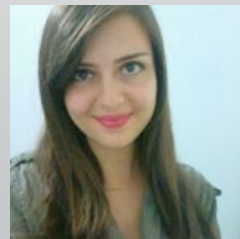
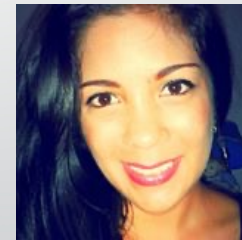
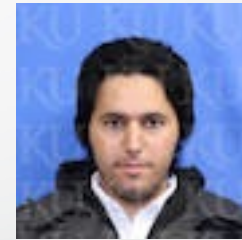
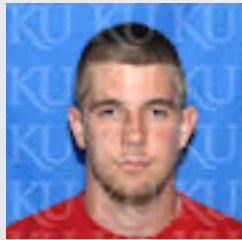


Health and Wellness in Schools



INTRODUCTION

Wellness is an active process of becoming aware of and making choices toward a **healthy** and fulfilling life. "...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity."



- The World Health Organization

History of Physical Education

- Physical Education in schools started in the 1820's
- YMCA started it's first chapter dedicated to physical activities in 1851
- Physical education became a formal requirement following the civil war





History of Physical Education

- Decline in the commitment to physical education in the late twentieth century
- Physical education is back in the spotlight due to national concern over rising obesity rates and children's attention toward non-physical activities like video games

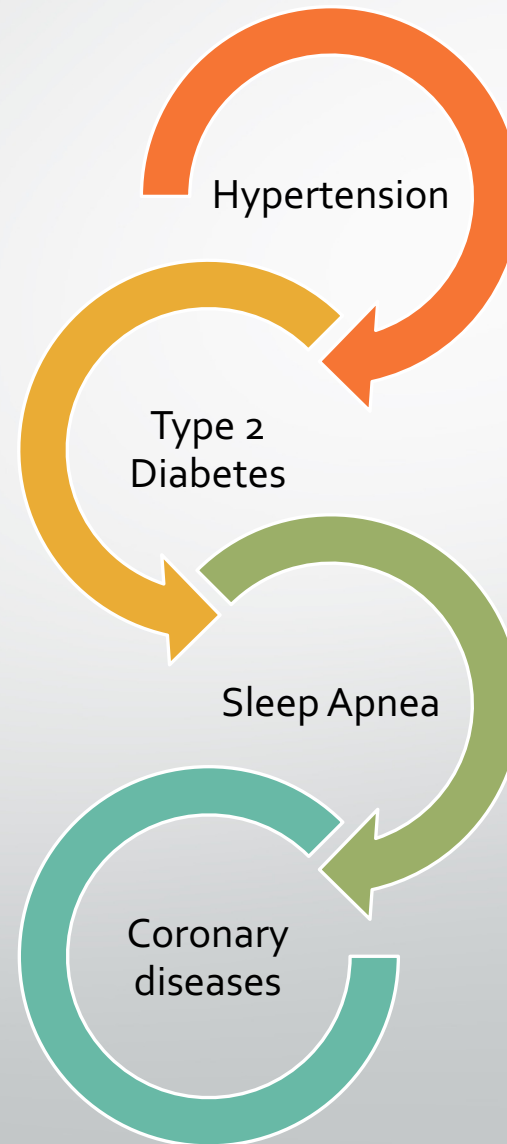


History of Health/Nutrition



- Mid 1970s, vending machines selling candy and soda began to appear in schools
- Move towards fast-food style school lunches accelerated in the 1980s due to government cuts. Less money = more fat!
- Today, more stringent nutrition standards are being implemented for school lunches

Problems in Health related to Obesity

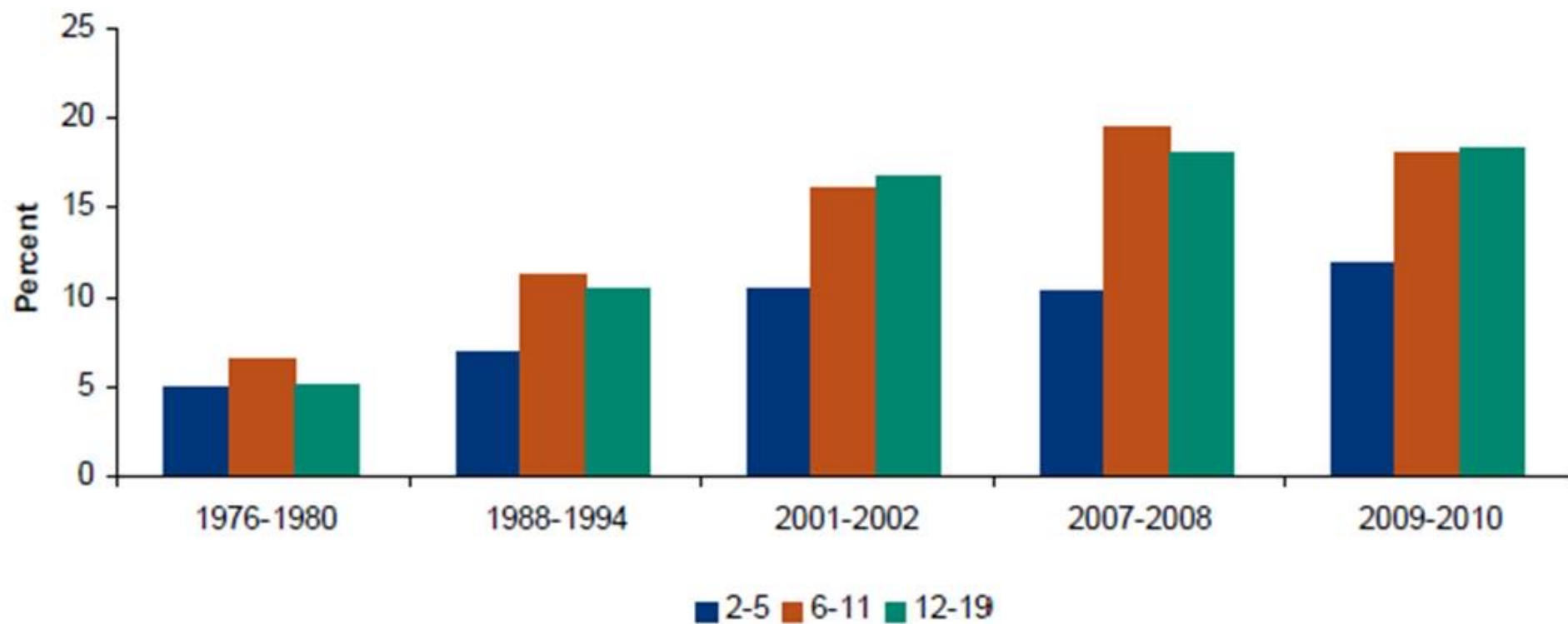


Obesity in the U.S.

- 6% of children in 1980 were obese
- Between 18-21% of children in 2014 are obese
- 4.5% increase in childhood obesity every decade for the last 30 years



Chart 4: Prevalence of childhood obesity in the US



Source: BofA Merrill Lynch Global Research based on data obtained from CDC/NCHS



Childhood Obesity Epidemic in Costa Rica

- Obesity has become a primary health concern for doctors
- Children of a higher socioeconomic status have a higher prevalence of being overweight

Obesity in Costa Rica

The Latest Available Statistics on Obesity are from the 2008- 2009 National Nutrition Survey

60% OVERWEIGHT compare to 2% in 1982.

- Adults between the ages of **20 to 44** and **20%** among **older adults**.

21% OVERWEIGHT and 9% OBESE compared to only 15% in 1996.

- Weight increase among children aged **5 to 12**.

20% either OVERWEIGHT or OBESITY.

- 2008–2009 survey also found → prevalence rate in schoolchildren and adolescents.



Food Categories



- A diet rich in vegetables can lower blood pressure, reduce risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems
- Fruits provide nutrients vital for health and maintenance of your body and reduced risk of some chronic diseases
- Grains provide many nutrients that are vital for the health and maintenance of our bodies (dietary fiber, B vitamins, minerals)





Food Categories



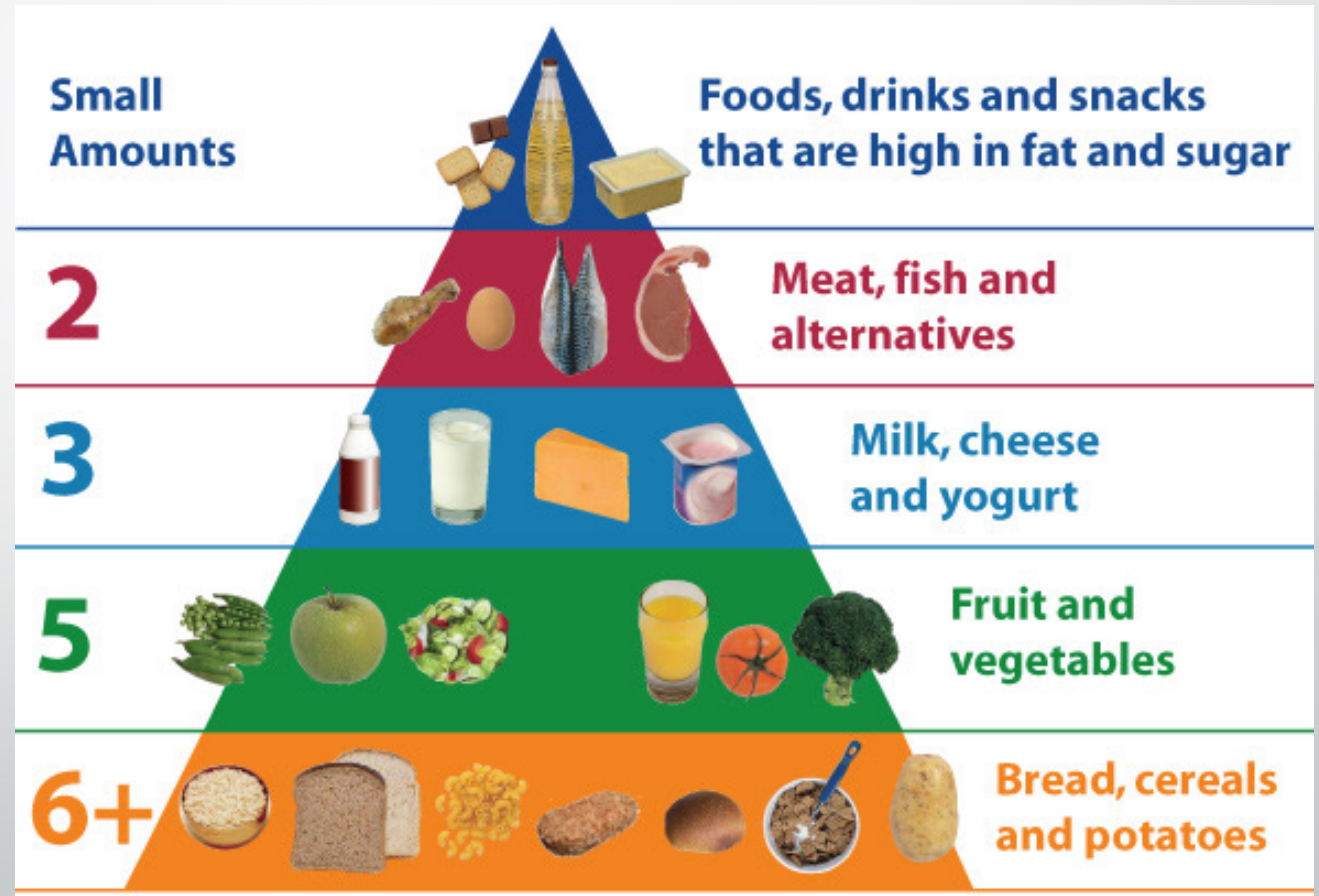
- Choosing foods from the meats/proteins group that are high in saturated fat and cholesterol may have health implications
- Consuming dairy products provides health benefits - especially improved bone health; calcium and dairy can lower the risk of osteoporosis and colon cancer

Nutrition Needs for Children

Nutrition	Food Group	Recommended %
Carbohydrates	Cereals and grains, etc.	33%
Vitamins and Minerals	Various fruits and vegetables	33%
Meat Protein	Fish, meat and eggs	12%
Milk Proteins	Dairy products	15%
Fat and Sugar	Fatty foods, sugary sweets etc.	7%

Balanced Diet

- Avoid the problems of obesity with a balanced diet





Exercise Categories

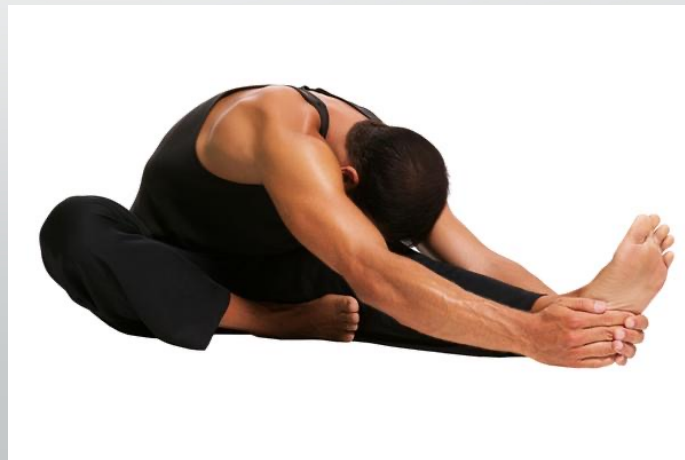



- Endurance - keep your heart, lungs, and circulatory system healthy and improve your overall fitness; building your endurance makes it easier to carry out many of your everyday activities
- Strength - make your muscles stronger; even small increases in strength can make a big difference in your ability to stay independent and carry out everyday activities




Exercise Categories

- Balance - help prevent falls, a common problem in older adults
- Flexibility - stretch your muscles and can help your body stay limber; being flexible gives you more freedom of movement for other exercises as well as for your everyday activities





What can be done in schools to prevent
childhood obesity?



Obesity Prevention in Schools (Nutrition)

- Offer meals that meet national nutritional standards, such as the U.S. Dietary Guidelines
- Set minimum and maximum calorie levels for school breakfast and lunch, for each age group
- Train food service staff in healthy food preparation techniques and food safety



Obesity Prevention in Schools (Nutrition)

- Increase financial support for school meal programs from federal, state, and local governments
- Give students adequate time to eat
- Eliminate sugar-sweetened beverages in the school environment or limit access to them



Obesity Prevention in Schools (Activity)

- Ensure that children spend most of their PE time being physically active
- Base PE on national standards
- Offer children physical activity opportunities before and after school, including competitive sports and noncompetitive activities

Obesity Prevention in Schools (Activity)

- Provide a total of 150 minutes of PE per week in elementary school and 225 minutes per week in middle and high school
- Adapt PE curricula for children with disabilities or special needs
- Promote enjoyable activities and lifelong physical activity in PE

Costa Rican Obesity Prevention Strategies

- Promote healthy eating
- Breastfeeding
- Promote healthy eating and physical activity habits in schools





QUESTIONS?



Thank you