



*National Association of School Nurses*

# Childhood Overweight

Time for Action  
A School Nurse Perspective

# The Big Picture

- Epidemic of childhood overweight
- Caused by multiple factors
- Multifactorial solutions

# School Nurses Promote...

- **Health in general**
  - Culture of health in schools
- **Healthy eating**
  - At home
  - In school
    - Education
    - Cafeteria and classrooms
- **Physical activity**

# NASN MAP Project

- **CDC/NDEP grant:** National Program to Promote Diabetes Education Strategies in Minority Communities
- **NASN program:** Managing and Preventing Diabetes and Weight Gain Project (MAP)
  - Management of type 1 diabetes
  - Prevention of type 2 diabetes

# NASN MAP Project: In Vivo

- St. Paul's Public Schools Site
- School nurses (SNs) measure and record BMIs of 4<sup>th</sup> grade students
- Referral to primary HCP for at or above 95<sup>th</sup> percentile
- SNs teach 6 wk healthy lifestyles curriculum
- Students & parent/guardians complete home portion