The Healthy Lifestyle Education Program
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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

Worcester East Middle School Lunch Data

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

References