

## NutriGram Pilot Results and Texas Rollout



### Pilot Program Participation

Third, fourth and fifth grade students from the following 14 public elementary schools across Texas participated in the NutriGram pilot this spring:

1. Almeda Elementary – Houston ISD
2. Burks Elementary – McKinney ISD
3. Burleson Elementary – El Paso ISD
4. George Bannerman Dealey – Dallas ISD
5. Hickey Elementary – Plano ISD
6. Martha and Josh Morriss Mathematics and Engineering Elementary School – Texarkana ISD
7. Northlake Elementary – Richardson ISD
8. Rayburn Elementary – McAllen ISD
9. Red Oak Elementary – Red Oak ISD
10. Rosemont Elementary – Dallas ISD
11. St. Alcuin Montessori – Private, Dallas
12. Vega Elementary – Vega ISD
13. Westcliff Elementary – Fort Worth ISD
14. WR Bill Fort Elementary – Royse City ISD

### Pilot Program Results

The survey results show that many children are interested in healthy eating options, however do not have the nutrition education or supportive environment necessary to distinguish healthy versus unhealthy options and form healthy lifestyles. The following is a sample of the results analyzed by The University of Texas School of Public Health, Michael & Susan Dell Center for Healthy Living. The full report will be made available spring 2012.

#### *School Meals*

- The majority of children liked the school cafeteria food “some” or “most” of the time.
- 87% of children expressed interest in helping choose healthy foods for their school cafeteria.
- 88% reported that they would eat healthy breakfast items such as yogurt, oatmeal, fruit, granola and whole wheat toast if presented.

#### *Food and Beverage Choices*

- 46% of children ate fast food two or more times per week.
- When presented with a sample menu, children were equally likely to choose healthier options in place of less healthier options. For example:
  - Children were equally likely to choose healthy options such as a turkey sandwich in place of less healthier options such as chicken nuggets.
  - Children reported consistently choosing healthier choices for a side dish, such as a fruit cup or steamed vegetables, over French fries and tator tots.
- Increasing variety is one way to get children interested in eating more fruits and vegetables.

#### *Food Knowledge*

- Children did not understand that low-fat milk is a healthier choice than whole milk.
- Children did not understand that baked potato chips were a healthier choice than French fries.
- The majority of children incorrectly thought diet soda contained sugar and sports drinks did not contain sugar.
- The majority of children knew that consuming excess calories can lead to weight gain, but fewer knew that excess calories can also lead to heart disease.

### NutriGram Adoption Across Texas

NutriGram is currently in the process of being implemented in more than 70 elementary schools across Texas:

Almeda Elementary, Aoy Elementary, Arthur H. McNeil Elementary, Atkinson Elementary, Bailey Elementary, Beall Elementary, Bennett Elementary, Bonham Elementary, Burks Elementary, Burleson Elementary, Burnett Elementary, Cielo Vista Elementary, Clardy Elementary, Colin L. Powell Elementary, Dowell Elementary, Fannin Elementary, Finch Elementary, Fisher Elementary, Frazier Elementary, Freeman Elementary, Gardens Elementary, Garfield Elementary, Gary & Bobbye Jack Minshew Elementary, Genoa Elementary, George Bannerman Dealey, Golden Acres Elementary, Harmony School of Nature & Athletics, Jensen Elementary, Jessup Elementary, Kruse Elementary, LF Smith Elementary, Laura Welch Bush Elementary, Lizzie Nell Cundit McClure Elementary, Lomax Elementary, Long Elementary, Mae Smythe Elementary, Mahanay Elementary, Marguerite J. Lundy Elementary, Martha and Josh Morriss Mathematics and Engineering School, Martin Elementary, Matthys Elementary, McMasters Elementary, McNeil Elementary, Meador Elementary, Mesita Elementary, Milam Elementary, Minshew Elementary, Mitzi Bond Elementary, Moore Elementary, Morales Elementary, Northlake Elementary, Parks Elementary, Pearl Hall Elementary, Polk Elementary, Pomeroy Elementary, Putnam Elementary, Rayburn Elementary, Red Bluff Elementary, Red Oak Elementary, Richey Elementary, Rivera Elementary, Reuben Johnson Elementary, Rosemont Elementary, Schuster Elementary, St. Alcuin Montessori, Slaughter Elementary, South Belt Elementary, South Houston Elementary, South Shaver Elementary, Sparks Elementary, Stuckbery Elementary, Teague Elementary, Tippin Elementary, Thornton Elementary, Tom Lea Elementary, Turner Elementary, University Of Texas El Charter School, Vega Elementary, Vilas Elementary, Webb Elementary, Westcliff Elementary, Western Hills Elementary, Williams Elementary, WR Bill Fort Elementary, Young Elementary