

Learn, Grow, Eat & GO! Program

Building School and Community Collaboration



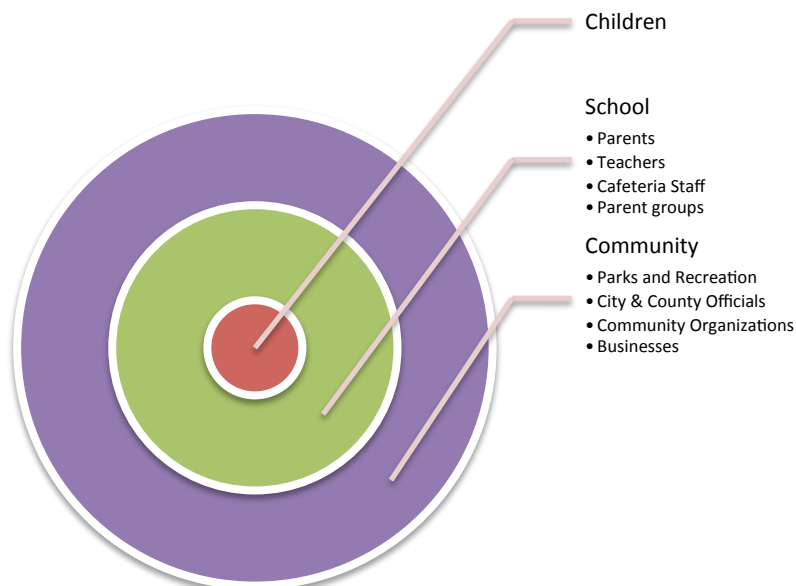
REDUCING **CHILD OBESITY** CAN POSITIVELY AFFECT A CHILD'S FUTURE!

- Childhood obesity is the top child health concern in U.S.
- Childhood obesity affects over 17% of U.S. children; some regions have child obesity rates as high as 20-30%.
- Obesity is linked to child absenteeism & poor school performance

SCHOOLS NEED CAMPUS, DISTRICT & COMMUNITY CONNECTIONS

- Coordinated Approach to Child Health (CATCH) shows school-community collaboration works!

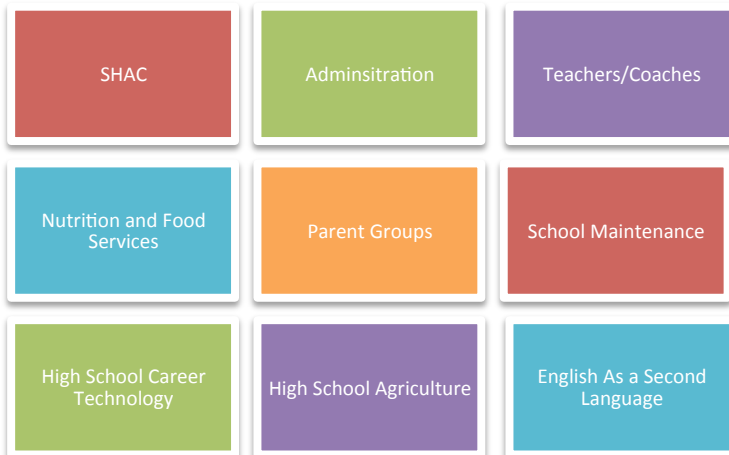
LEARN, GROW, EAT & GO! has high potential for engaging families with school gardens & vegetable exposure, and expanding family activity levels through school-community oriented physical activity programs like "Walk Across Texas."



It takes school and community collaboration to reduce childhood obesity.

Start with a Campus Team

Identify potential team members:



Build Community Partnerships

- PTA/PTO support of school gardens
- Parent and family members volunteering with vegetable tastings/demonstrations, garden building/planting/maintenance, and Walk Across Texas support
- Local community volunteer groups providing assistance with garden and nutrition demonstrations, and physical activities
- Community service organizations (ex. Junior League) providing financial assistance for building school gardens and improving outdoor recreation spaces
- Local vegetable producers and farmers
- Local building supply stores
- Business and local government see health as improving the bottom line



Parents, teachers
and children build
a school garden

Students share
nutrition knowledge
with parents



Community & school
join in 5K run

Students sample wares
of local vegetable
producers





GROW SMART & HEALTHY KIDS!

The Texas GROW! EAT! GO! Research Project is being conducted in five Texas school districts with 1500 third grade students and their parents. 144 teachers from 28 schools implemented CATCH, WAT and JMG, in combinations, to improve student and family food and physical activities through school gardens, family physical activity opportunities and vegetable tastings and recipe demonstrations led by AgriLife Extension as one community partners. This 5 year randomized controlled research study compared child and parent behaviors and measured child BMI.

Findings to date: Weight stability for most children, child vegetable preference, nutrition and plant science knowledge increased significantly and child physical activity with parents increased, while screen time decreased. Sugar sweetened beverage consumption decreased. Parents encouraged eating vegetables and increased gardening with their children.

Teachers reported that students were more attentive and had high participation in learning activities.

School programs such as Learn, Grow, Eat & Go have demonstrated reach into the family food and physical activity environment! Through TGEG parents learned about “Go, slow and whoa” foods (41%), the school gardens (81%) and vegetable recipes (60%) from their children. Thirty percent (30%) of parents tried the vegetable recipes and twenty seven (27%) of parents walked with their child to earn “Bonus Miles” for their child’s class.

Research collaborators included University of Texas School of Public Health, Texas A&M School of Public Health, Texas A&M Recreation, Parks & Tourism Science & Health and Kinesiology Departments and Texas A&M AgriLife Extension Service Horticulture, Family Development and Nutrition Departments.

TGEG is funded by: National Institute of Food and Agriculture, United States Department of Agriculture: Agriculture Food and Research Initiative, grant # 2011-04655, 2011-2016