

July, 2009

[National Alliance for Nutrition & Activity](#)
[Society for Nutrition Education](#)

New Report Demonstrates the Value of Nutrition Education and Promotion in Child Nutrition Programs

Indianapolis, IN—The *State of Nutrition Education and Promotion for Children and Adolescents* was released today by the Society for Nutrition Education. This report is intended to provide nutrition education professionals, legislators, and other policymakers with the evidence and rationale for promoting a comprehensive nutrition education and promotion initiative as part of the upcoming Child Nutrition Reauthorization.

Click here to read a copy of the report's executive summary:

http://www.sne.org/documents/SNENENPES630_exec_summary_001.pdf

Click here to read a copy of the report:

http://www.sne.org/documents/SNENENPreport630_Final_000.pdf

Tracy Fox, SNE Vice President and contributing author of the report, stated “As nutrition educators, we have always known the importance of combining effective nutrition education efforts with a healthy school nutrition environment—the two go hand-in-hand. Now, this report highlights where the gaps are, and more importantly, what needs to be done to promote effective, well-funded nutrition education policies and programs that lead to real behavior change.”

The SNE report advocates for a robust Team Nutrition Network (TNN), a federal program that, if adequately funded, could establish and strengthen nutrition education and promotion efforts in Child Nutrition programs and within schools and communities across the country by:

- Supporting a strong nutrition education program in every State;
- Providing financial stability;
- Enabling efficient and effective collaboration in building multidisciplinary integrated nutrition and health promotion partnerships;
- Allowing States and districts to address their own unique nutrition education and promotion needs;
- Funding qualified professionals to lead these efforts; and
- Ensuring local wellness policies are implemented and evaluated.

State of Nutrition Education and Promotion for Children and Adolescents reviews the research on nutrition education interventions for children and adolescents and finds that nutrition education and promotion efforts can impact nutrition-related behaviors. The report also underscores the critical need for additional TNN resources. The current lack of funding, as the report illustrates, has resulted in fragmented nutrition education and promotion programs making it difficult for innovative, evidence-based approaches to be developed and implemented in ways that are both comprehensive and sustainable.

“Children need to eat healthy foods and exercise to grow strong, be ready to learn, and thrive in school and in life,” said Rep. Jared Polis (D-CO), who sits on the House Education and Labor Committee and the Healthy Families and Communities Subcommittee that oversees Child Nutrition programs. “Schools are a critical link in helping to promote healthy habits for children. The upcoming reauthorization, as this report illustrates, provides an important opportunity to strengthen nutrition education by ensuring that state and local efforts are coordinated, targeted, and tailored to meet communities’ needs.” Polis is introducing legislation to strengthen nutrition education and local wellness policies later this year.

The Society for Nutrition Education (SNE) is composed of nutrition education professionals who are dedicated to promoting effective nutrition education and communication to support and improve healthful behaviors with a vision of healthy communities through nutrition education and advocacy. Our members conduct research in education, behavior, policy, and communication; develop and disseminate innovative nutrition education and promotion strategies; and communicate information on food, nutrition, and health issues to students, professionals, policymakers, and the public. Publications describing this work can be found in the SNE peer-reviewed *Journal of Nutrition Education and Behavior*, the leading research periodical devoted to nutrition education and promotion.

Alexandra Lewin, Ph.D.
Nutrition Policy Fellow
Center for Science in the Public Interest
1875 Connecticut Avenue, NW, Suite 300
Washington, DC 20009
202-777-8351
www.cspinet.org
www.nanacoalition.org