

## **Renovation for the Nation**

### **Case Study Samples**



#### **Glennwood Middle School**

##### **Energy In**

After asking other students about snacking, a group of Glennwood Middle School students found they were eating a lot of unhealthy snacks after school. Potato chips, cookies, candy and soda were at the top of the list. Students also said that they usually ate the unhealthy snacks their parents bought and kept around the house. Because the students ate a lot of junk food, the group of Glennwood students thought of ways to replace the unhealthy snacks with healthier options like peanuts, trail mix, fresh and dried fruit and pudding. The students created a shopping guide with healthy snack suggestions. The guide was small enough to carry in a pocket and was designed for students to give to parents as a reminder of what healthy snacks to buy while shopping. During a follow-up, the group of Glennwood students found that 3 days out of the week, students were making healthier snacking choices.

##### **Energy Out**

Glennwood students also found that during the lunch period students were very inactive once they finished eating. To get students moving, they challenged students to walk 500 to 1000 steps over the lunch hour, by setting up an obstacle course in the cafeteria. The results showed students were moving more. Their step counts increased 500 to 1000. Plus, students said they were having more fun at lunch with their friends on the obstacle course.

#### **Mayfield Middle School**

##### **Energy In**

A group of Central Middle School students decided to do a test of their own to see what students were drinking. The group found that Central students were drinking high-calorie, high-sugar drinks such as sodas 2 or 3 times a day, and weren't drinking very much water. To try to stop this sugar craze, Central students talked to school administrators about providing healthier options such as Gatorade, Crystal Light and bottled water in the school vending machines and snack bars, and lowering the costs on these items so that students would be more likely to select these options. The group of Central students hung posters to educate their classmates about why they should drink low-calorie, low-sugar drinks and especially water. They also challenged each student to drink at least 6, 8oz servings of water a day in between classes. In a follow-up survey, the group found that most students were drinking more low-calorie drinks and much more water.

##### **Energy Out**

The group of Central students found that kids are more likely to remain active when families are actively doing things together. Knowing this, students created a newsletter with suggestions for family activities during evenings and weekends. Some of the suggestions included playing a family game of soccer, Frisbee, basketball or just simply taking walks. Family

surveys at the end of the school year showed 75% of the students increased their activity levels and spent more time being active with their families.

## **La Vista Middle School**

### ***Energy In***

#### **Fast Foods**

A group of students from La Vista Middle School found that most students ate fast food and higher fat foods most of the time. After watching the movie *Supersize Me*, a documentary on high-fat, low-nutrition fast food restaurants, students also realized most students were probably getting larger meal sizes when they ate out. The group wanted to trim down the number of visits students were making to fast food restaurants, encourage them to eat smaller meals and make healthier choices at restaurants. So, the group of students designed educational posters that explained the health dangers of eating too much fast food and information on how to watch the portion size at meals. Students surveyed 2 weeks after the posters went up said they were still eating out frequently and eating larger, unhealthy meals.

Since the idea to put up educational posters was not enough to stop students from eating fast food and getting extra sized portions, the group of students thought of how they could make the experiment different next time. The group agreed that next time, students will ask school administrators and physical education teachers to show *Supersize Me* to their P.E. classes and educate students about the dangers of eating unhealthy fast food. Also, students want to do some research to offer students a list of healthy restaurants and food choices when they do eat out.

### ***Energy Out***

Students at La Vista found that they were below the national average of daily step taking (11,000 for girls and 13,000 for boys). To help students stay active outside of school and increase their daily steps, students organized and formed after-

school and evening walking clubs where their families, friends and even dogs were all invited to join in the fun. La Vista students found that they met and topped the national average, all while spending more time with their families and friends.

## **Mountain View Middle School**

### ***Energy In***

Students at Mountain View Middle School decided to focus on fruits and veggies served at school. They asked students who ate in the cafeteria why they didn't eat the fruits and veggies served, and found students didn't like the types offered. The group of Mountain View students decided they needed more fruits and veggies and asked the principal and cafeteria workers for a better selection. Surveying classmates, the group determined what fruits and veggies were most popular. They hung posters to let all of their fellow students know about their efforts. In about two weeks, the school changed the fruits and vegetables offered, and students who were surveyed after the change said they were eating more fruits and vegetables at lunch.

### ***Energy Out***

Mountain View students decided they wanted to step up their physical activity at school by taking several educational walking fieldtrips. They voted on a list of locations that included parks, museums and art galleries – all within a few miles from school that they could take turns walking to once a week. Students figured out the miles and then the steps it would take to get to each location and used a pedometer and walking log to track their steps. After arriving each location, they would receive an educational tour or listen to a speaker and then eat lunch before walking back to school. Students found that they enjoyed combining exercise with education and are already planning fieldtrips for the rest of the year.