

# Eating Good... and Moving Like We Should

## an Obesity Prevention Program for Mississippi

SERVING BOLIVAR, COAHOMA, HOLMES, PANOLA, QUITMAN, TUNICA, & SUNFLOWER COUNTIES



### 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*

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