

WPI

Teaching for the Future

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Overview

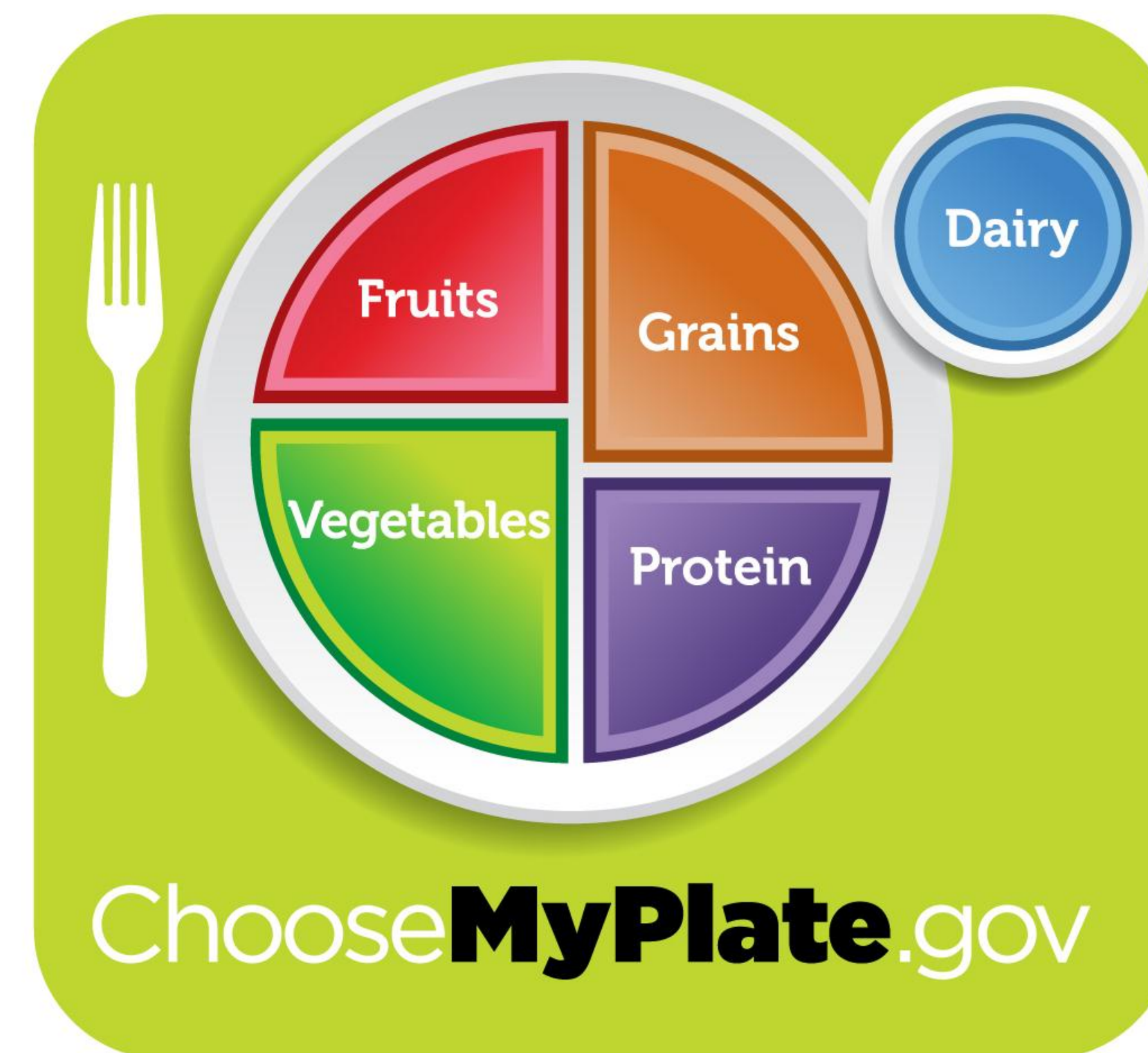
Many children are overweight or obese, which leads to many health problems as adults. We propose that nutrition instruction be included in pregnancy classes. This will lead to lower obesity rates and better eating habits by the children.

Background

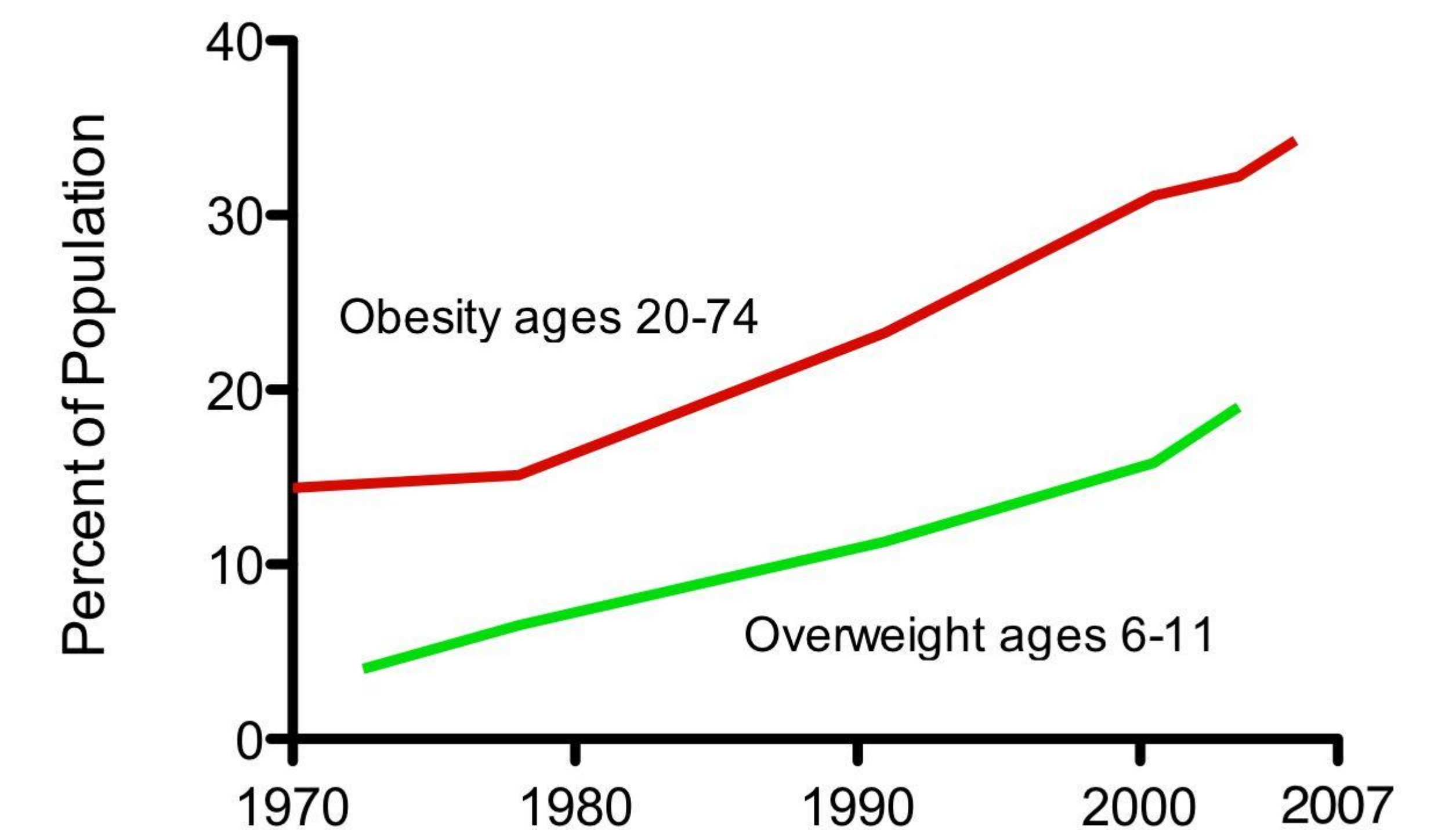
- 1/3 of US children are overweight or obese
- Many parents are not properly educated on proper nutrition
- Lifetime eating habits are established in the first 10 years of a child's life
 - Affected by prenatal maternal nutrition and parents' postnatal nutritional decisions
- Many pregnancy classes do not incorporate proper eating choices
- Health classes in school are taught too late to have a lasting effect

Methods/Process

- Anonymous survey of the class participants' eating habits
 - Tell what areas of nutrition need the most focus
- Class addresses the nutritional needs established in the surveys
- Recommend physical evaluation of medical status of class participants by family care physician
 - Evaluations may be voluntarily shared with instructors
- Post class course evaluation
- Voluntary follow-ups with graduates to evaluate long-term effectiveness



U.S. Weight Trends



Project Goals & Objectives

- Progressively lower childhood obesity rate
- Improve eating habits of parents and children
- Establish a more energized population
 - Better eating habits lead to more energy

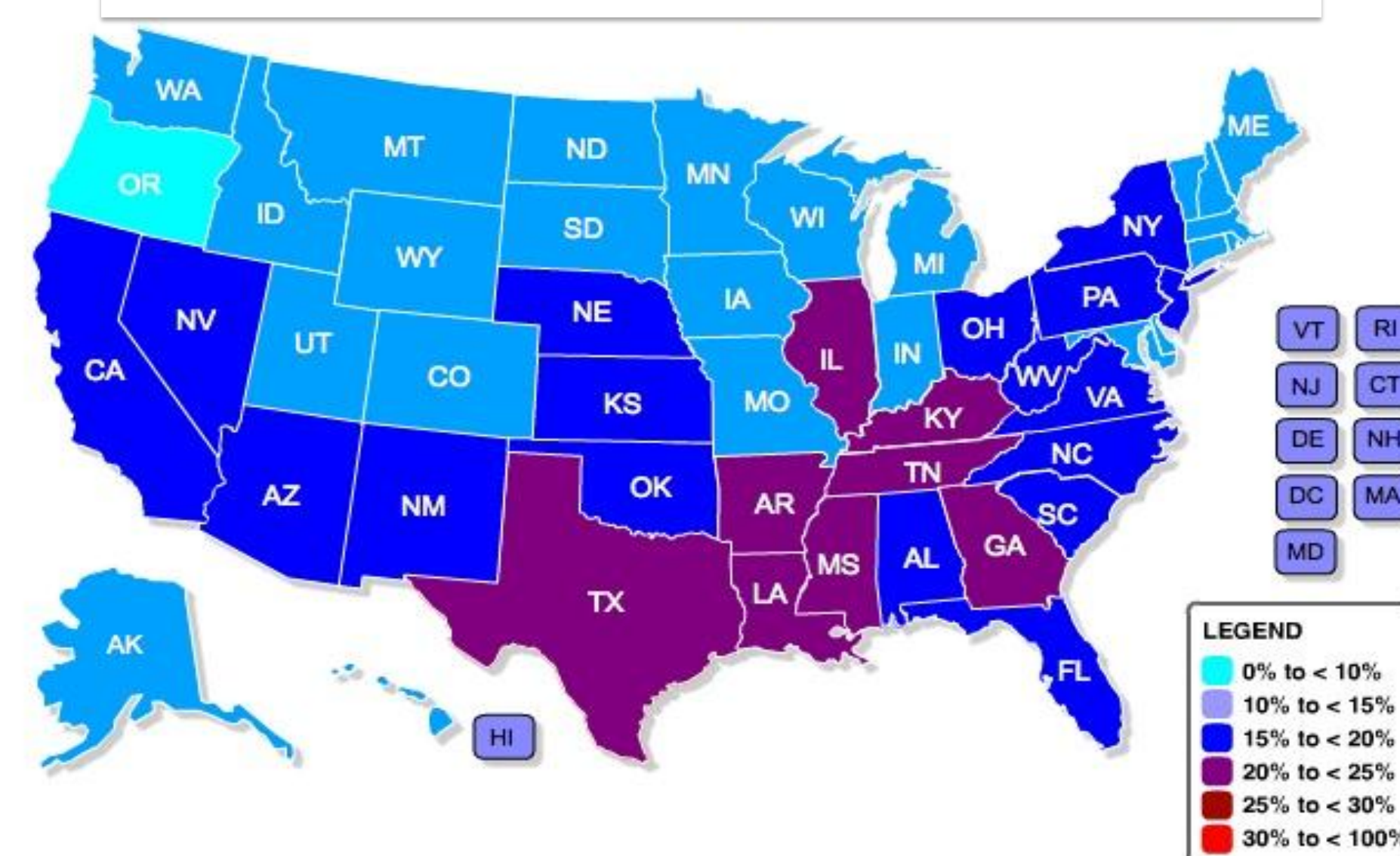
Costs

- Cost of advertisements and educational materials (books, movies, etc.)
- Time of parents to visit doctors and take class

References

<http://nhne-pulse.org/obesity-continues-dangerous-rise-in-america/>
<http://www.mmcoakridge.com/News/Default.aspx?nid=741>
http://life-healthys.blogspot.com/2010_04_01_archive.html
<http://www.cnyfamilycare.org/PatientPortal/MyPractice.aspx?LType=10&UCID={D5F9E2D E-2359-4724-B77E-E104CD118D99}&TabID={1}>

Childhood Obesity Rates



Leads to: →

Adult Obesity Rates

