

The Links, Incorporated- West Palm Beach Chapter
National Trends & Services Facet- Umbrella Program
“Stamping Out Childhood Obesity”

A Partnership with the Beacon Center at Northmore Elementary School



The West Palm Beach Chapter of The Links, Incorporated began its Childhood Obesity Initiative in September 2009, an ongoing program designed to target middle and high school aged students, in an effort to educate them on the consequences of childhood obesity, and methods to improve eating habits and increase physical activity. The program includes monthly sessions designed to monitor the students' progress to evaluate their eating habits and physical activity and to provide a positive impact by demonstrating progress of the students in terms of improved eating habits, physical activity, and overall education about childhood obesity.

The West Beach Chapter of The Links, Incorporated initiated a long-term partnership with Northmore Elementary School's Beacon Center. The Beacon Center is an after school program for middle and high school students. The students are primarily minorities, many of whom struggle with childhood obesity. The Links meet with the students once per month, for at least an hour, and provide a detailed childhood obesity curriculum for the students. The program has included presentations from guest speakers, including nationally-recognized personal trainer and registered nurse Derek Dodd. Each month the students are provided with calendars utilized to monitor their progress in improving eating habits and physical activity. The calendars are reviewed each month in an effort to re-evaluate the needs of the students and identify areas of improvement. The students are rewarded with prizes.

September 2009: Initial Meeting with Students and Overview of the Program



The students were very excited to have us and are looking forward to the program. We gave introductions, an overview of the program, defined childhood obesity, talked about ways to prevent childhood obesity and gave the students a task for the month which is to track all of the good foods and exercise for the month. The students were also given information about the Walk-A-Thon and the Poster Arts Contest. We had approximately 20 students at this session.

October 2009: Collaboration with The Arts Facet- Students work on Arts Posters



October 24, 2009: Links 14th Annual Walk-A-Thon and Poster Arts Contest
Theme: *Stamping Out Childhood Obesity*

The national initiative, “Project Walking Fete: Making Health A Habit” was put into practice by members of our chapter, community supporters (groups/friends) and poster contestants .

The Walk-A-Thon , held at Gaines Park on Saturday, October 24th , featured the art work of local student artists who rendered their interpretations of the theme, “Stamping Out Childhood Obesity”. The poster contest was a collaborative effort of the Walk A Thon Committee, and the Arts and National Trends and Services Facets.

Two categories of contestants were represented: elementary and middle school. The Beacon Center submitted three entries; BAK Middle School of the Arts, three entries; H.L. Johnson provided two entries; and U.B. Kinsey/ Palmview Elementary School of the Arts had a total of fifty-five entries.

All three winners attend U.B. Kinsey / Palmview Elementary of the Arts and intend to pursue careers in visual arts. Two fifth graders(Andres Cobo and Yamira Alfaro) and a third grader (Carlos Molina) were extremely proud and estatic upon being announced to the student body as winners of our local poster contest. Link Constance Gonzalez presented their \$25.00 cash prizes and a certificate to each of the students on the WUBK morning newscast. The other

Contestants had their certificates hand delivered and presented in front of their peers. All students were excited and appreciative. The winning entries are displayed in the gallery showcase of Building #7 on the

U.B. Kinsey campus. Other representative entries are also posted. All contest participants will receive a certificate containing our logo and the chapter president's signature.

The Links serving as judges were Kayla French, Shawn Henderson, and Constance Gonzalez.



Link Constance Gonzalez with the winners!



The Winning Posters!



Links Members at the Walk-A-Thon

November 2009: Guest Speaker Derek Dodd, R.N., Nationally Renowned Personal Trainer
Mr. Dodd volunteered an hour of his time to work with students. He spoke about healthy eating habits and demonstrated several exercises the students can do at home to ensure that they are getting physical activity on a daily basis. After the presentation, Mr. Dodd engaged the kids in a physical fitness exercise program including running, pushups, crunches and much more!



Students pose for a photo with Derek Dodd, R.N.



January 2010: Links Members Present “The Importance of Proper Nutrition”
featuring materials from the www.mypyramid.gov website

GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
Make half your grains whole	Vary your veggies	Focus on fruits	Get your calcium-rich foods	Go lean with protein
<p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweetpotatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Go low-fat or fat-free when you choose milk, yogurt and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine – choose more fish, beans, peas, nuts, and seeds</p>
For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.				
Eat 6 oz. every day	Eat 2 1/2 cups every day	Eat 2 cups every day	Get 3 cups every day for kids aged 2 to 8, 5 1/2	Eat 5 1/2 oz. every day
<p>Find your balance between food and physical activity</p> <ul style="list-style-type: none"> Be sure to stay within your daily calorie needs. Be physically active for at least 30 minutes most days of the week. About 60 minutes a day of physical activity may be needed to prevent weight gain. For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required. Children and teenagers should be physically active for 60 minutes every day, or more often. 		<p>Know the limits on fats, sugars, and salt (sodium)</p> <ul style="list-style-type: none"> Reduce most of your fat sources from fish, nuts, and vegetable oils. Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain them. Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low. Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients. 		

U.S. Department of Agriculture
Center for Nutrition Policy and Promotion
April 2005
CMP-15

USDA

March 2010: “Healthy Foods from Around the World”
Presented by the International Trends & Services Facet





April 2010: Services to Youth “Exercise Video”

The Services to Youth Facet is developing an exercise video designed to educate and motivate students to increase their physical activity. The Beacon Center students served as actors performing the suggested exercises on the video, which were led by Certified Personal Trainer Derek Dodd. The video will be produced by students from Canal Point Elementary School, including world-renowned reporter Damon Weaver, who last year scored an interview with President Barack Obama. The video will be distributed to local middle and high school students, in an effort to educate students on tactics to battle Childhood Obesity.





We have developed a program and have monthly presentations through Links members and guest speakers designed to give them information about proper nutrition, healthy eating habits and the importance of physical activity. By reviewing the students' calendars each month we determined that the students were limited by the foods that were offered at school or purchased by their parents. We suggested that they make an effort to make the healthiest choices and to play an active role in grocery shopping to assist their parents in purchasing healthier eating options.

To date, the program has been a success. We have seen a significant shift in the thought processes of the students, and they are now making efforts to control what they eat and what they do. We look forward to continuing our work with the Beacon Center.

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