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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

**The Prices of Food**
Notes: The dark areas of each bar represent the price range for the cheaper half of the foods in the category, while the lighter areas are the price ranges for the higher cost foods.

Less healthy foods are foods that are high in sodium, added sugars, or saturated fat, or that do not contain foods from a food group.

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

**Poverty, Obesity, and Diet Costs**

**References**
Wallpaper: [http://www.hdwallpapers.in/cute_kids_cute_play-wallpapers.html](http://www.hdwallpapers.in/cute_kids_cute_play-wallpapers.html)

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

