



— HEALTHY WASHOE —

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.



Learning Objectives

1. Become current on local, state, and national obesity prevalence trends and societal impact.
2. Become familiar with the 5210 Healthy Washoe framework.
3. Learn how 5210 Healthy Washoe supports the School Student Wellness Policy.



Issues at Hand

Obesity

- Obesity is the #1 chronic health problem worldwide.
- Preventative efforts are too few and fragmented.

Opportunities

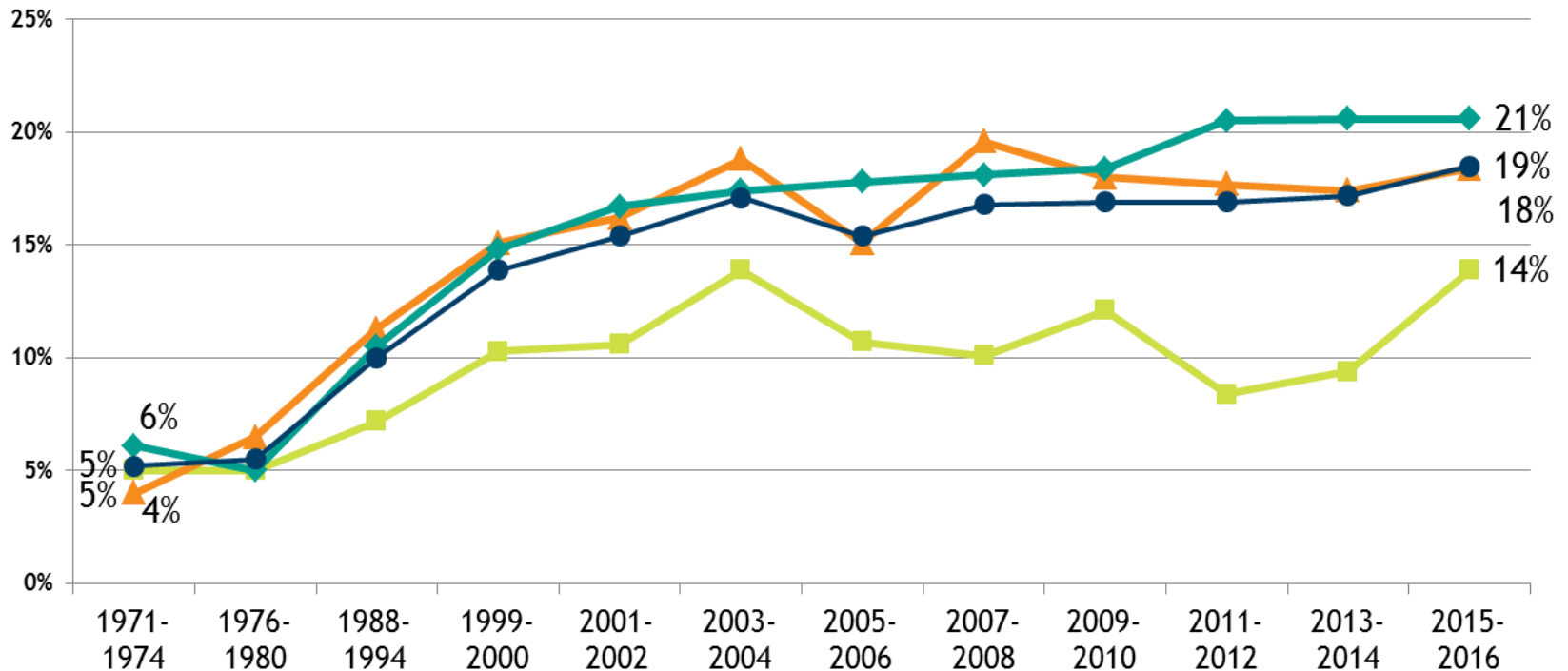
- Work can together towards a healthier community
- Healthy Washoe can make life easier for organizations to promote wellness



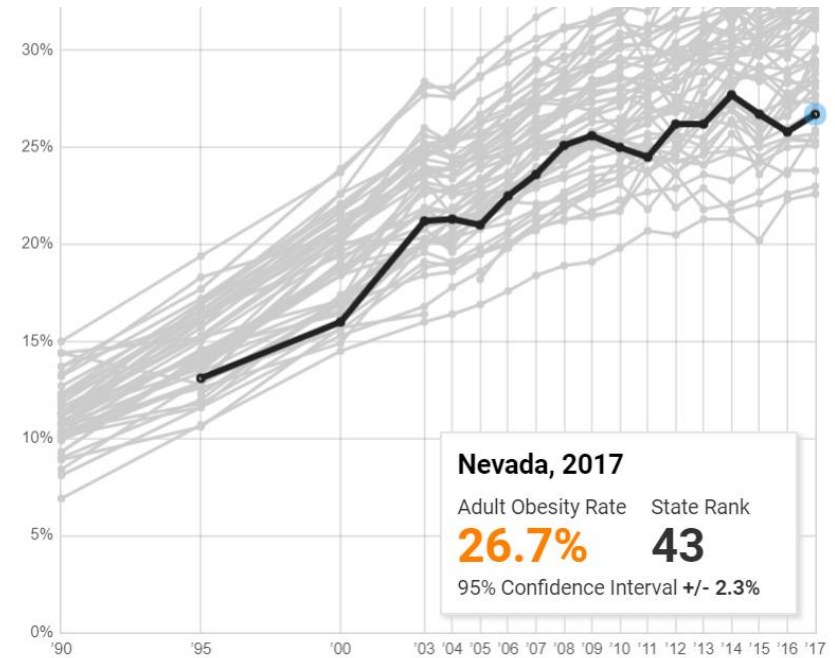
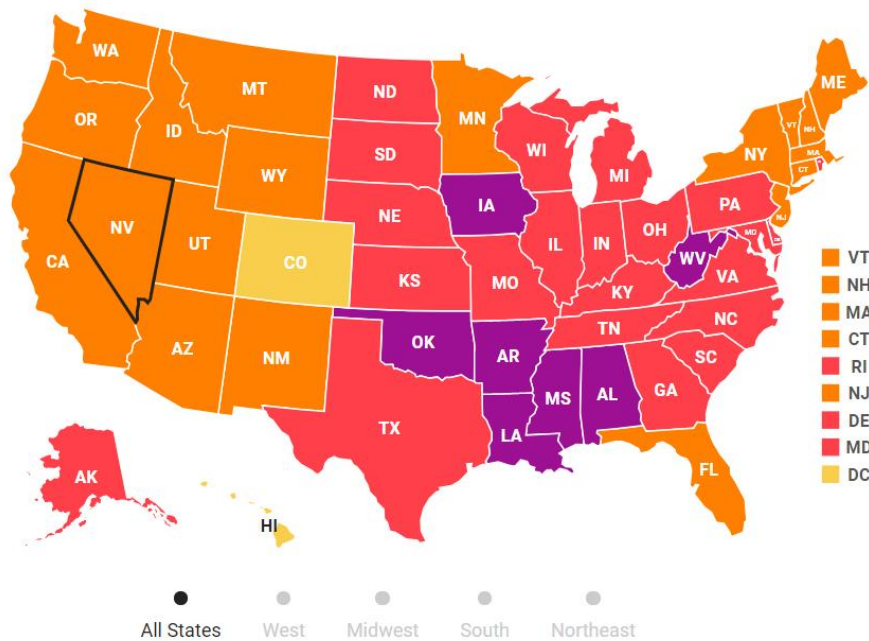
Prevalence of Obesity in the U.S. for Children and Adolescents Aged 2-19

National Health and Nutrition Examination Survey (NHANES)

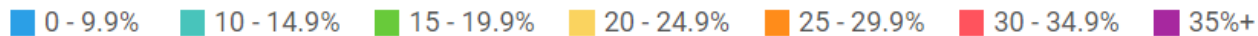
■ Age 2-5
 ▲ Age 6-11
 ◆ Age 12-19
 ● Age 2-19



Obesity in Nevada



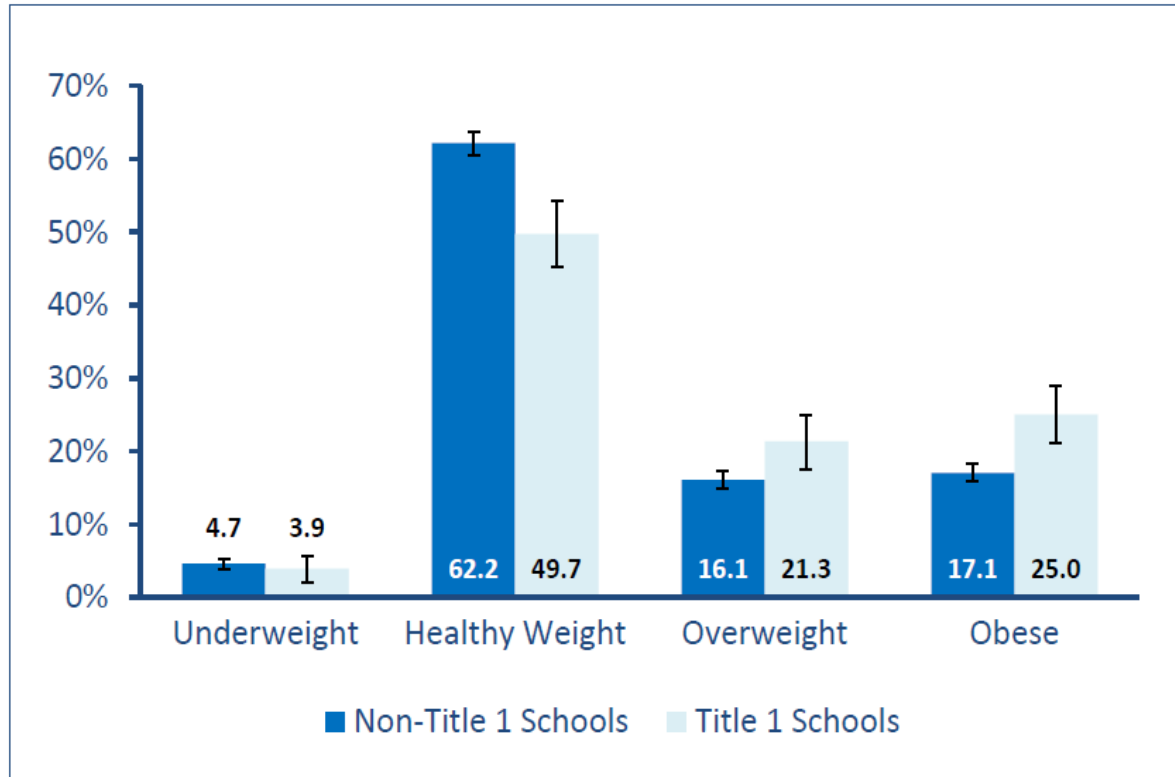
Percent of obese adults (Body Mass Index of 30+)



Data Source: Behavioral Risk Factor Surveillance System 2013-2016

Obesity in Washoe County

Weight Categories of 4th, 7th, and 10th Grade Students in WCSD by Title 1 status, 2015-2016



Data source for page: Washoe County Youth Risk Behavioral Surveillance System (YRBSS) 2015-16

NV High School YRBS trends (Washoe) 2015 to 2017



BMI \geq 95% - 9.9% to 11.8%



Eat fruit or drink 100% fruit juice \geq 3 times daily for prior 7 days – 19.6% to 17.7%



Vegetables \geq 3 times daily – 19.6% to 17.7%



\geq 3 hours daily screen time – 46.7%



Physical activity at least 60 min. daily – 27.0% to 23.3%



No soda for 7 days prior – 31.2 to 30.8%

NV Middle
School
YRBS
trends
(Washoe)
2015 to
2017



No BMI data



Physical activity at
least 60 min. daily -
36.2% to 30.1%



≥ 3 hours daily
screen time –
47.8%

NV
Kindergarten
Health
Survey
(Washoe):
2016 - 2018



BMI \geq 95% - 16.4% to 18.8%



\leq 2 hours daily of TV – 84.1% to 78.4%



\leq 2 hours daily of video games – 95.2%
to 91.0%



7 days a week of \geq 60 min. physical
activity – 47.5% to 49.5% (2017 – 2018)



No non-diet soda – 63.9% to 65.4%



No juice – 11.1% to 13.2%

Why does this matter?

- Weight status by **age 6 years** is highly associated with adulthood weight status – **57%** of children today will be obese at age 35 years (Ward ZJ, et al. NEJM 2017)
- Obese children have lower academic performance and higher absenteeism.
- Obese adults spend **41%** more on health care costs than general population (**\$190 billion** annually), 21% more than smokers, and 14% more than heavy drinkers.
- Obese adults have lower productivity - **\$66 billion** annually.



What are we doing about it?



We're using the 5210 Let's Go! Framework

- Nationally-recognized, comprehensive state-wide obesity prevention program

Let's Go Maine has made an impact on Obesity:

- Healthy behaviors are increasing.
- Obesity rates are trending down for younger children and leveling off for older.
- Children's program was a success → expanded program for adults in 2017.



— HEALTHY WASHOE —

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

COMMUNITY
HEALTH
ALLIANCE



WASHOE COUNTY
HEALTH DISTRICT
ENHANCING QUALITY OF LIFE

www.chanevada.org/services/other-services/5210healthywashoe

- “Ready-to-use” materials (Toolkits).
- Simple, consistent messaging.
- Evidenced-based-supported by AAP.
- Time-tested framework for community collaboration - replicable.
- Co-branding allowed.
- Training is available.
- Materials are in English & Spanish – free PDFs!

WASHOE COUNTY
HEALTH DISTRICT
ENHANCING QUALITY OF LIFE



Public Health
Prevent. Promote. Protect.

CHA Healthy Living Program

(est. 2016)

- Preventative and Therapeutic goals
- Implementation of 5210 *Let's Go!* program: BMI, 5210 posters, Healthy Habits Questionnaires
- Healthy Weight Clinic (BMI \geq 85%).
 - 7 class curriculum and individual appointments over 6 months – primary focus is on habits.
 - Exercise, nutrition, behavior health.
 - Team approach with physician, dietitian, LCSW, Wellness coordinator, and promotora.
 - Link patients with community resources – fruits, vegetables, bicycles, physical activity.

Cross-sector collaboration



a **multi-setting** approach

Social ecological framework for behavior change: consistent messaging in all places children and families “live, learn, work, and play” to help drive policy and environmental changes to improve opportunity for healthy eating and active living (HEAL).

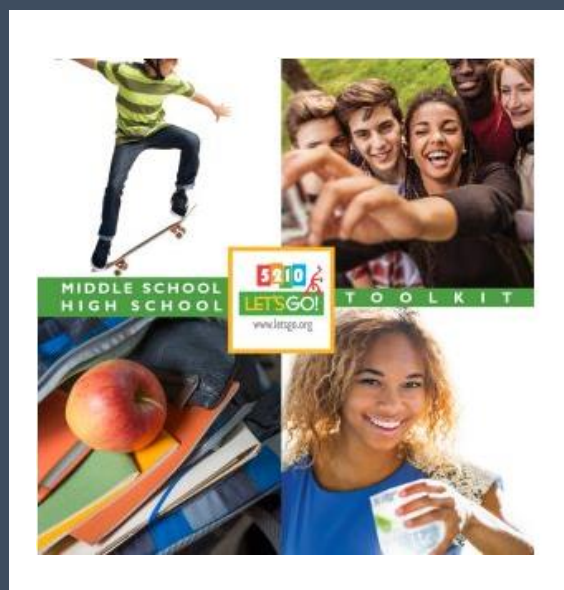
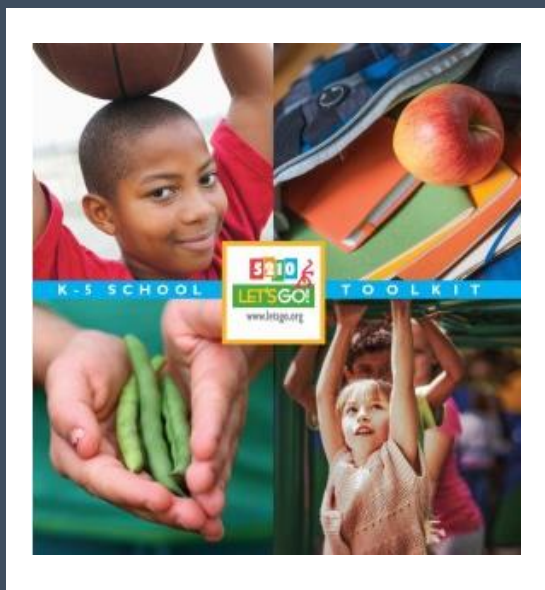
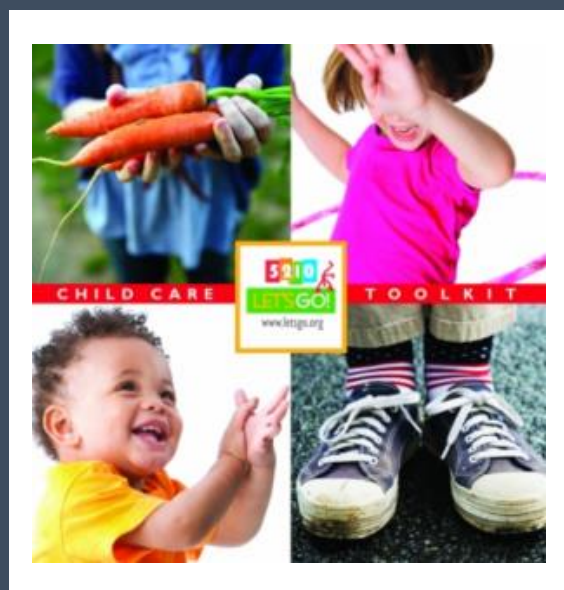
Cross-sector collaboration for CHIP: Physical Activity & Nutrition



What can schools do?



- Schools have an integral role in a child's life
- We recognize the increasing demands on teachers time
 - With this in mind we utilize strategies that do not create “busy work”
 - Healthier students demonstrate higher academic achievement and less behavioral disruptions
 - Many activities can be added to existing lessons and supplement what is already being taught
 - You are the experts in this arena and we are here to help!



10

Let's Go!

STRATEGIES FOR SUCCESS



www.letsgo.org

The 10 Strategies for Success are evidence-based and align with national recommendations to increase healthy eating and active living. Refer to your toolkit for ideas on how to implement each strategy. Let's Go! recommends creating and implementing strong policies around these strategies.

- 1 Limit unhealthy choices for snacks and celebrations; provide healthy choices.
- 2 Limit or eliminate sugary drinks; provide water.
- 3 Prohibit the use of food as a reward.
- 4 Provide opportunities to get physical activity every day.
- 5 Limit recreational screen time.
- 6 Participate in local, state, and national initiatives that support healthy eating and active living.
- 7 Engage community partners to help support healthy eating and active living.
- 8 Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.
- 9 Implement a staff wellness program that includes healthy eating and active living.
- 10 Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.



5210 Strategies

Strategy 1: Limit unhealthy choices for snacks and celebrations; provide healthy choices.

Strategy 2: Limit or eliminate sugary drinks; provide water.

Strategy 3: Prohibit the use of food as a reward.

Strategy 4: Provide opportunities to get physical activity every day.

Strategy 8: Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.

Strategy 9: Implement a staff wellness program that includes healthy eating and active living.

Strategy 10: Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.

School Wellness Policy

Each school district must establish a policy that outlines which special occasions or holidays and the frequency that foods that exceeding the established nutrition parameters may be allowed.

Allowable beverages for all grade levels: Water, Milk, Juice

School districts are strongly encouraged to utilize other forms of incentives or rewards that are not food-based.

Schools must provide the opportunity for moderate to vigorous physical activity for at least 30 minutes during each regular school day.

Encourage consistent and positive health messages between the home and school by disseminating health information and the provisions of this policy to parents/guardians

Staff are encouraged to serve as positive wellness role models.

All foods and beverages available for sale or given away to students on the school campus during the school day must meet the minimum nutrition standards.

5 *Increase Healthy Eating and Active Living Through Let's Go!* STEP PATH TO SUCCESS



New Sites:
Sign up with your local partner.
Returning Sites:
You will hear from your local partner. Program year begins July 1st. If applicable, (re-)assemble your team.

Assess your environment and practices and plan for the year by completing the Let's Go! Action Plan or by having a conversation with your local partner.

Implement the strategies you have chosen. Engage in one or more types of assistance as needed.

Complete the Let's Go! Survey each spring based on the policies and practices your site has in place.

Share your successes with other staff, children, parents, and the community.



www.letsgo.org



Engage

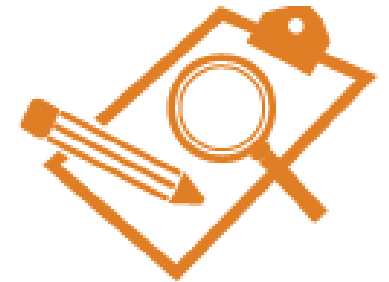
- Identify a school champion
 - School Wellness Coordinator
- Gather a 5210 team
 - Can be teachers, administrators, parents, staff, and students
- Inform others
 - Ensure parents, administrators and all staff are aware of, and if possible included in your work



School champions are leading the way to a healthier generation of kids!

Assess Environment & Plan

- Assess school environment
 - Determine what your school is already doing to support the wellness policy
- Determine where you want to focus efforts
 - Choose 1-3 priority goals
- Plan out steps needed to achieve goal
 - Be detailed



Implement Action Plan

- Put your efforts into action!
- Utilize toolkit
 - Each strategy has a section with a list of specific and ready to use ideas for how to implement this strategy



Assess

- Assess your effort!
- Meet with team
 - Discuss progress
 - Evaluate and measure goals
 - Re-strategize
 - Celebrate!!

Rewards

* 12. Does staff at your school prohibit the use of food as a reward?

- No
- Yes, some staff (less than 50%)
- Yes, most staff (50% or more)
- Yes, school-wide (100%)
- Yes, school-wide before this year and we continued this year
- Don't know



1. Limit unhealthy choices for snacks and celebrations; provide healthy choices.

- Proving healthy snacks can improve behavior, attention span, focus and more. Snacks are a big part of kids diet.
- Some strategies include:
 - Ask families to limit unhealthy choices for celebrations using pre-made handouts
 - Organize a monthly snack program
 - Set a policy that limits unhealthy choices for snacks and celebrations



School: _____

Teacher: _____

Month: _____

monthly healthy snacks

Monday	Tuesday	Wednesday	Thursday	Friday
Apples Charlie B.				

SNACK IDEAS: carrot sticks, broccoli trees, cucumber slices, pepper slices, sugar snap peas, popcorn, whole grain crackers, whole grain cereal, trail mix, clementines, apples, bananas, unsweetened applesauce, kiwifruit, melon, yogurt, cheese sticks.

- Please send spoons or paper goods, if needed, with your snack.
- Individual servings in baggies are appreciated, if appropriate.



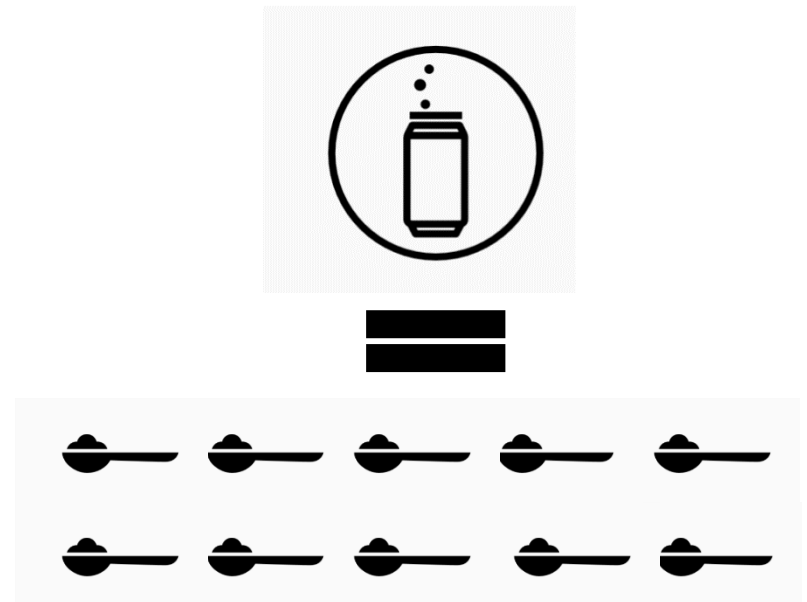
www.letsgo.org

Organize a Monthly Snack Program



2. Limit or eliminate sugary drinks; provide water.

- Sugary drinks provide many calories very quickly.
- Strategies include:
 - Promote drinking water at school by allowing water bottles.
 - Make your own sugar bottle display.





Sugary drink display

3. Prohibit the use of food as a reward.

- Using food as a reward is common practice and puts kids at risk. It sends a mixed message and leads to poor eating habits.
- Strategies include:
 - Use physical activity as a reward
 - Use alternatives to food reward handouts to gather ideas

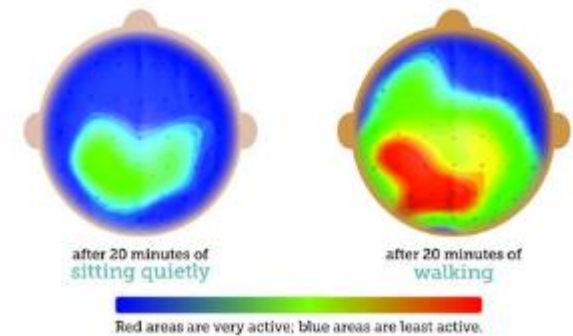


4. Provide opportunities to get physical activity every day.

- Regular physical activity reduces feelings of anxiety, stress and depression and increases self-esteem.
- Strategies include:
 - Use quick brain boosts between classroom activities
 - Use activity booklet for ideas for games or quick movement opportunities

physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



5. Limit recreational screen time.

- Screen time includes time spent watching TV, playing video games, using a computer, and using mobile devices such as smartphones and tablets.
- Strategies include:
 - Supporting families in limiting recreational screen time by sending home handouts
 - Do a screen time challenge

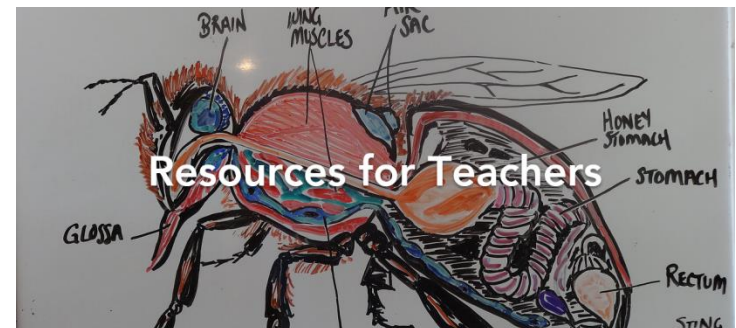
6. Participate in local, state, and national initiatives that support healthy eating and active living.

- Collaboration with other initiatives can help support your efforts and promote culture change throughout the community.
- Great initiatives include:
 - Fuel Up To Play60
 - Safe Routes to School
 - Bike to school day, walk to school
 - National Screen Free Week
 - Wolf Pack Challenge



7. Engage community partners to help support healthy eating and active living.

- Community engagement can help you find new resources and allies.
- Great community partners include:
 - Urban Roots
 - The Food Bank of Northern Nevada
 - Cooperative Extension
 - Girls on the Run
 - ReThink Your Drink
 - Mindful Health Initiative
 - Kiwanis project



8. Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.

- Partnerships with families can help give kids consistent messages about healthy behavior.
- Strategies include:
 - Involving a PTO member in team
 - Sending home communications regarding HEAL activities
 - Create 5210 section of newsletter or include HEAL information in parent communications
 - Host family wellness events



GET ACTIVE + PLAY!

DITCH YOUR PHONE for 1 HOUR A DAY

Focus on fun and try a few of these physical activities with your family.

- Biking
- Hula-Hooping
- Walking
- Jumping Rope
- Running
- Soccer
- Tag
- Hopping
- Yoga
- Frisbee
- Hiking
- Scavenger Hunt
- Dancing
- Tennis
- Jogging
- Whiffle Ball
- Skipping
- Basketball
- Tug-O-War
- Skating

WHO: You and your family
WHAT: 1 hour of physical activity
WHEN: Every day after school or work
WHERE: Outside—or inside if it's too dark out
HOW: Ditch the social media, pick an activity, and GO! GO! GO!

Tips for getting started:

- Create a healthy environment for your family by doing physical activity together.
- Leave electronic devices in a designated area and have the whole family do fun activities together.
- Pick a variety of activities to work on strength, endurance, and flexibility (e.g. play tug-o-war on Monday, play tag on Tuesday, and do yoga poses on Wednesday).
- Track your activity and encourage each other along the way to having a stronger, healthier family.



Content adapted from contributions by Gretchen Cullenberg. Learn more at www.grechhealth.org

9. Implement a staff wellness program that includes healthy eating and active living.

- Staff are great role models for kids!
- Strategies include
 - Following Healthy Food and Beverage Guidelines for Meetings and Occasions
 - Walking meetings

What you do makes a difference!

Research shows that kids learn by watching those around them. They learn about eating habits, attitudes toward food, how they should feel about their bodies, and how to be physically active (or inactive).

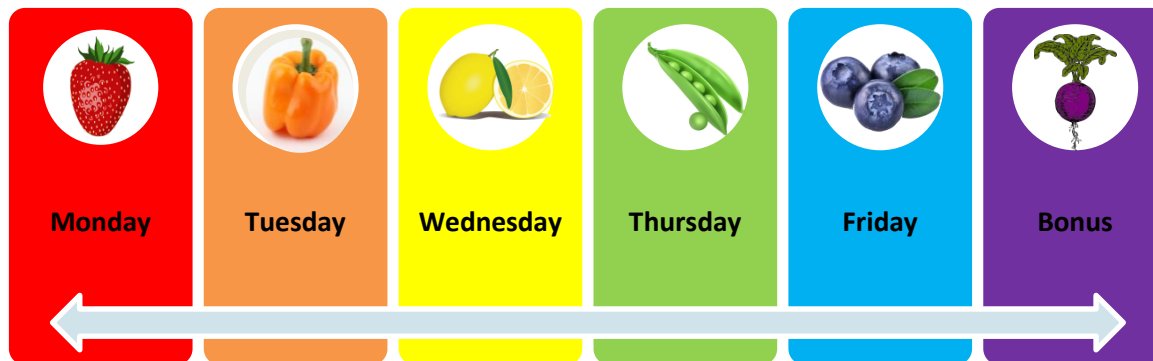
As an important adult in a child's life, there are things you can do to help them learn healthy habits. Even small changes will make a big difference to the kids around you!

Be a healthy role model:

- Eat healthy foods.
- Participate in classroom motor breaks and games with the students.
- Use your free time to get physical activity.
- Drink water.
- Put any beverage that isn't water in an unmarked opaque container.

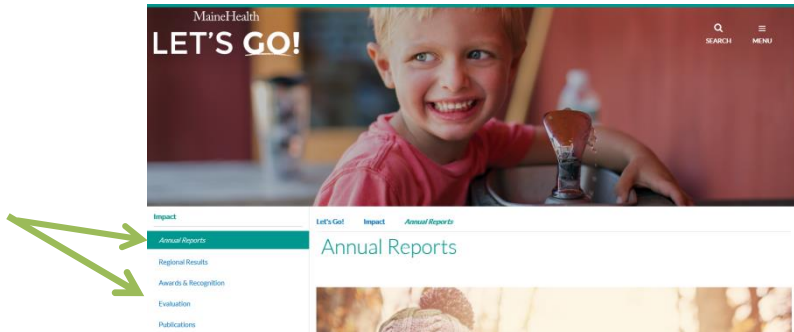
10. Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.

- Food and nutrition programs are essential partners. Collaboration can help incorporate nutrition education into curriculum.
 - Strategies include:
 - Conducting taste tests
 - Host nutrition activities
 - March through the alphabet
 - Eat your way through the rainbow

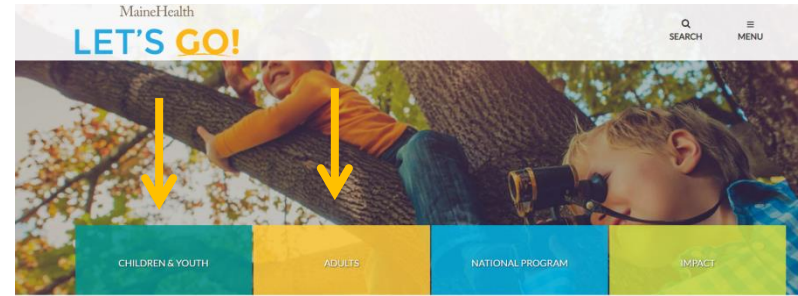


Resources

1. LET'S GO! Annual Reports:
<https://mainehealth.org/lets-go/impact/annual-reports>



2. LET'S GO! Toolkits and more information:
<https://mainehealth.org/lets-go>



3. Let's Move Holyoke: <http://realfoodfilms.org/video/5210-health-program/>

“I run laps and drink more water and I am not eating too much cheppies (chips). I’ve been eating more fruits and vegetables.”

- Biririana, 10

“The 5210 help me so much! Although screen time is hard it is always good to reduce it and help our brain to better develop. Before I would not do any physical activity nor eat healthy fruits and vegetables. At receiving the 5210, it gave me the perfect insight to what I needed to become more healthy. Following the 5210 had a great and helpful change to me. I appreciate the help of this outline my doctor gave me.”

- Adriana, 17

“When you are bored you can do exercise to get your anger out. I also learned to eat healthy and grow up healthy.”

- Yahir, 9

Contact Information

- Steve Shane, MD, MS
 - sshane@chanevada.org
 - 775-530-9243
- Sierra Kelly, MPH
 - SierraK@chanevada.org
 - 775-336-3079
- Rayona LaVoie
 - rlavoie@washoecounty.us

