

THE **TIME** abc NEWS
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Basic assumption;

There is no one “diet” that will work for everyone, especially in the long term.

People have different “eating opportunities”, hence challenges to moderate food intake, and impediments to maintaining appropriate levels of physical activity.

There is no unique combination of macronutrients that will be more effective than another in promoting weight loss.

Although there may be small differences in satiety, environmental factors can override these.

“Diet” by definition is of limited duration.

Maintaining a healthy body weight requires the development of lifelong dietary and activity patterns consistent with energy balance.

**We need to be more aware of how parent's
“dieting” impacts on children's eating
patterns and attitudes towards food.**

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Nutrition Education

- Permanent component of curriculum.
- Interdisciplinary approach (science, math, physical activity).
- Incorporate nutrition into standardized tests.
- Teach basic food preparation skills.

Profession training (teachers, coaches, counselors)

- Guarantee sensitivity to needs/feelings of overweight and obese children.
- Provide strategies for overweight/obese staff to reconcile personal versus curricular issues.
- Ensure accurate information provided to students.

Public/private buildings projects

- Stairways – open, safe, clean.
- Exercise/walking areas – perimeter building.
- Open school gyms in evenings.

Physical activity

- Understand why all schools don't have physical education - lack facilities, time, perceived importance.
- What types of activities are encouraged and rewarded?
 - Team sports
 - Individual fitness

Lunch (breakfast/vending machines)

- Rethink criteria that determine federal reimbursement.
- Ensure school cafeteria/vending machine offerings are consistent with nutrition curriculum.
- Tie federal reimbursement to nutrition criteria for all food and drink sold in schools.