

Welcome to the 15th Madison County Youth Forum

Gearing Up For Health

MADISON COUNTY YOUTH FORUM

GEARING UP FOR HEALTH



Nutrition Inside of School

Team 1

Nutrition Inside of School

Many issues exist related to nutrition inside of school structures and events and within the school days including:

Nutrition Inside of School

AREAS OF CONCERN

- ▶ School lunch choices
- ▶ Vending machine options
- ▶ Rewards
- ▶ Cafeteria
- ▶ Lack of information
- ▶ Many people bringing lunch

Nutrition Inside of School

► **Problem Statement:**
**Students of Madison
County do not have
input in the food the
schools serve.**

Nutrition Inside of School

- ▶ **Solution 1:** Better school lunch choices
- ▶ **Solution 2:** Healthier options in vending machines
- ▶ **Solution 3:** Food tasting & vote on favorite options

DISCUSSION POINTS

Team Number 1

- ▶ Would like to see whole fruit; not sliced fruit, fruit cups. Ex. Whole bananas.
- ▶ Bring back the lunch menus. Want to know what they are getting for lunch ahead of time.
- ▶ Would like to see more options (Bananas or Apples)
- ▶ Would like to see 100 cal. Pack snacks, nuts, protein bar, granola bars, drinks in lower sugar (G2)
- ▶ Students having more input on what is being served: Comment/suggestion Box to write constructive criticism and feedback.

DISCUSSION POINTS

- ▶ Before production of a new food choice have a student panel that could taste test the food and give input, finally have a rating system on the food. Have an option to vote on whether food is good or not and whether they continue to have it.
- ▶ Cindy: Great feedback. Questioning why students (2/3 from survey) take lunch is that because they do not like the options. Team Members: They think it is because students don't like the food options given. Suggests that students start working with the vendors that supply the food. Marvin: School lunch is kind of a catch 22 because of school lunch regulations. We need to start educating ourselves on good nutrition. He thinks the comments box is a good idea, but needs to make sure the comments are serious.

Nutrition Inside of School

Team 2

Nutrition Inside of School

Many issues exist related to nutrition inside of school structures and events and within the school days including:

Nutrition Inside of School

AREAS OF CONCERN

- ▶ Lunch Restrictions
- ▶ Bottled water/Water cups
- ▶ Vending machines
- ▶ Salad bars
- ▶ Lack of Knowledge about Nutrition
- ▶ Assembly

Nutrition Inside of School

► Problem Statement:

Our problems with school nutrition include lack of water options in school, lack of salad bars, & lack of knowledge about nutrition.

Nutrition Inside of School

- ▶ **Solution 1:** Bottled water or milk options without extra cost
- ▶ **Solution 2:** Salad/fruit bars at the beginning of the line
- ▶ **Solution 3:** Vending machine options (healthier)

Nutrition Inside of School

► Solution 4: Nutrition Day Assembly

- Learn correct nutrition
- Get to know where food comes from

DISCUSSION POINTS

- ▶ Lack of water options, lack of salad and fruit bars, and healthy vending machines
- ▶ Students want water offered with their lunch because sometimes they do not want to just drink milk.
- ▶ Fruit and salad bars need to be in the front of the line so they are not tempted to choose from the unhealthier items.
- ▶ Students want more education on healthy foods so they know how to make the right decisions when eating lunch.
- ▶ Nutrition Day Assembly: Learn about nutrition labels and where their food is coming from.
- ▶ Water fountains in schools with the refillable station on it.
- ▶

DISCUSSION POINTS

- ▶ Majority of school lunches come with milk and the suggestion would be to give bottle water as a choice instead. Fresh fruit and salad bar before at the start of the line so you fill your tray before you hit the junk food. Schools holding educational lectures on nutrition. Schools are offering diet soda but the education is showing that diet soda is worse for you than regular soda so offer more water and Gatorade.
- ▶ Amy Funk states that she does not think bottled water is a good idea because of the environmental waste but she thinks that getting someone to partner with them and providing reusable water bottles is a better and more efficient idea.
- ▶ Michelle Lowery- Schools are doing the milk because they some students are not getting enough milk at home.

DISCUSSION POINTS

- ▶ Jean Wagner- Sees children coming in everyday with fatigue and chronic headaches because they are not getting enough water intake during the day in school.
- ▶ Leah: Really liked solution 1 and 2. Water bottles are not good for the environment but maybe partnering with a water company to get reusable bottles.
Michelle: Milk is important for growing kids, which is why schools offer milk. **Jean:** Agrees with adding water into the lunches due to what she sees in her office.
Group 2: Have newer water fountains with spout for reusable bottles. **Marvin:** Waters costs more in vending machine so partner with them to get water at lower cost.

Nutrition Outside of School

Team 3

Nutrition Outside of School

Many issues exist related to nutrition outside of school in family, community, and personal settings including:

Nutrition Outside of School

AREAS OF CONCERN

- ▶ Lack of options besides going out to eat
- ▶ Cost
- ▶ Easier/quicker to grab fast food than eat at home
- ▶ ~~Unhealthy food at events
- ▶ Lack of knowledge about healthy food
- ▶ No family meals

Nutrition Outside of School

- ▶ **Problem Statement:** Due to the lack of knowledge about healthy food and good resources available, nutrition outside of a school is a problem for many students.

Nutrition Outside of School

► Solution 1: Adding nutritional education and quick/healthy food recipes to school health classes

Nutrition Outside of School

- ▶ **Solution 2:** Website/social media advocacy campaign
- ▶ Nutrition/family info, recipes, health tips,
- ▶ Contacts for helpful people

Nutrition Outside of School

- ▶ **Solution 3: Healthy food fair/potluck for families**
- ▶ Samples, recipes, tips
- ▶ Local families, businesses can bring favorite dishes and recipes
- ▶ Promotes family togetherness and healthy eating

DISCUSSION POINTS

- ▶ Gym classes offering more options and more variety of physical activities
- ▶ More nutritional education at school and they want to be taught how to do meal prepping at the beginning of the week to last the rest of the week
- ▶ Classes offered for cooking/nutrition.
- ▶ Make kids aware of processed food.
- ▶ Give the cooking class meal plans.
- ▶ Healthy Food Fair in the community where families bring in different healthy foods for people to try.
- ▶ Confusion of what is actually a healthy food among many people needs to be dealt with.

DISCUSSION POINTS

- ▶ Have a website dedicated to advocating for a healthy lifestyle with contact information so people can ask questions about health related things
- ▶ Getting information out there on social media. Creating a hashtag (#) and make contact people for the social media.
- ▶ Town potlucks with dishes and recipe's plus would let me know about different area farmer's markets.
- ▶ **Matt:** Kids choosing new activities, such as work out videos. PE teachers need to be proactive. **Leah:** Really likes the social media aspect. Suggest food wars. **Amy:** Really likes the concept about education on natural and processed food. thinks having a competition of what families can make the healthiest meal the quickest and cheapest.

Nutrition Outside of School

Team 4

Nutrition Outside of School

Many issues exist related to nutrition outside of school in family, community, and personal settings including:

Nutrition Outside of School

AREAS OF CONCERN

- ▶ Lack of community health education activities
- ▶ Restaurant portion sizes and menus
- ▶ Grocery stores only promoting unhealthy food

Nutrition Outside of School

► Problem Statement:

Our 3 health concerns are lack of community health education activities available, restaurants having uninformative menus, and grocery stores only promoting unhealthy food.

Nutrition Outside of School

► Solution 1:

- **Community 5k with informational nutrition booths**
- **Monthly health fair in the community (well-balanced meals, farmers market vendors, games to promote exercise)**
- **Commercials or advertisement geared towards the negative health effects of eating unhealthy like there are for smoking**

Nutrition Outside of School

► Solution 2:

- **Require restaurants to have nutrition labels on their menus (Calories, sodium %, fat %, etc.)**
- **Require restaurants to have an option for smaller portion sizes**

Nutrition Outside of School

► Solution 3:

- **Grocery stores should provide weekly healthy recipes with a to buy list of ingredients to give to customers**
- **Give stores incentive to find a vendor that will provide healthy foods to promote for a cheap price**
- **All stores should have a produce pick of the week like Aldi's does**
- **Mystery healthy food bank drive**

DISCUSSION POINTS

- ▶ Adults are not educated on nutrition, just like children, so we need to educate the whole population. Use a scare tactic on TV commercials like they do for smoking ads.
- ▶ Not only kids that do not know how to read labels but adults don't either.
- ▶ Restaurants need to give nutrition information on their menus and smaller portions.
- ▶ Monthly health fair in the community to address different health topics such as how to have a well-balanced meal or what farmers markets are available and where to find them.
- ▶ Large families find it hard to find a variety of meals to make because they have more limited time.

DISCUSSION POINTS

- ▶ Have a program set up where you go and pay a fixed price for a bag full of different kinds of produce and fruit in a bag and you get something different every time.
- ▶ **Marvin:** wants students to tell their health teachers or grocery stores of their concern about wanting healthy foods promoted more. **Michelle:** Alton's farmers market would promote a certain booth and also gave recipe's to help family's figure out how to cook certain veggies.
Jennifer: Seek out help from a school sponsor. Students doing various PSA for classes. Students to go to their student organization with their problems and get their message out. **Cindy:** Offers her services for free to educate students.

Physical Activity Inside of School

Team 5

Physical Activity Inside of School

Many issues exist related to physical activity inside of school structures and within the school days including:

Physical Activity Inside of School

► **Problem Statement:**
**Students do not have
enough control over
what type of physical
activity they
participate in and
when it is available.**

Physical Activity Inside of School

- ▶ **Solution 1:** Breaks within class periods.
- ▶ **Solution 2:** P.E. structured based on physical abilities.
- ▶ **Solution 3:** P.E. consist of more class choices.

DISCUSSION POINTS

- ▶ Students want breaks within their class periods to be able to get up every so often in classes and be able to stretch and move around so they don't feel so sleepy and inattentive.
- ▶ Students want more different activities in P to choose from that are more structured for needs and makes them more motivated. Sometimes they are not motivated to participate in class because they don't like some of the physical activity options in P.E.
- ▶ Students get 3 to 5 min. during hours long classes. Students having the freedom to get up and walk to the back of the class during lecture. Students being offered the choice of what physical activity they get to participate in. Students go through the motions in a regular PE class.

DISCUSSION POINTS

- ▶ Dr. Cluphf: Research shows that “energy breaks” work in class to get students flowing again. PE has guidelines but there are unlimited options. agrees with the students because physical education does not have as many guidelines as something like a math curriculum and there should be a variety of different activities so that students always have the option of choosing something they are interested in. Jean: Teenagers are not getting enough sleep. Breaks are a great idea. Matt: Schools can bring in someone who can help with different activities. Jennifer: Select activities, which you are interested in. Fitness based programs are a good idea to look at, especially if it is coming for the students.

Physical Activity Inside of School

Team 6

Physical Activity Inside of School

Many issues exist related to physical activity inside of school structures and within the school days including:

Physical Activity Inside of School

AREAS OF CONCERN

- ▶ Motivation
- ▶ Teachers aren't motivated.
- ▶ There aren't many options of interests.
- ▶ More positive reinforcement
- ▶ Good Habits
- ▶ Stress Reduction/Mental Health
- ▶ Starting at a young age
- ▶ Enthusiasm

Physical Activity Inside of School

► Problem Statement:

The problem with physical education in schools is caused by the lack of motivation in the school systems.

Physical Activity Inside of School

- ▶ Solution 1: Getting the teachers more involved.
- ▶ Solution 2: Having multiple choices for a Physical Education class.
- ▶ Solution 3: Getting kids more involved at a younger age.

DISCUSSION POINTS

- ▶ Motivation is lacking in schools when referring to PE. Getting teachers more interested outside of their own interest. PE classes are being cut at a younger age and the group suggests that they bring back PE classes to the younger age.
- ▶ Getting kids more involved with being physically active at a young age so it becomes more of a routine when they are older
- ▶ Jean: deals with having kids and parents that don't even know how to deal with obesity.

DISCUSSION POINTS

- ▶ Marvin: is hosting an event dedicated to the concern with getting teachers more involved with physical education. He also meets monthly with the curricula coordinators and is going to take back this information to them to address the problem. Coordinates teacher's institutes and are working hard with non-curriculum subject areas. Agrees that there needs to be more movement in the classrooms. Also will share this information with schools. Jean: Thinks it's a good idea that early grades have PE offered everyday to help with the over weight problems. Dr. Cluphf: believes that we are running the physical education pyramid backwards. Physical Education is being cut more and more every year. Agrees that teachers need to be leaders in the classroom. Leah: I think it is important to have PE in the school systems. Amy: Likes the idea of having PE move more towards fitness.

Physical Activity Outside of School

Team 7

Physical Activity Outside of School

Many issues exist related to physical activity outside of school with family, community, and personal choices as well as access issues including:

Physical Activity Outside of School

AREAS OF CONCERN

- ▶ Parks are dirty
- ▶ Lack of time and motivation
- ▶ Access to the parks
- ▶ Lack of skills or knowledge
- ▶ Expense of a gym membership

Physical Activity Outside of School

► Problem Statement:

- We have discovered an issue with the cleanliness of the parks, and the lack of motivation and time in Madison County Youth.

Physical Activity Outside of School

- ▶ **Solution 1:** Volunteer clean up crews.
- ▶ **Solution 2:** Fun fitness classes and educational classes.
- ▶ **Solution 3:** Community activities open to the public.

DISCUSSION POINTS

- ▶ Help Clean up the parks so more people are inclined to go to the parks. Offer group/ fitness classes to the community. Fitness classes in the park on Sundays for families. Facilitate volunteer clean-up crews to clean the parks up so people are more willing to work out at the parks.
- ▶ Free and fun fitness classes to be offered in the community for anyone to attend.
- ▶ Amy: suggest that the students keep the park clean by going to the park often because that helps to keep it clean and to get in contact with their park director and tell them about their idea to have fitness classes in the park. Suggest biking and walking to school, if it is safe to do so. Leah: Talk to park directors to let them know what you would like to see at the park.

Physical Activity Outside of School

Team 8

Physical Activity Outside of School

Many issues exist related to physical activity outside of school with family, community, and personal choices as well as access issues including:

Physical Activity Outside of School

AREAS OF CONCERN

- ▶ Lack of health promotion in the businesses
- ▶ Lack awareness in the county
- ▶ Lack of promotion for the facilities in our county

Physical Activity Outside of School

► Problem Statement:

- Lack of motivation in the community

Physical Activity Outside of School

► Solution 1:

- Twitter/Facebook Page
 - #MCPA (Madison County Physical Activity)

DISCUSSION POINTS

- ▶ Suggest using #MCPA on a Twitter or Facebook page to post physical education events around the county. Have YMCA offer samples of free classes they offer in the community and blast it on the social media page. The page is a good idea because then when one person sees it they can share on their own page and so on. Main goals are to make the community aware of the different things that are offered.
- ▶ Cindy: The board that puts the information out there is full of middle age and older who do not know how to use the power of social media. Jennifer: Really likes the idea of getting things out to the whole community and likes the idea of using social media.

15th Madison County Youth Forum

Open Discussion

FINAL FEEDBACK

- ▶ Students should use their marketing skills to get their solutions to happen.
- ▶ Students should seek out the higher authorities and speak out about their ideas because a lot of times they just haven't been able to think of the ideas or issues that students are coming up with.
- ▶ Students need to tell their teachers what they want to do in physical education classes because the teachers will listen.
- ▶ Partner with civic organizations to accomplish the community programs.