

Be Wise About Your Portion Size

Florida Interagency Food and Nutrition Committee
2005



Target Population

Preschoolers to seniors

Goal

To reduce the incidence of overweight and obesity by encouraging Floridians to make healthy food choices that incorporate appropriate food portion selections.

Brief Description of Program

"Be Wise About Your Portion Size" is a health and nutrition campaign that promotes portion awareness, as well as healthy daily intake of food, in a effort to help reduce the incidence of overweight and obesity in Florida.

Materials Developed

Handouts and educational materials are available via the website below.

Materials Available YES

Materials may be viewed and downloaded via the following website:

<http://www.doh.state.fl.us/Family/obesity/documents/BeWise.html>

Funding Sources

Florida Department of Education, Florida Department of Health, Florida Department of Elder Affairs, Florida Department of Agriculture, Florida Department of Children and Families, University of Florida IFAS Extension, and Florida Area Health Education Centers Network

Website

<http://www.doh.state.fl.us/Family/obesity/documents/BeWise.html>

Contact Information

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Obesity Prevention Program
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Rating/Comments

Professionals: Program materials can be used to educate and promote healthy snacks and physical activity.

Participants: May be used in a clinic, school, or family setting. Kid-friendly materials.

Snack Smart, Move More

Florida Interagency Food and Nutrition Committee
2004



Target Population

Preschoolers to seniors

Goal

To reduce the incidence of overweight and obesity by encouraging Florida citizens to choose healthy snacks and participate in regular physical activity.

Brief Description of Program

"Snack Smart, Move More" is a health and nutrition campaign that promotes healthy snacking and physical activity.

Materials Developed

Handouts and educational materials are available via the website below.

Materials Available? YES

Materials may be viewed and downloaded via the following website:

<http://www.fldoe.org/nutrition/teachers/SnackSmart/>

Funding Sources

Florida Department of Education, Florida Department of Health, Florida Department of Elder Affairs, Florida Department of Agriculture, Florida Department of Children and Families, University of Florida IFAS Extension, and Florida Area Health Education Centers Network

Website

<http://www.fldoe.org/nutrition/teachers/SnackSmart/>

Contact Information

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Rating/Comments

Professionals: Program materials can be used to educate and promote healthy snacks and physical activity.

Participants: May be used in a clinic, school, or family setting. Kid-friendly materials.

Mooove to Lowfat or Fat Free Milk

**Florida Interagency Food and Nutrition
Committee**

2002



Target Population:

Ages two and up

Goal:

To encourage Florida adults and children over 2 to drink lowfat or fat free milk to reduce saturated fat and calories.

Brief Description of Program:

Lesson plans and handouts were developed to promote consumption of lowfat and fat free milk for persons over 2 years old.

Materials Developed:

Kit (with lesson plans, WIC clinic activities, sample press releases, literature review and taste test instruction), posters in English and Spanish, displays, bulletin boards, buttons, WIC check envelopes, handouts

Materials Available? YES

Materials may be downloaded for educational purposes only from the website:
<http://www.doh.state.fl.us/family/mooove/milk.html>

Funding Sources

Agencies represented by the Florida Interagency Food and Nutrition Committee.

Website

<http://www.doh.state.fl.us/family/mooove/milk.html>

Contact Information:

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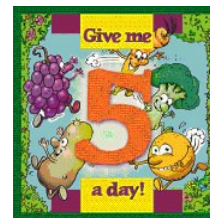
Rating/Comments

Professionals: This program has been used in the WIC clinics, in County Extension Agencies, in schools, and in community settings to promote lowfat and fat free milk. Materials are kid-friendly but also educational for adults.

Participants: Participants have shown interest in the campaign when receiving materials.

Give Me 5 A Day! Book

**Florida Department of Health
Florida WIC Program &
Florida Child Nutrition Program**



Target Population:
Preschoolers

Goal:

The book was written to serve a dual purpose: to improve literacy among lower income individuals by encouraging reading and to "teach" the importance of eating vegetables and fruits to young children. The book also encourages physical activity.

Brief Description of Program:

In FFY 2003, a children's book entitled Give Me 5 A Day! was written by staff from WIC and Child Nutrition Programs. The book was distributed to all childcare facilities participating in the Child Care Food Program and to each WIC family with young children. The first printing of the book included over a quarter of a million copies in both English and Spanish. A second printing was recently completed.

Project Results/Evaluation:

Over 700 WIC families were surveyed. 83% said that they read the book more than one time to their children and 70% said that they fed their families more fruits and vegetables.

Materials Developed:

Preschool book in English and Spanish

Materials Available? YES

Books are available for purchase. Go to this website for ordering information:
http://www.doh.state.fl.us/family/wic/Documents/Five_A_Day/Give_me_5_a_day.html

Funding Sources:

Florida Department of Health

Website: <http://www.doh.state.fl.us/family/wic>

Contact Information:

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Tallahassee, FL 32399-1726

Rating/Comments

Useful for promoting 5 A Day to families with young children.

**Guidebook of Nutrition Education Programs & Practices
Florida Partnership for Promoting Physical Activity & Healthful Nutrition**



5 A Day the Florida Way

Florida Department of Health,
Obesity Prevention Program
2003



Target Population

All Floridians

Goal

To promote better health for all Floridians by increasing their fruit and vegetable consumption to five or more servings per day.

Brief Description of Program

5 A Day For Better Health is a national program and partnership that seeks to increase the number of daily servings of fruits and vegetables Americans eat to 5 or more. The 5 A Day Program provides easy ways to add more fruits and vegetables into your daily eating patterns. Through various programs, activities and promotions in worksites, health agencies, schools, restaurants, cafeterias and community groups Floridians learn that eating 5 or more servings of fruits and vegetables can reduce the risk of heart disease, cancer, overweight and obesity and other chronic diseases.

Materials Developed

Educational brochures and other materials, along with promotional items and items made for children.

Materials Available? YES

For available materials, go to the Florida 5 A Day Program website at:
<http://www.doh.state.fl.us/family/5aday>

Funding Sources

The National Center for Chronic Disease Prevention and Health Promotion (CDC-NCCDPHP) and the Florida Department of Health, in conjunction with County Health Departments and the Florida Partnership for Promoting Physical Activity and Healthful Nutrition, promote the 5 A Day Program.

Website

<http://www.doh.state.fl.us/family/5aday/index.html>

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Rating/Comments

Professionals: Program materials can be used to promote 5 A Day to clients of all ages in a variety of settings, including health fairs and nutrition programs.

Participants: Clients who receive 5 A Day materials indicate that the information is helpful and useful. Materials are versatile and can apply to any American or Floridian.

Florida Action For Healthy Kids

Florida Department of Health



Target Population

School-aged children K-12

Goal

To help ensure a totally healthy school environment that promotes good nutrition and physical activity.

Brief Description of Program

Non-profit groups like the Florida Action for Healthy Kids Partnership strive to work with all members of the community to improve the total school environment making it a healthy and active place for children to learn. Through the efforts of their diverse membership they are working on issues such as healthy school vending, universal breakfast, and increased physical activity through PE and recess.

Project Results/Evaluation

Ongoing

Materials Developed

Educational and promotional materials, including fact sheets and presentations, for use in any setting.

Materials Available? YES

For available materials, go to this website:

<http://www.actionforhealthykids.org/tools/index.htm>

Funding Sources

Florida Action for Healthy Kids Partnership and private/public donations. For more information on the Action for Healthy Kids collaboration go to:

<http://www.actionforhealthykids.org>

Website

<http://www.actionforhealthykids.org>

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Mega Walkers Florida Department of Health

Target Population

Pre-adolescent clinic patients determined to be overweight or at risk for overweight by their pediatricians.

Goal

To teach enjoyable lifestyle behaviors, improve self-esteem and to slow the patients weight gain/prevent weight gain until height increased.

Brief Description of Program

The Mega Walker Program was planned and developed by the South Jacksonville Family Health Center pediatrician and nutritionist. It was designed to help teach enjoyable healthy lifestyle activities and improve self esteem of our pre-teens receiving treatment for obesity and obesity-related health problems.

Project Results/Evaluation

All participants had issues affecting their ability to succeed in the program objectives. Some had elderly caretakers who couldn't/wouldn't participate with the children. Lack of parental involvement was a serious problem. The liability of the pediatrician and nutritionist taking the children off grounds on a 2 mile walk was also a serious concern due to some of the children's asthma, manner of dress, traffic, etc.

Materials Developed

Program used food models, food pyramid games, various true/false quizzes and music for dancing and exercising.

Materials are not available but information will be shared if contacted.

Funding Sources

None

Website

See contact information

Contact Information

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904-727-6550

Rating/Comments

Participants: Children seemed to enjoy the Mega Walker meetings which were 2 mile walks, nutrition education activities and sampling of low calorie recipes.

Hawaiian- Themed Nutrition Education

University of Florida/IFAS Extension



Target Population

Adults and middle school youth

Goal

To encourage daily consumption of five servings of fruits and vegetables using tropical fruits and locally available produce to reduce the risk of heart disease.

Brief Description of Program

Hawaii has the lowest number of deaths from heart disease of all states in the U.S., and the traditional Hawaiian diet is rich in fruits, vegetables, and fish, which has been shown to reduce heart disease risk. Because heart disease is the number one cause of death in Washington, Holmes, and Jackson Counties in the state of Florida, this program was developed. A multi-county Hawaiian-themed nutrition education program was presented, demonstrating meals using tropical fruits and locally available produce. Agents demonstrated eight dishes; participants sampled and received nutritional information, including a recipe booklet.

Project Results/Evaluation

122 people attended two 90-minute programs. A six-month follow-up telephone survey of program participants was conducted and another survey was mailed to participants. The purpose was to measure the increase in consumption of fruits and vegetables. Thirty-seven persons were contacted, with 30 of the 37 having prepared at least one of the new menu ideas presented.

Materials Developed

12-page recipe booklet of dishes featuring tropical fruits and locally available produce

Materials Available? Contact Judy Corbus (below) if interested in materials.

Funding Sources

Preventative Health & Health Services Block Grant funds from the Centers for Disease Control. The grant was administered by the Washington County Health Department and served Jackson, Holmes, and Washington Counties.

Website

<http://washington.ifas.ufl.edu/>

Contact Information

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**Guidebook of Nutrition Education Programs & Practices
Florida Partnership for Promoting Physical Activity & Healthful Nutrition**

Rating/Comments

Professionals: Useful for diet education in populations with high heart disease risk.

Participants: Statements made by some participants indicated behavior changes of eating more fruits and vegetables while limiting sweets, as well as drinking more water.

Expanded Food and Nutrition Education Program

Leon County UF/IFAS Extension



Target Population

Limited-resource families with children

Goal

To help families provide healthy, safe, and adequate meals and snacks to family members.

Brief Description of Program

A series of 17 lessons were developed and can be used in a series or as stand-alone single lessons.

Project Results/Evaluation

Each county evaluates their program. Leon county results are available for review (the data indicated that the lessons impacted the families). The participants completed pre and post food recalls and behavior checklists. Many improved their food consumption and use of available resources for food.

Materials Developed

The curriculum was developed at UF/IFAS-Extension, entitled *Nutrition Essentials*. Extension agents throughout the state use the materials.

Materials Available: YES

Available on CD. Contact Jo Shuford-Law (below),

Funding Sources

UF/IFAS Extension & individual counties

Contact Information:

Jo Shuford-Law, CFCS, LD/N

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Rating/Comments

Professionals: Useful for presentations in the community or a curriculum for a community nutrition education program.

Participants: Indication of positive impact via program evaluations.

Mayor's Health and Fitness Challenge

Miami-Dade County, FL

Target Population

All residents of Miami-Dade County, FL

Goal

Promote physical fitness and general wellness



Brief Description of Program

In 2004, Mayor Alex Penelas, the Health Foundation of South Florida, and Mercy Hospital have partnered to launch the 1st Mayor's Health and Fitness Challenge, a year-long program of events aimed at promoting physical fitness and general wellness. All residents are challenged to: "Get Fit!" "Eat Right!" and "Chill Out!" – focusing on 3 primary components of physical fitness, nutrition, and stress management. Special features include fitness demonstrations, nutritional cooking classes, physical activity groups, stress management seminars, and much more. Monthly main events are held to provide health screenings and measure progress on Challenge goals. All events and features are free of charge and open to the public.

Materials Developed

Handouts and educational material on various aspects of physical fitness, nutrition, and stress management

Materials Available? YES

<http://www.miamidade.gov/fitness/challenge-about.asp>

Funding Sources

The Mayor's Office, Health Foundation of South Florida, and Mercy Hospital came together for the partnership, and the program is underwritten by corporate and public sponsors, including the Miami-Dade Health Department, Miami-Dade Parks, and the Miami Herald.

Website

<http://www.miamidade.gov/fitness/challenge-about.asp>

Contact Information

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Mayor's Health & Fitness Challenge, General Info:
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Mayor Carlos Alvarez
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mayor@miamidade.gov

Shape Up Jacksonville

**Obesity Prevention Program
Community Nutrition Services
Duval County Health Department**



Target Population

Adults, ages 18 and older

Goal

To increase an awareness of proper nutrition and regular physical activity among adults in order to avoid or reverse consequences associated with overweight and obesity.

Brief Description of Program

Shape Up Jacksonville is a 12-week nutrition and physical activity education program targeting adults ages 18 and older. The program can be implemented in the work site setting, faith-based setting or community outreach setting. Nutrition education sessions include information about each of the food groups, serving recommendations, portion sizes, healthy food choices, and more. Physical activity sessions include teaching proper stretching and exercise techniques as well as engaging participants in actual physical activity during each weekly session.

Project Results/Evaluation

Pre and post-tests are conducted for each 12-week program.

Materials Developed

Program materials include 12 nutrition education sessions (interactive PowerPoint presentations), handouts for each session, 12 physical activity sessions, healthy recipes, and pre and post-tests for all sessions.

Materials Available? YES (See contact information below.)

Funding Sources

Duval County Health Department, grants when awarded, public/private institutions when sponsored, and group fee for service.

Website

www.dchd.net/obesity.htm

Contact Information

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**Guidebook of Nutrition Education Programs & Practices
Florida Partnership for Promoting Physical Activity & Healthful Nutrition**

Rating/Comments

Professionals: This program is successful in promoting nutrition and physical activity for adults. The program is designed to be used by various health professionals on a request basis with Health Department monitoring.

Participants: Participants indicate knowledge and behavioral change in dietary habits and physical activity.

TNT: Total Nutrition for Teens

**Obesity Prevention Program
Community Nutrition Services
Duval County Health Department**



Target Population

Adolescents ages 11 to 18 - middle and high school students

Goal

Teach participants how to lead a healthy lifestyle by incorporating healthy eating and physical activity, thus reducing risk for further health complications related to overweight and obesity.

Brief Description of Program

A 12-week nutrition education and physical activity program which promotes attitude and behavior change toward more healthy lifestyles. Parent/Guardian involvement is highly encouraged, and parent/guardian education sessions are included in the program curriculum. Nutrition education sessions include lessons on food groups, healthy choices, portion sizes, healthy eating attitudes (self-esteem and disordered eating), and advocating healthy lifestyles to others. Physical activity sessions involve participants while keeping them entertained and minimizing focus on appearances.

Project Results/Evaluation

Ongoing – pre/post-tests, food & physical activity diaries, and surveys are used each time the program is used.

Materials Developed

All materials needed for nutrition education and physical activity sessions, physical activities instructions, healthy recipes for teens, etc.

Materials Available? YES (See contact information below.)

Funding Sources

Duval County Health Department, grants when awarded, public/private institutions when sponsored.

Website

www.dchd.net/obesity.htm

Contact Information

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**Guidebook of Nutrition Education Programs & Practices
Florida Partnership for Promoting Physical Activity & Healthful Nutrition**

Rating/comments

Professionals: This program is successful in promoting nutrition and physical activity for adolescents. The program is designed to be used by various health professionals on an ongoing basis, independent of Health Department monitoring, given that the professional running the program will share data with the Health Department staff in exchange for use of the program materials.

Participants: Participants indicate knowledge change and enjoy learning about health in a teen-friendly format.

Get Healthy Kids Club

**Obesity Prevention Program
Community Nutrition Services
Duval County Health Department**



Target Population

Elementary school children, ages 7-12

Goal

To increase awareness of proper nutrition and regular physical activity in children/adolescents to avoid future morbidity and mortality, specifically related to overweight and obesity.

Brief Description of Program

The Get Healthy Kids Club program consists of 12 club-style sessions to be held weekly. Each session includes an interactive nutrition education lesson with pre- and post-testing, along with group physical activities. The nutrition education includes food group identification, a lesson on each of the food groups, reading food labels, making healthy snack and dining out choices, and healthy lifestyle advocacy. The advocacy component focuses on raising peer leaders to actively promote healthy eating and physical activity in their schools and communities. The Get Healthy Kids Club also includes obtaining weights and heights on each child for BMI calculation at least twice, at the beginning and end of the program. The Get Healthy Kids Club has also included snack demonstrations in its curriculum.

Project Results/Evaluation

Currently conducting midpoint evaluation of pilot with after school program in Jacksonville, FL

Materials Developed

Presentation with program information and training, 12 nutrition education sessions, handouts for each session, group physical activities list, healthy recipes

Materials Available? YES (See contact information below.)

Funding Sources

Duval County Health Department, grants when awarded (received the 2004 3-A-Day of Dairy Nutrition Education Grant from the Dairy Council of Florida), public and private institutions when sponsored.

Website

www.dchd.net/obesity.htm

Contact Information

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**Guidebook of Nutrition Education Programs & Practices
Florida Partnership for Promoting Physical Activity & Healthful Nutrition**

Rating/Comments

Professionals: Program can be used in school classes, after school programs, community centers, or outreach settings. Has been successful in reaching elementary-school aged children.

Participants: Received positive response from schools and community centers, as well as parents of participating children.

Hearts N Motion

**Community Cardiovascular Health Program
Division of Community Nutrition Services
Duval County Health Department**

**Community Cardiovascular
Health Program**



Target Population

Adults over the age of 18

Goal

To promote self-education and self-management in the prevention and treatment of heart disease, stroke, diabetes, poor nutrition, obesity, physical activity, and adult tobacco use in Duval County's high-risk zip codes.

Brief Description of Program

Hearts N Motion is an eight-week adult-focused program developed for Duval County residents. Hearts N Motion is one of three programs under "Hearts With Spirit" – Community Cardiovascular Health Program.

Materials Developed

Eight PowerPoint presentations, each with a pre and post-test. The pre and post-tests measure the individuals' knowledge before and after each presentation. The PowerPoint presentations include: Week 1: Heart Disease: Signs & Symptoms of a Heart Attack & Stroke, Week 2: Know Your Numbers: Blood Pressure & Blood Lipids, Week 3: Diabetes & Heart Disease, Week 4: Nutrition & Weight Management: Healthy Heart Foods, Week 5: Exercise and Chronic Disease: What You Should Know, Week 6: Walking for Fun & Fitness, Week 7: How Does Tobacco Affect my Heart?, Week 8: Meeting Your Goals: Status Report

Materials Available? YES (See contact information below.)

Funding Sources

Preventive Health- Health Services Block Grant (PHHSBG) from the Centers of Disease Control and Prevention (CDC)

Website:

www.dchd.net

Contact Information:

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**Guidebook of Nutrition Education Programs & Practices
Florida Partnership for Promoting Physical Activity & Healthful Nutrition**

Rating/Comments

Professionals: This program is successful in promoting nutrition, physical activity, and heart health in various community settings, including businesses, community centers, and faith-based venues.

Participants: Participants enjoy learning about health and the social setting that this program provides.

Kids Hearts N Motion

**Community Cardiovascular Health Program
Division of Community Nutrition Services
Duval County Health Department**



Target Population

Children 6-11 years old

Goal

To increase an awareness of proper nutrition and regular physical activity in children at a young age to avoid future morbidity, specifically related to cardiovascular disease.

Brief Description of Program

One of three programs under "Hearts With Spirit". The program is a six-week nutrition and physical education program, which can be implemented in the elementary schools, after school programs, or community outreach settings.

Project Results/Evaluation

Ongoing – Each time the program is completed, results of pre and post tests are summarized.

Materials Developed

Lessons with pre and post tests.

Materials Available? YES (See contact information below.)

Funding Sources

Preventive Health- Health Services Block Grant (PHHSBG) from the Centers for Disease Control and Prevention (CDC).

Website:

www.dchd.net

Contact Information:

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Rating/Comments

Professionals: This program is successful in promoting nutrition, physical activity, and heart health for children. The program is designed to be used by various health professionals on an ongoing basis, independent of Health Department monitoring, given that the professional running the program will share data with the Health Department staff in exchange for use of the programs materials.

Participants: Participants indicate knowledge change and enjoy learning about health in a kid-friendly format.

California Latino 5 A Day Campaign California WIC Program

Target Population

Latino Community: Adults/ children 9-11 years old

Goal

Educate Latino families about the importance of consuming 5+ fruits and vegetables as part of the high fiber, low fat eating diet to reduce the risk of many common cancers, heart disease, stroke, diabetes, obesity and certain types of blindness in adults

Brief Description of Program

Television and radio public services announcements and cooking demos, supermarket promotions, distribution of material for community-level use, educational videos, schools, farmer's market, youth groups and other community organizations.

Project Results/Evaluation

Great participation

Materials Developed

Several pamphlets from the California Latino 5 a day campaign, Project Lean, California Nutrition Network, Power Play campaign.

Funding Sources

Federal Prevention Blocks Grant, USDA, California Endowment Grants

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Give Me 5 A Day! Music CD

Florida Department of Health,



Target Population

Preschoolers

Goal

To reduce the incidence of overweight and obesity by encouraging Florida children to sing and dance to the songs on the CD.

Brief Description of Program

"Give Me 5 A Day!" CD has 4 original fruit and vegetable songs sung by Rodger Tripp, the Singing SafariMan, a singer/songwriter from Tallahassee. The CD was developed to encourage children to eat more fruits and vegetables and to motivate children to dance, march and move to the songs. The 18 minute CD has four original songs - *Fun Food Songs*, *Give Me 5 A Day!*, *Snack Smart Move More*, and *Silly Fruits and Vegetables Dance*. A booklet insert is included with each CD. This booklet has the words to each song as well as some suggestions for parents or teachers for using the CD with children. To hear a selection from each song go to this web site:

http://www.doh.state.fl.us/family/wic/Documents/Five_A_Day/Give_me_5_a_day_CD.html

Materials Developed

Music CD

Materials Available? YES

Materials may be viewed and downloaded via the following website:

http://www.doh.state.fl.us/family/wic/Documents/Five_A_Day/Give_me_5_a_day_CD.html

Funding Sources

Florida Department of Health

Website

http://www.doh.state.fl.us/family/wic/Documents/Five_A_Day/Give_me_5_a_day_CD.html

Contact Information

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Rating/Comments

Professionals: CD can be used in a classroom setting to encourage children to move.

Participants: CD can be used by parents to encourage children to move.

Snack Smart, Limit Soda

Florida Department of Health,
WIC Program
2005



Target Population

Soda drinkers

Goal

To reduce the incidence of overweight and obesity by encouraging Florida citizens to choose water and lowfat milk instead of calorie dense sodas.

Brief Description of Program

"Snack Smart, Limit Sodas" is a nutrition campaign from the Florida Department of Health that promotes choosing healthy beverages instead of sodas.

Materials Developed

Handouts and educational materials are available via the website below.

Materials Available? YES

Materials may be viewed and downloaded via the following website:

<http://www.doh.state.fl.us/family/wic/index.html>

Funding Sources

Florida WIC Program

Website

<http://www.doh.state.fl.us/family/wic/index.html>

Contact Information

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850.245.4202
Florida Department of Health
WIC and Nutrition Services
4052 Bald Cypress Way
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Tallahassee, FL 32399-1726

Rating/Comments

Professionals: Program materials can be used to educate and promote healthy snacks.

Participants: May be used in a clinic, school or family setting.