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HELPING STUDENTS MOVE TOWARD BETTER HEALTH

There are no easy answers or quick fixes when it comes to improving your child's nutrition. Any solution must be multi-faceted and involve families, schools, communities, and government programs. The good news is that society at large is beginning to focus on the problems and to search for solutions.

There are plenty of creative resources to use as we look for ways to help children and teens. For elementary age children, health interventions should begin as early as possible --- before eating patterns become resistant to change. Creativity is a key concept if we are going to reach the brand-conscious, techno-savvy teen audience.

Families will be helped by educating the children directly and by sending information home to parents and other caregivers. They need effective, real-life nutrition advice that works for their 24-7, fast-paced lifestyles. Positive, practical, simple, and consistent nutrition messages can be integrated across all areas of our schools and community programs.

WELLNESS IS WINNING

A recent study shows that schools are achieving success in helping kids learn better health habits. An article published earlier this year in the [American Journal of Public Health](#) found that school nutrition and wellness policies are making a difference in the foods students consume during the school day.

Researchers in Texas schools studied the impact of the *Texas School Nutrition Policy*. They discovered that student consumption of vegetables, milk, and other nutrients had increased after the program had been implemented. In contrast, fewer sweetened beverages and snack chips were being consumed.

Contact Information

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