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

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

Maintaining a healthy weight can have a protective effect against 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

Audience
Children in grades 3‒5 and their parents in NYC underserved communities

Partnerships
● NYC public schools
● Community-based organizations

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

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

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Program Reach and Impact

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

Improved Behavior/Lifestyle

- Physical activity increased by 10%
- Consumption of reduced fat milk increased by 50%
- Consumption of vegetables increased by 4%

Increased Knowledge

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