Obesity: A Growing Problem

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**Problem Statement**
Low income families suffer most from inadequate food education.

**Data**
- Low-income families are prevalent in Worcester.
- Median household income in Worcester ~$42,000 (2011).
- Healthy food is often more expensive, whereas refined grains, added sugars, and fats are generally inexpensive.
- 18% of children enter school being obese in Worcester.

**Our Solution**
3-prong nutritional program in three elementary schools located in Worcester low income areas.

**Kids Choice Program:**
Inexpensive school intervention program during lunch and recess.
- Encourages consumption of fruits, vegetables, and healthy drinks.

**Health Curriculum:**
Original curriculum based on food education, nutrition and consequences of obesity.

**Informational Pamphlets:**
Includes summary of learned material by students and easy-to-make, inexpensive meal recipes.

**Assessment plan**
The average weight of students (collected by the school) every 2 years is compared with previous data.

**Baseline Data**
Assessment tests and observations of lunch choices determine the effectiveness of the plan.

**References**
USDA. (2012, 05 16). Healthy foods not necessarily more expensive than less healthy ones.