Memorial Hospital's

Fight Against Childhood Obesity

Partnerships

Appalachian Regional Commission

Southeast Area Health Education Center

Clay/Jackson/Owsley Board Of Education

Memorial Hospital

Live It Up! Beginning Programs

Clay County Middle School
Elementary After School Programs
Clay County High School
Summer Camps & Intercession
Jackson County Middle School
Jackson County High School
Owsley County Schools

Live It Up! Current Programs

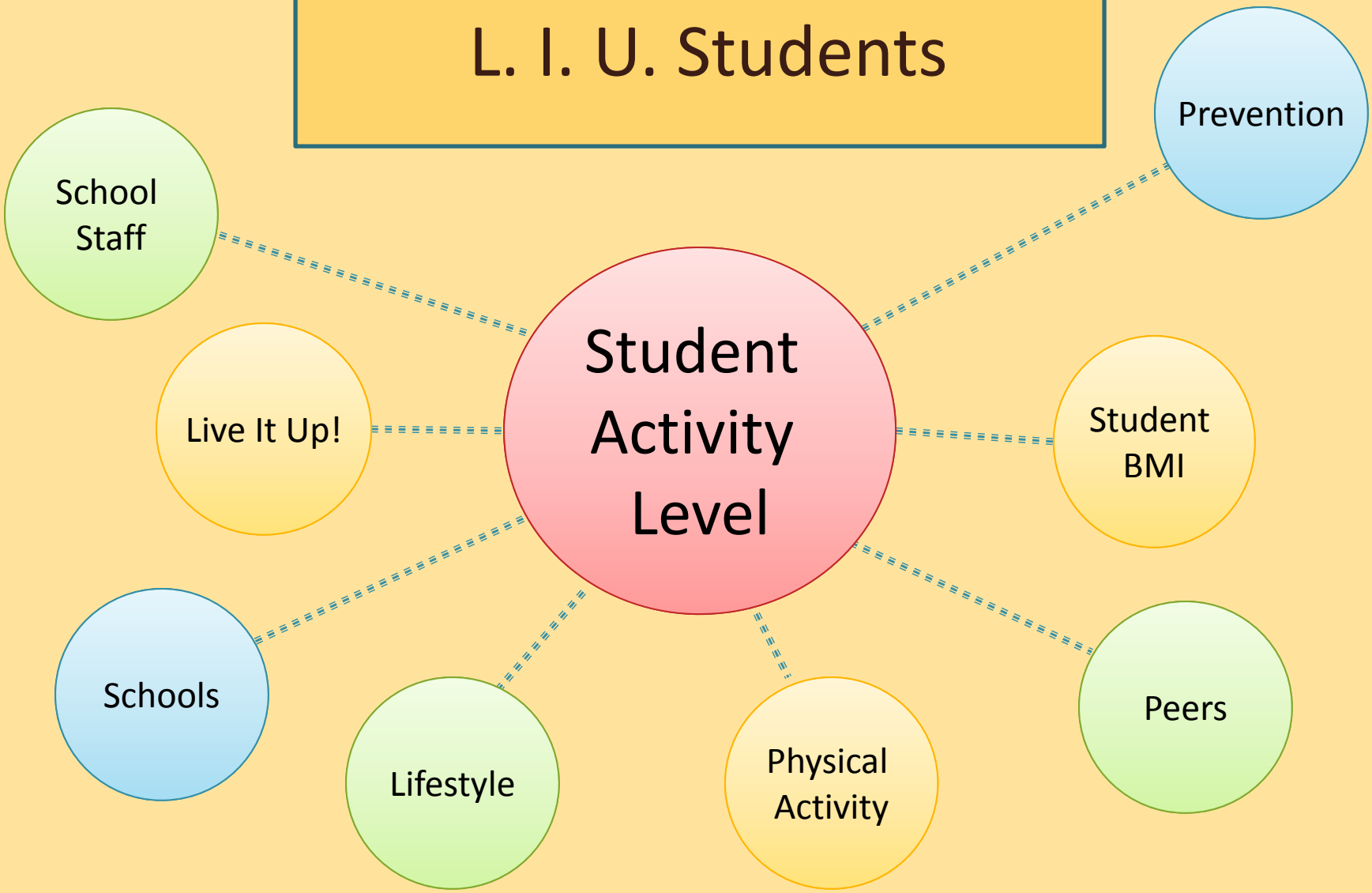
Clay County Middle School

Clay County High School

Summer Camps & Intercession

Movement is a medicine for creating change in a person's physical, emotional, and mental states.
~Carol Welch

Factors Affecting L. I. U. Students



Clay County Middle School Live It Up! Program

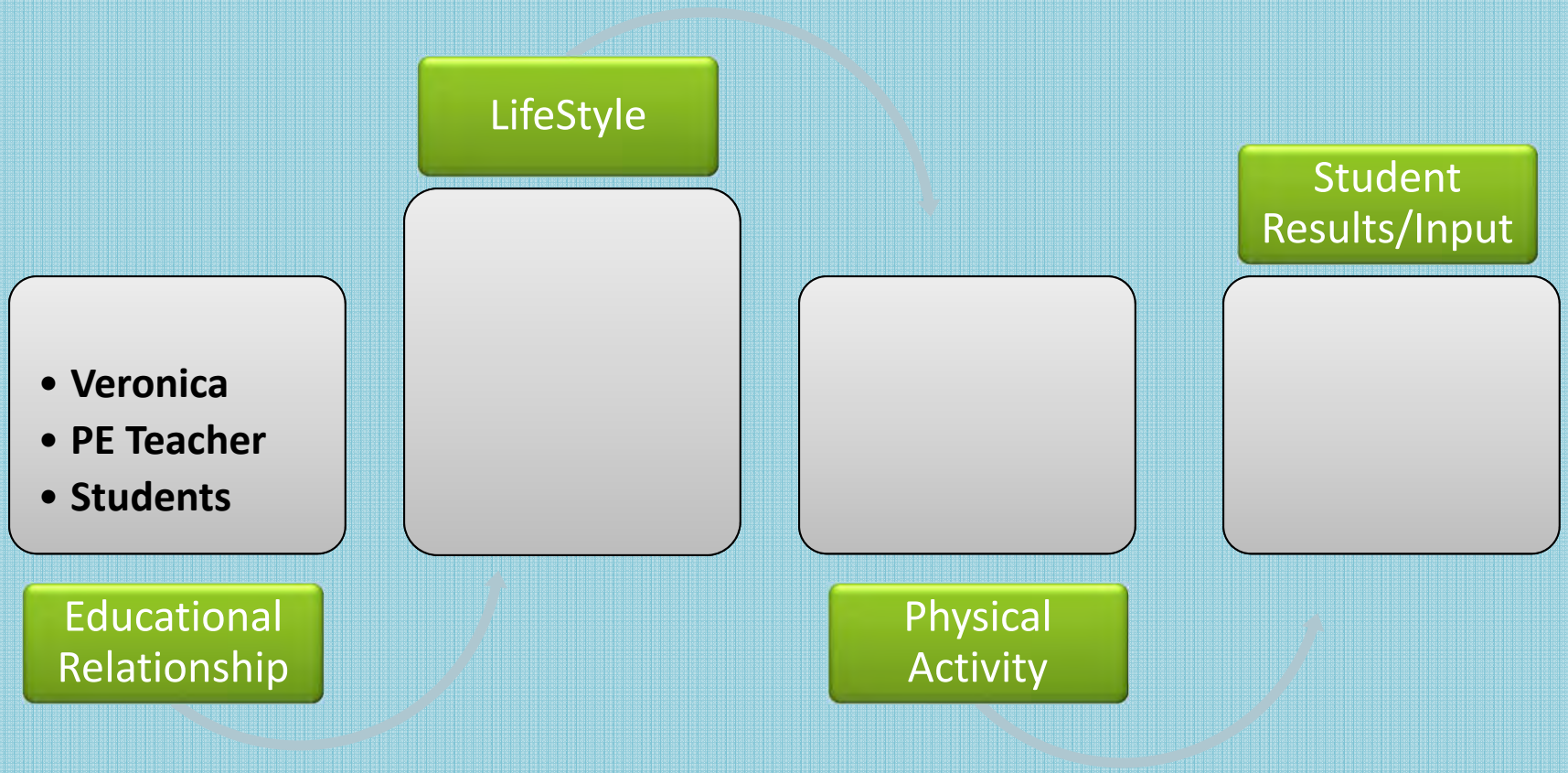
An average of 55% of students improved their BMI over the past four years

The percentage of at-risk/overweight students decreased from one year to next

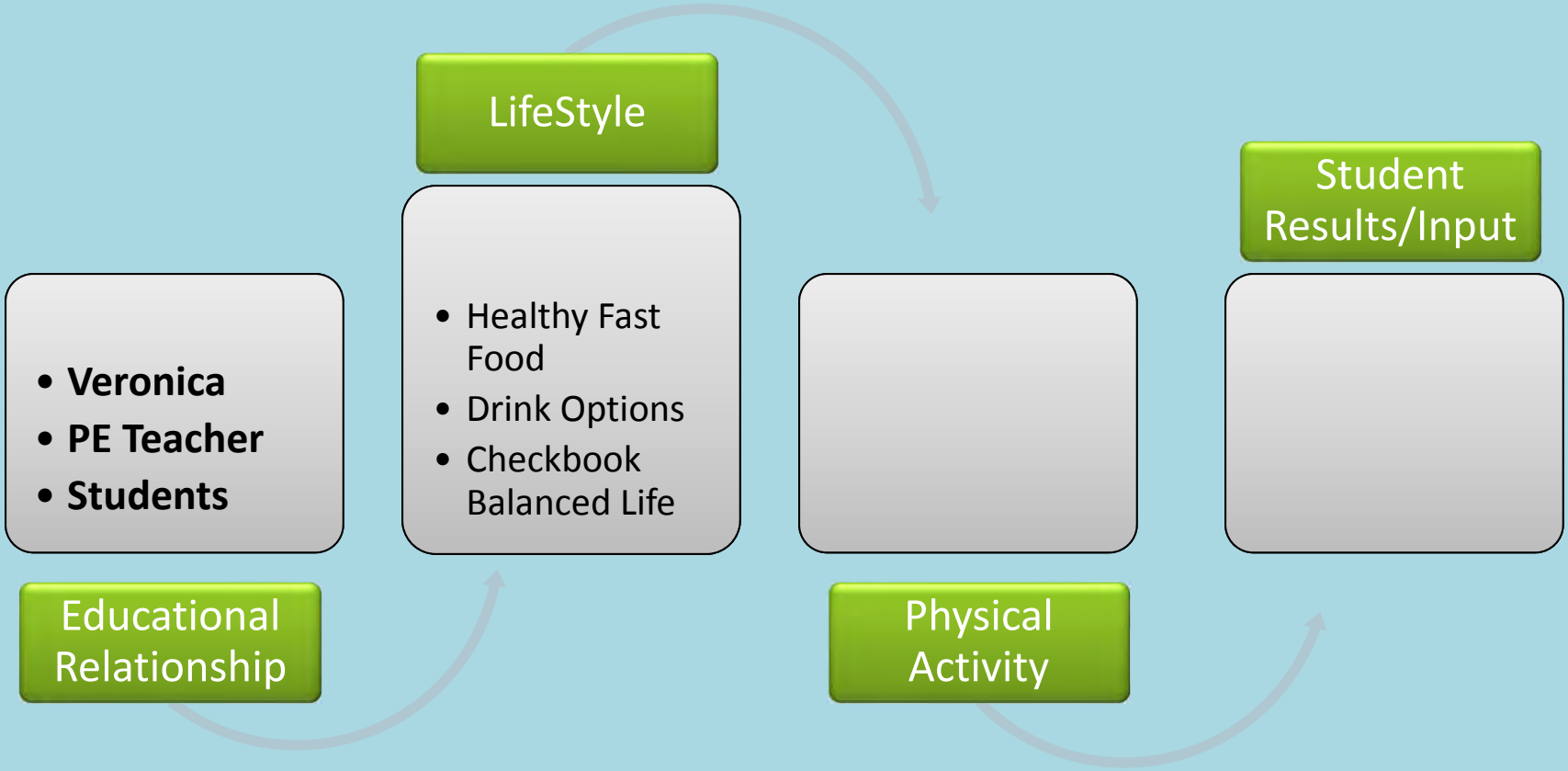
800+

Middle School Students

How this works!



How this works!



How this works!

Educational Relationship

- **Veronica**
- **PE Teacher**
- **Students**

LifeStyle

- Healthy Fast Food
- Drink Options
- Checkbook Balanced Life

Physical Activity

- Do What You Enjoy
- When emotional don't eat, exercise
- Encourage Parents

Student Results/Input

How this works!

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- **Veronica**
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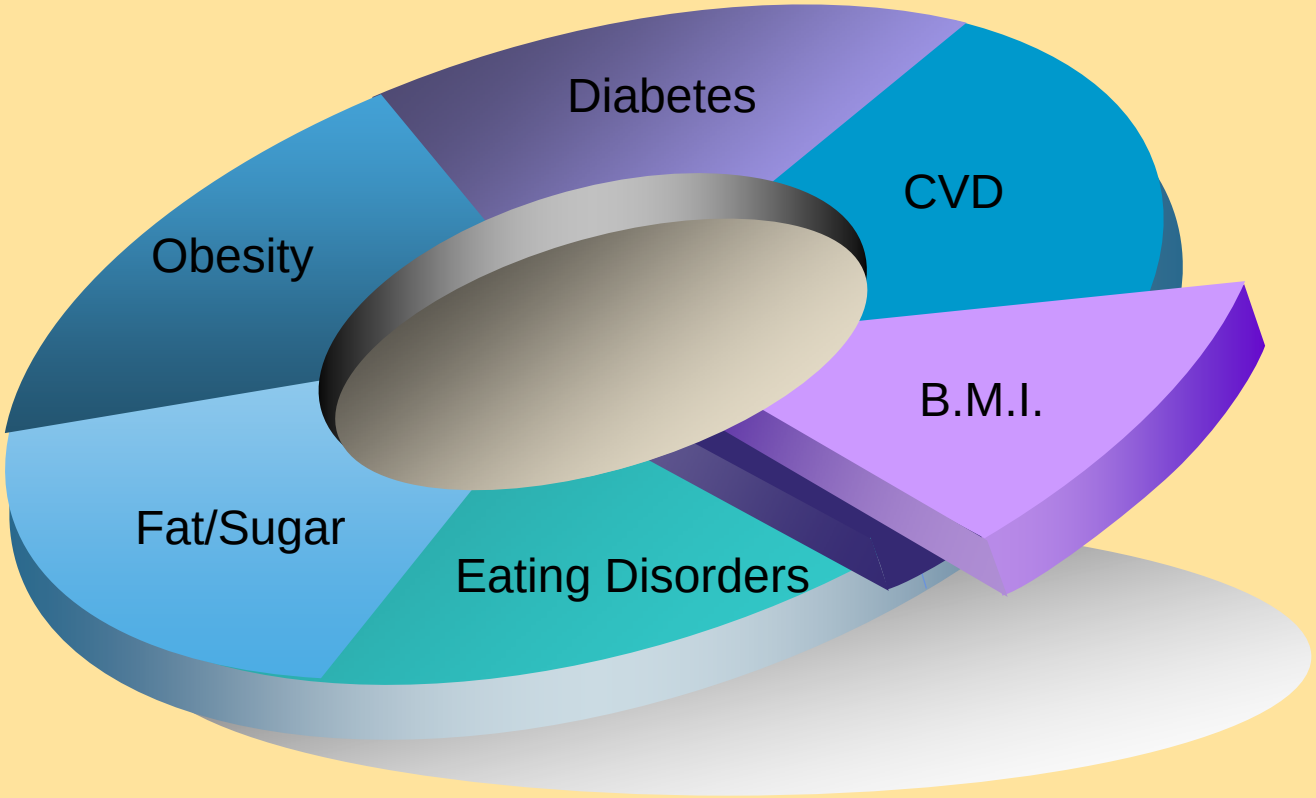
Student Results/Input

- Feedback from students
- BMI results
- Pre-Post Test Scores

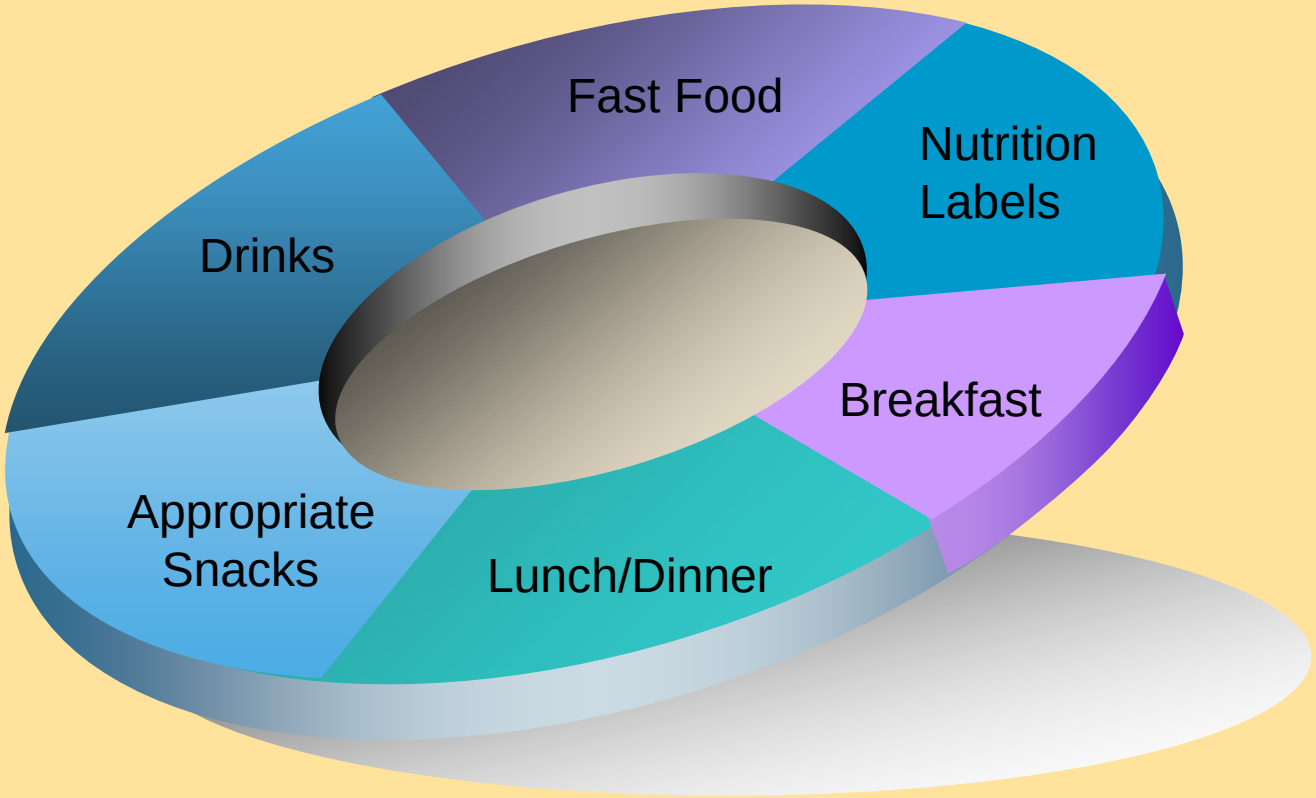
Disease Prevention Topics



Develop a passion for learning. If you do, you will never cease to grow.

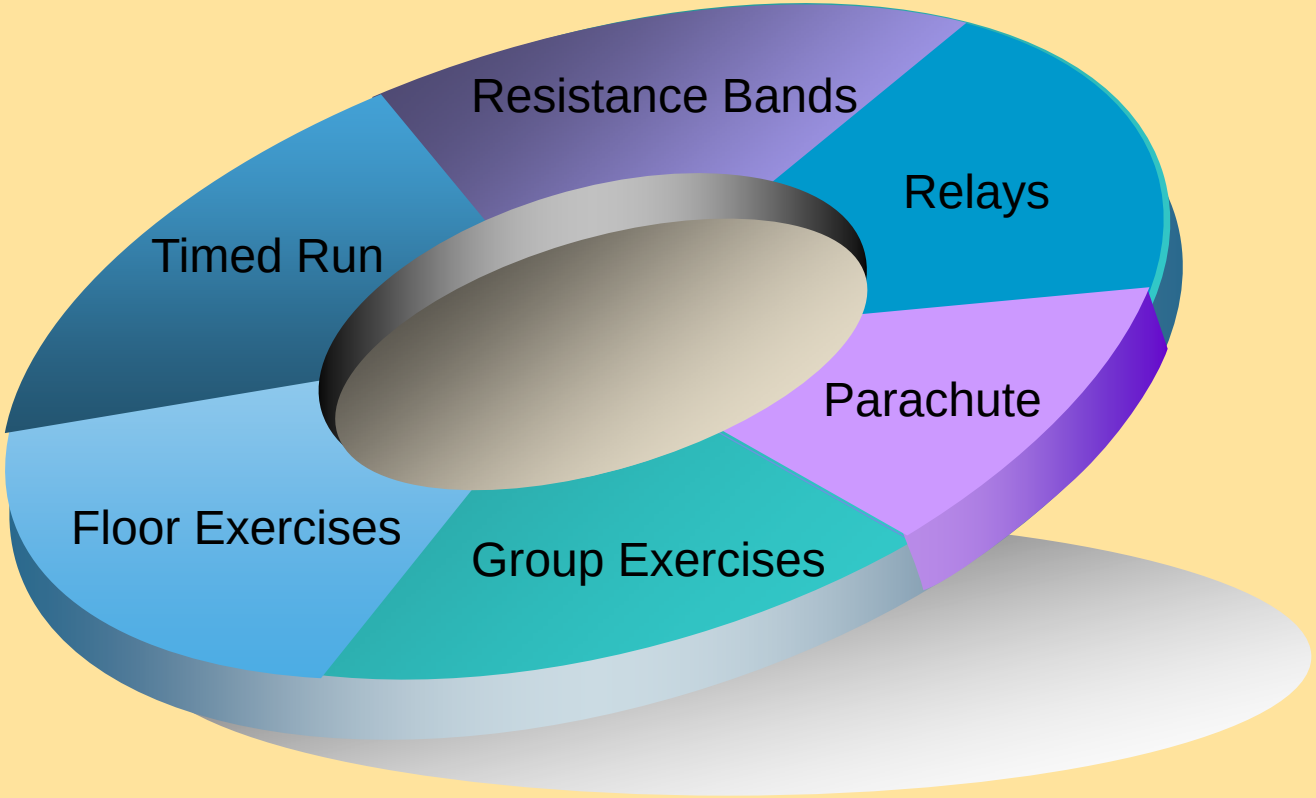
~Anthony J. D'Angelo

Nutrition Education Topics

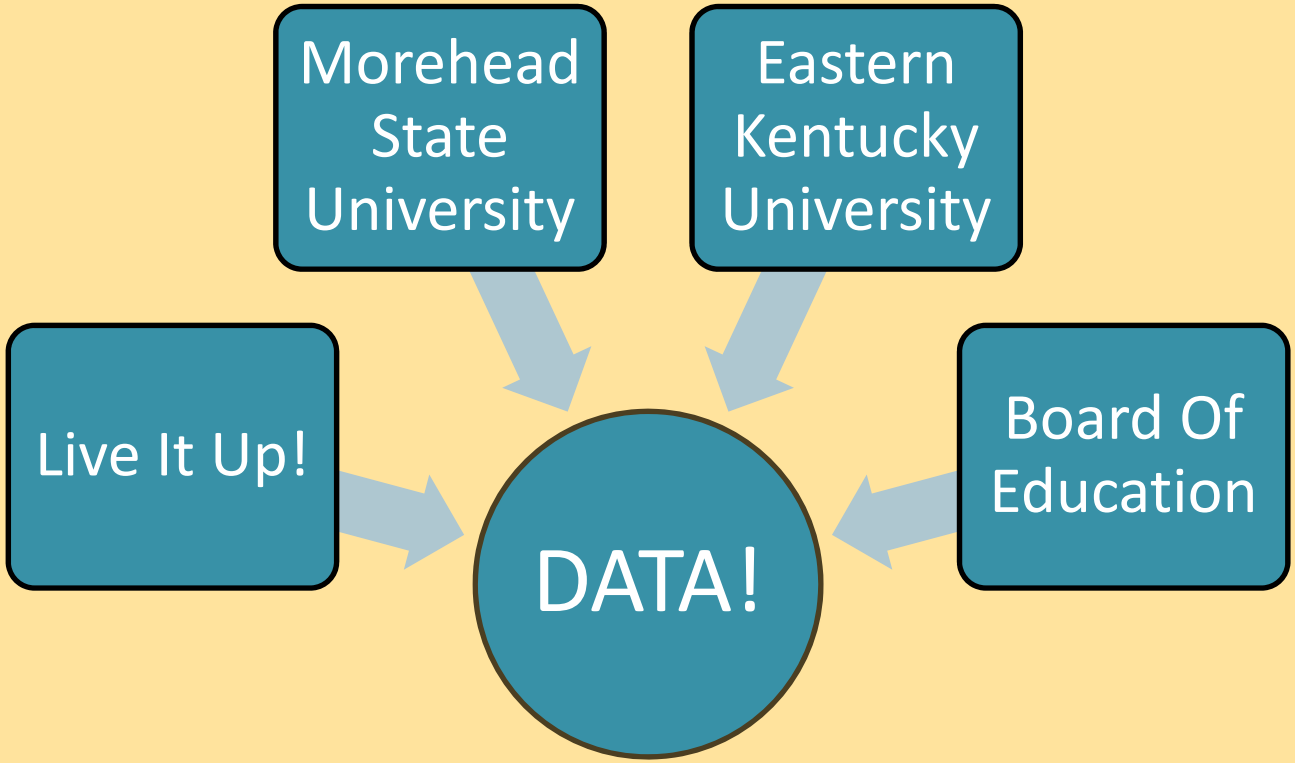


HOME
JESEE

Physical Activities



Moving Forward



Live it up
enjoy life. live healthy. be active.
manchester memorial hospital
Manchester Elem.
This is what we looked like at the beginning of Ms. Carol's first grade 2005-2006.
Huddle House
ABERCROMBIE
NORTHWOODS
JOHN DEERE
DREAM BIG

Stories from Students

"My mom told me to lose weight by throwing up. Now I know how unsafe that is to me and my future."

"I used to drink 2 cases of pop a day. I now drink water and have lost 28 pounds."

"After learning about diabetes, I thought I might have it. Now I am under a doctor's care for those symptoms."

Stories from Students

"I used to never exercise. I got a Wii and now my whole family exercises."

"Every morning we would run through a fast food place for breakfast. Now I eat cereal and drink low-fat milk."

"In P.E. I was afraid to try for fear of what others think. I now am in better shape because of my effort."