



A SNAPSHOT Super Nutrition Education for All Kids to Eat Right (SNEAKER[®]) 2011–2019

Background



4.8 million kids ages 10 to 17 were obese in 2017-18¹



Maintaining a healthy weight can have a protective effect against musculoskeletal conditions²



Research has shown that childhood obesity can increase the onset and progression of pediatric musculoskeletal conditions²



School-based nutrition education and intervention programs focusing on healthy eating have been shown to reduce weight and improve eating behaviors among students³

About this Program



Goal

Launched in 2003 to educate children about healthy eating behaviors



Program Structure

Interactive educational lessons and workshops focused on:

- Portion control
- Fruits and vegetables
- Whole grains
- Protein and dairy
- Physical activity
- Snacks and fast food



Audience

Children in grades 3–5 and their parents in NYC underserved communities



Partnerships

- NYC public schools
- Community-based organizations

For more information please contact Claudia Zurlini at zurlicnic@hss.edu

HSS Education Institute

¹ Robert Wood Johnson Foundation. State of Childhood Obesity. <https://stateofobesity.org/childhood/>. Accessed February 7, 2020.

² Krul M, van der Wouden JC, Schellevis FG, van Suijlekom-Smit LW, Koes BW. Musculoskeletal problems in overweight and obese children. *Ann Fam Med*. 2009;7(4):352–356. doi:10.1370/afm.1005

³ In-lw S, Saetae T, Manaboriboon B. The effectiveness of school based nutritional education program among obese adolescents: a randomized controlled study. *Int J Pediatr*. 2012;2012:608920. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3483824/>



Program Reach and Impact



40 programs with **585** unique students and **2,187** total contacts

Improved Behavior/Lifestyle⁴



Physical activity increased by

10%



Consumption of reduced fat milk increased by

50%



Consumption of vegetables increased by

4%

Increased Knowledge⁴



Understanding portion control increased by

59%



Identifying heart-healthy activities increased by

76%

Identifying healthier food options:



1% milk vs. whole milk increased by

75%



Roast turkey vs. red meat increased by

162%



Grilled chicken vs. fried fish increased by

78%



Apple vs. gummy fruit snacks increased by

16%

“I told my mom to try the milk with less fat next time she went to the store.”

“I went on a playdate with my friend in the other class and all he wanted to do was play video games! And I was like no! We should be moving around!”