

# **The University of Mississippi**



## ***FUEL TO LEARN: IMPROVING CHILDREN'S HEALTH AND ACADEMICS IN MISSISSIPPI THROUGH A SUSTAINABLE NUTRITION- INTEGRATED STANDARDS-BASED CURRICULUM***

**KATHY KNIGHT, PH.D., RD  
MELINDA VALLIANT, PH.D., RD**

**DEPARTMENT OF NUTRITION AND HOSPITALITY MANAGEMENT**

**ALICIA STAPP, ED.D.  
SCHOOL OF EDUCATION**

# The Challenge...



- Obesity is the greatest public health risk to children and adolescents in the US.
- Children need information about how to reduce chronic disease risk factors.
- Right now there is no one nutrition curriculum in Mississippi that is commonly used and aligns with the *Mississippi College and Career Readiness Standards*.
- Teachers and child nutrition program personnel have a lot do already.



# A model and and idea



## The model:



## The idea:

- Develop lesson plans that use key nutrition messages to teach required standards in the *MCCRS*.



**FUEL** *to Learn*<sup>™</sup>

# ***Fuel to Learn***



An integrated curriculum that aligns the *Mississippi College- and Career-Readiness Standards* in math and language arts with nutrition standards from the *Mississippi Health Frameworks*.

# Research Questions



1. How can an integrated nutrition education program be developed to effectively support both the educational attainment and health of fourth grade elementary students?
2. What are teachers' perceptions of a pilot nutrition-integrated curriculum that aligns the *Mississippi College- and Career-Readiness Standards* in mathematics and language arts with state nutrition standards?

# ***Future of Fuel to Learn***



- **Teacher training July 24, 2018**
- **Pilot in fall 2018-spring 2019 (5 months)**
- **Assess teacher feedback on program**
- **Assess student knowledge/attitude changes**
- **Expand program statewide**

# Potential Economic Impact



- Program cost effective for schools to provide
- Positive outcomes can reduce cost of chronic disease treatment
  - Dietary intake related to improved health status
  - Healthier children develop into healthy adults
- Improved health of future generations
- Improved health of future workforce





**Questions?**