

# Nutrition and Winnebago County High School Students

## What are the issues?

- **46.9%** of students reported that they were trying to lose weight.
- **37.7%** of students reported that they ate fruit one or more times during the past seven days.
- **22.7%** of students reported that they ate vegetables (other than carrots, green salad, and potatoes) one or more times during the past seven days.
- **23.6%** of students reported that they drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days.
- **53.7%** of students reported that they ate breakfast on 5 or more of the past 7 days.
- **3.8%** of students reported being hungry most of the time or always during the past 30 days because there was not enough food in their home.

## What are the solutions?

K-12 skill-based health education

Parent and family involvement

Trained staff

Comprehensive school wellness policies

Using Wisconsin education standards for health and nutrition

## What are some resources to help address the problem?

- Wisconsin Department of Health Services – Nutrition and Physical Activity Program  
<http://dhs.wisconsin.gov/health/physicalactivity/Sites/School/School.htm>
- CDC - Fruits & Veggies-More Matters <http://www.fruitsandveggiesmatter.gov/>
- CDC - Division of Adolescent and School Health: Nutrition Resources  
<http://www.cdc.gov/HealthyYouth/nutrition/index.htm>
- USDA: Healthier US School Challenge  
<http://www.fns.usda.gov/tn/HealthierUS/index.html>

## Wisconsin Department of Public Instruction

- Wisconsin Nutrition Education Standards <http://dpi.wi.gov/fscsp/pdf/nestandards.pdf>
- Health Education and Physical Activity Program  
<http://www.dpi.wi.gov/sspw/healtheducation.html>
- Nutrition Education Program <http://dpi.wi.gov/ne/index.html>
- CESA Safe & Healthy Schools Network [www.cesa6.org](http://www.cesa6.org)