

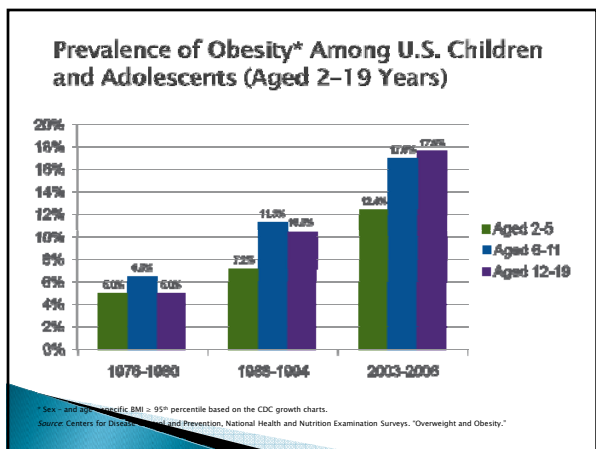
Childhood Obesity: Meeting the Challenge in Urban Districts Through Partnerships and Collaboration

October 10, 2009
CUBE Annual Conference
Austin, TX

Today's Speakers

- Katherine Mitchell**, *CUBE Steering Committee, Little Rock, AR*
- Brenda Z. Greene**, *Director, School Health Programs, NSBA*
- Emily Kujawa**, *Project Coordinator, NSBA*
- Carey Dabney**, *Healthy Lifestyles Consultant, Texas PTA*
- Rose Haggerty**, *Manager for Secondary Health/Physical Education, Houston (TX) Independent School District*
- Mark Williams**, *President, Board of Trustees, Austin (TX) Independent School District*





Physical Activity

Nearly 66% of high school students do not meet recommended levels of physical activity



Nutrition

80% of high school students eat fewer than 5 servings of fruits and vegetables per day

High-risk students

- ▶ African-American and Latino
- ▶ Low socioeconomic status
- ▶ Southern states



Obesity and Academic Achievement



- ▶ Absenteeism
- ▶ Classroom behavior
- ▶ Ability to concentrate and self-esteem
- ▶ Standardized test scores

Healthy Students Learn Better!

School Policies

Physical Activity/PE:

- ▶ 4% of ES, 8% of MS, 2% of HS provide daily PE for all students for the entire school year
- ▶ 31% of ES do not require any PE
- ▶ 32% of ES do not provide daily recess for all students



Nutrition:

- Secondary schools that did not sell soda or fruit drinks that are not 100 percent juice: 38% (2006)→63% (2008)
- Secondary schools that did not sell candy or salty snacks not low in fat: 46% (2006)→64% (2008)

Obesity and Urban Districts

Challenges:

- ▶ Large minority/low SES populations
- ▶ Limited space/facilities
- ▶ Safety issues
- ▶ Not enough resources

What strategies can urban districts use to address obesity?

Contact NSBA for more information

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