underserved children. Working with nurse practitioners, nutritionists and nurses, a cultural anthropologist and an exercise physiologist ensures content that is culturally appropriate and relevant to resource-poor schools and busy health care facilities.

This presentation will address content development to provide simple, This presentation will address content development to provide simple, relevant, and culturally appropriate health and nutrition messages.

Food and Nutrition Posters II: Maternal and Child Health

The 131st Annual Meeting (November 15-19, 2003) of APHA