

Nutrition and Winnebago County High School Students

What are the issues?

- **46.5%** of students reported that they were trying to lose weight.
- **41.1%** of students reported that they ate fruit one or more times per day during the past seven days.
- **36.6%** of students reported that they ate vegetables (other than carrots, green salad, and potatoes) one or more times per day during the past seven days.
- **17.5%** of students reported that they drank a can, bottle, or glass of soda or pop (that is not diet) one or more times per day during the past seven days.
- **11.3%** of students report having had a drink high in caffeine one or more times per day in the past 7 days.
- **37.8%** of students reported eating breakfast every day for the past 7 days

What are the solutions?

K-12 skill-based health education
Parent and family involvement
Trained staff
Comprehensive school wellness policies
Using Wisconsin education standards for health and nutrition

What are some resources to help address the problem?

- Wisconsin Department of Health Services – Nutrition and Physical Activity Program
<http://www.dhs.wisconsin.gov/physical-activity/>
- CDC - Fruits & Veggies-More Matters <http://www.fruitsandveggiesmatter.gov/>
- CDC - Division of Adolescent and School Health: Nutrition Resources
<http://www.cdc.gov/HealthyYouth/nutrition/index.htm>
- USDA: Healthier US School Challenge
<http://www.fns.usda.gov/tn/HealthierUS/index.html>

Wisconsin Department of Public Instruction

- Wisconsin Nutrition Education Standards http://fns.dpi.wi.gov/fns_ffvpned
- Health Education and Physical Activity Program http://ssp.wi.gov/sspw_physicaled
- Nutrition Education Program <http://dpi.wi.gov/ne/index.html>
- Wisconsin Safe & Healthy Schools Center <http://www.wishschools.org>
- CESA 6 Safe & Healthy Schools Network www.cesa6.org