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

Assessment tests and observations of lunch choices determine the effectiveness of the plan

Baseline Data

Poverty, Obesity, and Diet Costs

Graph of the racial diversity and percentage of low income students in three Worcester Elementary schools

References