

Nutrition Education Improves Eating Habits for Staff and Youth in Pontiac

Through policy, systems, and environmental changes, *Michigan Health & Wellness* is an obesity reduction and prevention program implemented by community coalitions across Michigan.

PUBLIC HEALTH ISSUE



- Proper nutrition is vital to overall health and can decrease risk of chronic conditions.
- 6,354 Pontiac families live below 185% of the federal poverty level and 31.8% of Pontiac households receive SNAP benefits.
- As of 2018, 60.8% of Pontiac Community Survey respondents reported eating only 1-2 fruits daily and 55.1% reported eating only 1-2 vegetables daily.

PROGRAM ACTION



- Oakland County Health Division developed, administered, and evaluated a standard healthy eating training for Pontiac Youth Recreation and Enrichment Center (PYREC) staff.
- Staff completed a pre- and post-test to assess prior knowledge and attitudes about healthy eating.
- Nutrition guidelines for PYREC participants were drafted and accepted by PYREC's management to aid in teaching students/participants about healthy eating.

RESULTS



- Increase in perceived importance of health promotion, knowledge, advocacy, responsibility, and capacity among staff.
- Staff reported feeling better prepared to model and teach students about healthy eating.
- 67% of staff strongly agreed that it is their responsibility to promote healthy eating to youth.



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