



Teacher makes lifestyle changes to model MyPlate for her students ?

Reporting Periods

SNAP-Ed 2019 (October 1, 2018 - September 30, 2019)

Site

Arthur Hapgood Elementary

Unit

Santa Barbara (County)

COVID-19 Impact

Not Specified


Program Activity

Not Specified


Keywords

Not Specified

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12651

Collaborators

This Success Story has no collaborators.

Story

Background

CalFresh Healthy Living, UC in San Luis Obispo and Santa Barbara counties utilizes an educator extender model to reach youth in Kindergarten through 6th grade with evidence-based nutrition and physical activity curricula. Under this model, educators enroll in the program as extenders and agree to deliver SNAP-Ed approved curricula in their classrooms throughout the school year. To support enrolled extenders, UC Community Educators provide four classroom activities that enhance the teacher-led lessons and provide opportunities for students to sample new foods, practice cooking skills and get hands-on skills in nutrition and physical activity.

Story Narrative

During FFY19, a UC Community Educator conducted an introductory lesson in a first grade classroom for a newly enrolled extender. The lesson introduced the MyPlate food groups and messaging related to making half your plate fruits and vegetables. These introductory lessons are also in-class trainings for extenders as they see nutrition and physical activity messaging modeled in their classrooms.

A few weeks after delivering the lesson, the UC educator was on campus again to provide support to other educator extenders. The first grade extender approached the UC Educator to say that, since her introductory lesson she had been “living MyPlate” and that in just a few weeks she had lost weight and gained more energy. She felt that if she was going to be teaching nutrition to her students, she should lead by example. Two months later, the extender reported that she was still following the MyPlate eating pattern and continuing to lose weight and gain energy.

Classroom teachers are role models for their students and students learn by their actions and behaviors. While the teacher was not the primary target for nutrition and physical activity interventions, her reported behavior change and modelling will have a lasting impact on her students.

Favorite Quote

“Since you came to my classroom, I decided to make a lifestyle change and live MyPlate. If I am going to teach nutrition I have to lead by example.” – 1st grade teacher in Santa Barbara County

SNAP-Ed Custom Data

Related Framework Indicators

Healthy Eating (ST1)
Healthy Eating Behaviors (MT1)

Socio-Ecological Framework

Individual/Family
Social and Cultural Norms and Values

Approaches

Individual or group-based nutrition educators (e.g. direct education)
