

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 zurlinic@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/>



A SNAPSHOT

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!"

HSS Education Institute

535 East 70th Street, New York, NY 10021

Public and Patient Education Department, HSS Education Institute | Tel: 212.606.1057 | hss.edu/pped | ©2020 Hospital for Special Surgery. All rights reserved.

⁴ As measured using a modified version of the CATCH Kids Club After School Student Questionnaire