

Michigan Team Nutrition

Role Model

Star Awards

September 2009

PLAYING A STARRING ROLE

Michigan health and fitness Role Model Stars recognized

A Role Model Star is someone who 'walks the walk,' modeling positive behaviors with a commitment to improving lifelong eating and physical activity habits.

Positive role models are fundamental to the development of youth. Being around adults who model healthy eating and engage in physical activity can create positive behaviors within young people that can last a lifetime.

During the 2008-2009 school year, 21 Michigan school administrators, educators, food service staff, and volunteers encouraged positive health behaviors for youth, within their schools and their communities.

The Michigan Department of Education (MDE) is recognizing these individuals as Role Model Star Award Winners through the MDE's Michigan Team Nutrition Program. The awards program is a product of a Michigan Team Nutrition Training Grant.

The winners were selected from among 103 nominations received from schools throughout the state. Based on their level of effort and accomplishments, those selected were grouped into three categories of recognition: Super Stars, Shining Stars, and Rising Stars.

In each instance, A Role Model Star is someone who 'walks the walk,' modeling positive behaviors with a commitment to improving lifelong eating and physical activity habits. They have had a positive influence on youth, their peers, and entire communities.

STAR POWER: DIVERSE AND CREATIVE IDEAS CHANGING BEHAVIOR

The activities created and implemented by the Role Model Stars were diverse and creative. They ranged from the creation of running clubs within schools to the development of a community-based health and fitness website, from the installation of vending machines stocked only with healthy food to the creation of walking trails, and procurement of fitness equipment.

Many of the Role Model Star Award winners sought and received support from public and private sources for their efforts. Contributors of funding, products, and materials included the W.K. Kellogg Foundation, Nike, the Coca-Cola Company, and the United Dairy Industry of Michigan.



THE GOODS: AWARDS, RECOGNITION AND PRIZES

For their efforts, award winners received a variety of prizes from MDE. Super Star award winners received \$50 worth of nutrition education supplies and a three-foot by five-foot vinyl customized healthy message banner for their school, valued at \$100. Shining Star award winners received nutrition education supplies for their school, valued at \$50. Rising Star award winners received a healthy recipes cookbook.

Beginning in October 2009, the MDE Team Nutrition Program will announce the call for nominations for the next round of the Role Model Star Awards. Information about the nomination process will be available through the Michigan School Nutrition and Training Programs Website (www.michigan.gov/schoolnutrition).

GET A HEADSTART ON IMPROVING YOUR LIFE AND THE LIVES OF OTHERS

Learning more about 'walking the walk' in your life and the lives of others is made all the easier by your participation in the Michigan Team Nutrition Program.

Team Nutrition supports administrators, educators, staff members, and volunteers dedicated to improving the health and physical activities in schools, families, and communities. Schools participating in the National School Lunch Program (NSLP) can be enrolled in the network, receive free nutrition education materials, and be eligible for special programs, training, and grants.

Get Involved

YOUR OPPORTUNITY TO BE A STAR

As a school administrator, educator, staff member, or volunteer, you are encouraged to follow the examples set by the Role Model Stars. This includes not only replicating the healthy behaviors demonstrated by the winners and any nominees whom you may know, but also serving as a role model within your own school and community.

Nominate a role model in your community at www.michigan.gov/schoolnutrition

How 2008-2009 Winners helped their schools and communities:

- creation of running clubs within schools
- development of a community-based health and fitness websites
- installation of vending machines stocked only with healthy food
- creation of walking trails
- procurement of fitness equipment

This contest is sponsored by Michigan Team Nutrition.

This project has been funded, at least in part, with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.