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Implementing an education program in elementary schools to improve healthy food choices

Tonia L Mailow

Murray State University, USA

Childhood obesity is a major concern in the United States. Research suggests that nutrition education is needed to improve the knowledge of children about healthy nutrition choices. The need for clarity of lifestyle behaviors and education of children is vital and must be addressed. The purpose of this project was to provide an educational program specific to healthy food choices to elementary school teachers for implementation in the classroom and to increase the knowledge of elementary school teachers about reading food label and selecting healthier choices. Results of this project support the need for education on healthy food choices and reading food labels. Pre-and-post t-tests were conducted on mean scores to measure nutritional knowledge. An increase in scores suggested that the use of nutrition education can be successful in improving the knowledge of teachers about how to make healthy food choices and read food labels.

Biography

Tonia L Mailow has completed her DNP from Eastern Kentucky University, USA. She is currently working as an Assistant Professor at Murray State University, School of Nursing in Murray, Kentucky. She teaches Nursing Assessment and Lab, Coordinates Adult Health Clinical and is Simulation Lab Coordinator. She serves on many committees in the School of Nursing as well as the University level. She has been a Nurse since the mid 90's and in education for 10 years.

tmailow@murraystate.edu

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