2013

The Healthy Lifestyle Education Program

Jack Murphy  
*Worcester Polytechnic Institute*

Mike Sheahan  
*Worcester Polytechnic Institute*

Talia Solomon  
*Worcester Polytechnic Institute*

Chris Xavier  
*Worcester Polytechnic Institute*

Follow this and additional works at: http://digitalcommons.wpi.edu/gps-posters

Recommended Citation  
Murphy, Jack; Sheahan, Mike; Solomon, Talia; and Xavier, Chris, "The Healthy Lifestyle Education Program" (2013). *Great Problems Seminar Posters*. Book 204.  
http://digitalcommons.wpi.edu/gps-posters/204
The Healthy Lifestyle Education Program
Jack Murphy (ChE), Mike Sheahan (ME), Chris Xavier (ChE), & Talia Solomon (EnE)
Advisor: Professors Robert Traver & Kristin Wobbe

The Problem
The lack of nutrition knowledge in early adolescents contributes to high rates of obesity.

Cause
- Family habits
- Cost of eating healthy
- Public School Lunches

Effect
- 38.8% of children who consume school lunches are obese
- 35.7% of adults are obese

The Solution
Interactive class once a week
Education on:
- Food Choices
- Portion Sizes
- Creative Exercises
- Healthy Life Decisions
Cooperate with parents in households
Demonstrates benefits for living health

The Plan
Propose
- Present program to Worcester School Committee

Initiate
- Training session for teachers
- Develop curriculum

Execute
- Measure student’s BMI
- Track changes

Worcester East Middle School Lunch Data

Benefits & Costs
- Reduce Massachusetts obesity to under 30%
- BMI reduction by 5%
- Estimated total cost: $1,000

References