We are making the Mississippi Delta healthier by providing:

♦ Evaluation of the health status of children
♦ Assistance to schools to achieve a higher Healthier US School Challenge and School Health Index score on the national level
♦ Nutrition and active lifestyle education by a Registered Dietitian and Health Educator in the community and classroom
♦ School gardens for hands-on nutrition education and physical activity
♦ Community healthy cooking classes for children and parents
♦ Community outreach at local health fairs, parent groups, and teacher in-services

In 2 years, we have served over 2,000 children in Quitman, Panola, and Bolivar Counties.

Outcomes

- 77% of the children started exercising or increased physical activity as a result of the program.
- 58% of children shared what they learned with a family member.
- 53% of the participants said that they had decreased the amount of food they consumed.

Changing the Culture of Obesity - One Child at a Time

For more information contact Project Manager, Lacy Dodd, at 662-915-5847
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