Implementing and evaluating the “Choosemyplate.gov” in a rural school in West Virginia to children kindergarten- 6th grades

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Purpose: The purpose of this project was to introduce the “CHOOSEMYPLATE.GOV” curriculum to students from kindergarten thru sixth grade.

Summary: The variables studied were height, weight, body mass index (BMI) and waist circumference (WC). There was a pre-and post-questionnaire given. This was a 12 week pilot project implementing the Choosemyplate.gov and discussing other healthy behaviors. There was a positive trend in change of BMI showing that the children in the 85th % and above for BMI parameters had less weight gain over the 12 weeks. The BMI Z-Score change in the 12 weeks was positive in that the 85th % and above for weight demonstrated a larger decrease in BMI Z-score than the normal weight children. There was a trend for increased milk consumption in the overweight children and a decrease in soda consumption for both groups. The overweight children however had larger decrease in soda consumption. Fruit consumption showed that the overweight children increased their consumption more than the normal weight group. Vegetable consumption decreased for the normal weight children and increased for the overweight children.

Implications for Practice: Data collected supports implementing a program such as the “CHOOSEMYPLATE.GOV”. Offering nutrition programs in elementary school settings can help increase nutrition awareness to the students, families and staff. This program can easily be incorporated into a physical education or class room curriculum throughout the school year and be built upon it each year.

Biography

Angelina R. Harman has graduated from George Mason’s Inaugural Doctorate of Nursing Practice May, 2012. She has worked as a Nurse Practitioner for 14 years. Her first 5 years were in Internal Medicine and then worked a year in Allergy and Immunology. The last 8 years she has practiced in a Family practice and an Urgent care that is affiliated with my practice. She enjoys women’s health, adolescent healthcare and preventative medicine. Her interest in Adolescent healthcare is what prompted to pursue doctorate with a focus on Childhood Obesity. She wanted to do something that could make a positive change in my practice. They are currently looking at opening a Childhood Obesity Center at her practice that will serve several local counties. She will be incorporating the “Choosemyplate” in the curriculum.