

Using Evidence-Based Obesity Prevention Strategies

Team Up for Good Health is an innovative program to reduce childhood overweight and obesity which affects one-third of California's children. Obesity contributes to the leading causes of death in America, including heart disease, type 2 diabetes, cancer and high blood pressure. *Team Up for Good Health* targets fourth and fifth graders and focuses on changing two specific behaviors identified by the 2010 Dietary Guidelines for Americans as being closely related to overweight and obesity.



The behaviors are:

- Reducing intake of soda and other sweetened beverages and increasing intake of water.
- Reducing intake of fast foods by having fast food less often, having smaller portions and making better choices when having fast food.

Collaborating With Cooperative Extension Programs



Collecting Baseline Data



Seventeen schools are participating in Butte, Glenn, Shasta, Tehama and Trinity Counties

Baseline data included

- Student Survey
- Teacher Survey
- School Site Survey
- Measurement of heights, weights, and waist circumference



Collaborating With Parents

Parent newsletters give practical tips for parents to help and support their children make the desired behavior changes. A Facebook page (coming soon) will allow parents to help and support each other.



Collaborating With Community Partners



Growing Local Coalition



Shasta Coalition for Activity and Nutrition



Rethink Your Drink Healthy Shasta Workgroup



Healthy Shasta Movement

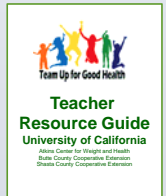


Gateway School District Physical Education Program

Collaborating With Schools

Teacher comments on the curriculum

- "My students responded well to Lesson 1, there have been positive changes made in their drinking habits."
- "I loved your presentation of lesson 1! It was eye opening for us all! Thank you for everything.....I love this program!"
- "The students were shocked by the sugar contents of some drinks."
- "The directions and materials were nicely organized. I read through it before presenting and I knew exactly what the objectives were and was provided with the appropriate materials."
- "I am a huge fan of goal setting and so I really like that this is included in each lesson."



- "I find it to be effective. In my personal opinion it is making a difference."
- "I am noticing some peer pressure for healthier choices as the students get their snacks out before recess."
- "I think it really is having an impact on their choices."