

New MISD website LOGO

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*Making you aware
because we care.*

Educating, Eating Right and Exercising

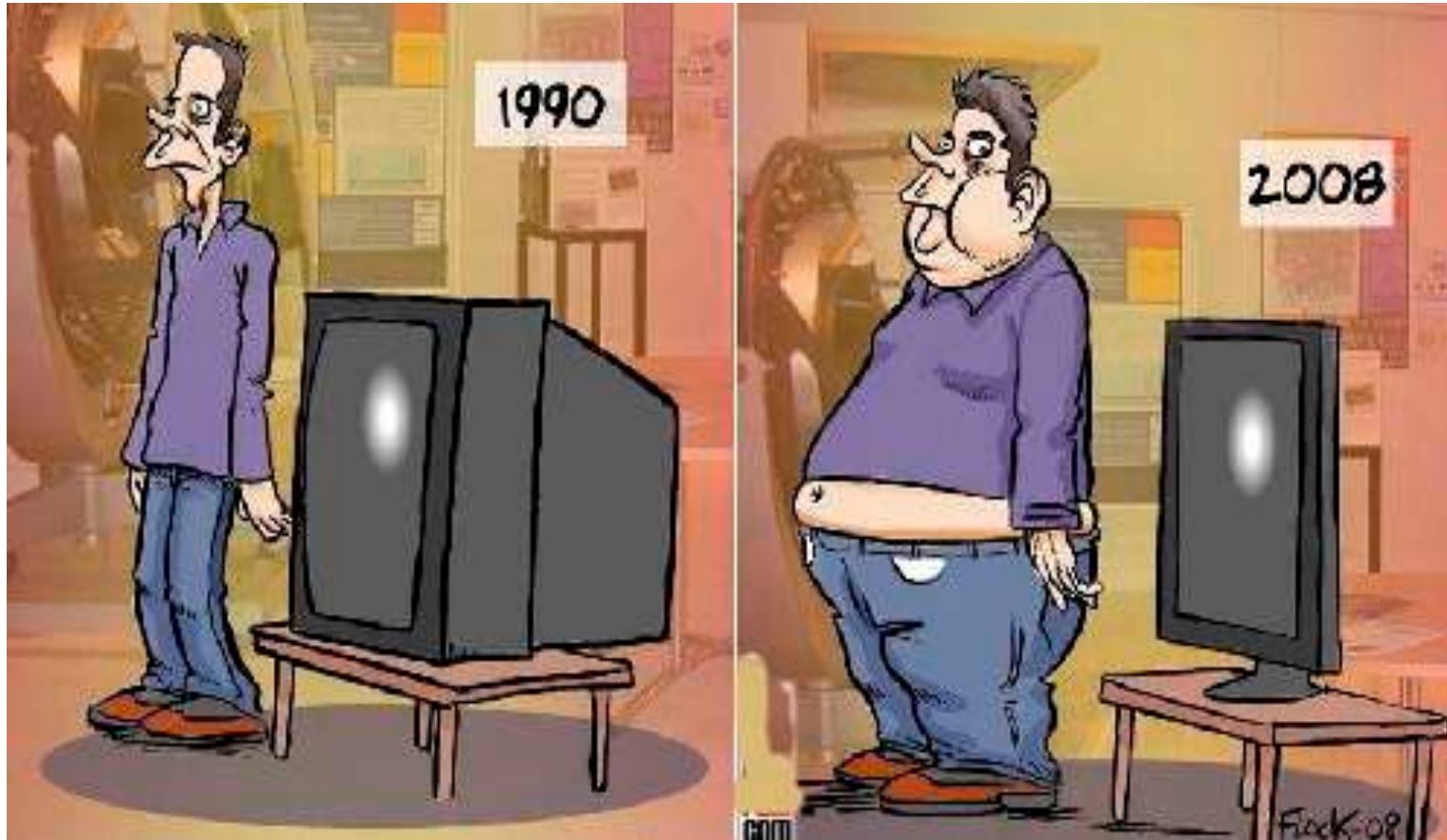
Mission Statement:

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- Provide a Health program with emphasis on the importance of proper nutrition and exercise.
- Focus on Improved Nutrition and increase knowledge on effects of physical activity.
- To provide students and parents with knowledge and skills that will enable them to adopt and maintain healthy attitudes and behaviors throughout their lives.

USA is # 1 in Obesity

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Left unabated, obesity will surpass smoking as the leading cause of preventable death in America

FACTS:

Obesity is 20-30% above normal Body Weight

Morbid obesity is 50% > Normal Body Weight

300,000 Deaths each year due to obesity

Annual cost to society 100 Billion

And the MISD Health/Wellness Department Declared that:

This is Our Decade!

Unique Opportunity

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- City of McKinney
- Cooper Institute/United Way (Healthy Zone Schools)
- The district's Coordinated Health Program is expanding to include the entire school community.
- Implementing Nutrigram in Elementary Schools

Why:

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- This is the very **FIRST generation** who is projected to have a **shorter life expectancy** than their parents.
- By 2015, some experts predict that **75% of adults will be overweight** with 41% of these being obese.
- The life expectancy of those who develop diabetes is projected to be 13 years less than the national average.

And....

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- **1 in 3 children** born in 2000 are **likely to develop diabetes** in their lifetime-- Hispanic boys have the highest lifetime risk of diabetes at **52.5 percent**.
- **Portion sizes have doubled**-when McDonald's first opened, the adult meal –burger, fries, & a shake- is now the same size as the kid's meal.
- A dinner plate size has grown from 10 inches to 12.
- **1 in 4 Americans eat fast food at least once a day** and 1 out of 5 meals are now eaten in a car.

This is our children's world.....

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In 1972, we spent 3 billion a year on fast food-today we spend more than 110 billion

The number of cans of soda the average male teenager drinks each year -

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800

1957
FAST-FOOD
HAMBURGER
1 oz.
210 calories



Today
FAST-FOOD
HAMBURGER
6 oz.
618 calories

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And then there is this!

Did You Know?

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- You have to run the length of a football field to burn the calories of ONE M&M!
- Nine out of ten parents think their children are fit, when only 1 out of 3 actually are.
- Most nutritionist recommend not eating fast food more than once a month
- The World Health Organization has declared obesity a global epidemic

Healthy Food Choices

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- Water
- 1 oz per 1 pound of body weight



Nutritional Label

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Sample Label for Macaroni and Cheese

Start Here

**Limit these
Nutrients**

**Get Enough
of these
Nutrients**

Footnote

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250		Calories from Fat 110	
		% Daily Value*	
Total Fat	12g		18%
Saturated Fat	3g		15%
Trans Fat	1.5g		
Cholesterol	30mg		10%
Sodium	470mg		20%
Total Carbohydrate	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	5g		
Vitamin A			4%
Vitamin C			2%
Calcium			20%
Iron			4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Quick Guide
to % DV**

5% or less

is low

20% or more

is high

- Serving as champions at each campus and who are responsible for :
 - Chairing a campus wellness team (SHAC) to
 - Evaluate his/her campus using the CDC school health index
 - Monitoring health/PE instruction
 - Facilitating a campus wellness event –
 - Fun Runs
 - Wellness Fairs
 - District wide newsletter

□

And honestly, this might be what sold them...

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- Multiple studies have shown that physical activity favorably affects cognitive functioning – in children and adults! Are we doing the best we can for our children if they sit all day?
- Aerobic exercise-just twice a week – halves your risk of general dementia.
- According to studies, adults can gain as many as 2 hours of **life expectancy** for every hour of regular, **vigorous exercise.**

Why did the superintendant come to us? Maybe the message about:

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- Aerobic Exercise is considered a “miracle-gro” for the brain-because it increases level of neurotransmitters , improves attention, focus, mood and emotion.
- Good Nutrition is the foundation of a vital body that is able to work to its full capacity for children, adults and administrators.
- Women who walk briskly at least three hours a week reduce their risk of heart attack and stroke by more than half!
- One study found that men who increasing physical activity after age 50 can add years to ones life.
- Regular exercisers report improvements in all areas of quality of life: agility, energy, mental health, emotion well-being – and functioning in social situations.
- People with Arthritis can ease Joint pain simply by doing moderate exercise.

Celebrations the McKinney Way

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- Birthdays- No longer celebrated with any food items.
- Three designated parties a year- only one pre-packaged food of low nutritional value with nutritional label.
- Keeping the emphasis on the importance of proper nutrition

The first year recommendations:

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- Walking – by students, parents, and staff - before school, during lunch, and after school
- Resources for “brain breaks” and indoor recess activities on shared drive and in libraries.
- A principal who champions wellness
- District/campus Wellness rallies
- Active Fundraisers, walk-a-thon. 5k
- Healthy snacks
- 60min/60sec
- Walking School Bus

Other recommendations by Principals

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- Fruit with Fathers
- Melons with Mom
- Moving with Mom
- Fitness with Fathers
- Banana's with Brothers
- Dancing with Dads
- Parfait with Parents

So, how about practicing what we preach –let’s do a “brain break” -



LET'S GET
JAMMIN'!



Jammin' Minutes have taken off: <http://www.healthetips.com/jamlibrary.php>

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The screenshot shows a Windows Internet Explorer browser window displaying the Health-E-tips JAM Library website. The browser's address bar shows the URL <http://www.healthetips.com/jamlibrary.php>. The website features a navigation menu with links for Home, Company, Corporate Program, JAM School Program, Jam School Foundation, and Testimonials. A sidebar on the left contains links for Partners, Press, Team, Social Responsibility, and Health-E-savings. The main content area is titled "JAM Library" and includes a large image of two red apples. Below the image, there is a call to action: "Click on a BUTTON to see Recent Issues", followed by three buttons: ">> JAMmin' Minute", ">> JAM Blast", and ">> JAM Newsletter". At the bottom of the page, a small text block reads "JAMmin' Minute - 5/30/11 - Authored by: Bear Tavern, NJ". The browser's taskbar at the bottom shows the Start button and several open applications, including Microsoft PowerPoint and the Health-E-tips JAM Library.

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Healthy Zone School

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More things that have come about as a by-product of our wellness movement:

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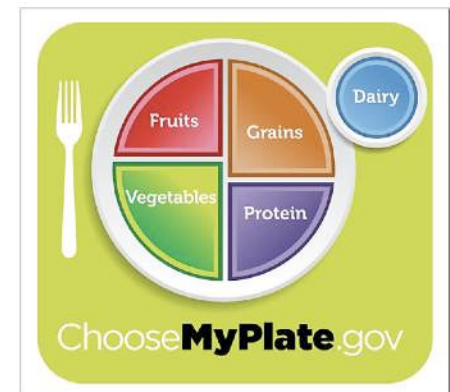




You cannot educate a child who is not healthy, and you cannot keep a child healthy who is not educated.



Dr. Jocelyn Elders



100 years from now

WE have unique ability in next 3 years to become healthiest district/city in Nation.

Why: Minsheu gold standard award.

First National Healthy Zone school award to Burks Elementary.

Malvern Healthy Zone school in training.

Caldwell Healthy Zone school in training.

Upcoming events 2011

September 24th Nickelodeon go outside and play DAY

October 5th National Walk to School DAY

October 30th Halloween Hustle Fun Run

November 19th The Crape Myrtle Run

November 26th The Believe Run

McKinney ISD Health/Wellness

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