

# Childhood Obesity

Approximately one in three Hawaii children are entering kindergarten overweight or obese and half of overweight children remain overweight as adults.

Overweight children have a much higher chance of developing chronic illnesses like type 2 diabetes and asthma, than children who have normal weight. They also may develop sleep problems and often have social problems. As lifelong habits are learned during childhood, right now is an important time to make sure our children are developing healthy ones. Poor food choices and inactivity are the major contributors to obesity.

*"We use the FFVP to align with our health and wellness initiative. We also use it to allow the students to have more access to fresh fruits and vegetables."*

— Hawaii FFVP School



## FFVP Evaluation

The US Department of Agriculture evaluated the FFVP to estimate its impact on participating students. Results indicated that FFVP increased the average fruit and vegetable consumption among students on FFVP days by approximately ¼ cup, but there was no increase in total energy intake. The increased consumption of fruits and vegetables replaced the consumption of other, less healthful foods.

*"FFVP provides a wide variety of healthy foods that students enjoy and look forward to each week. It allows for a connection with health and wellness and is often a substitute for more processed snacks."*

— Hawaii FFVP School

*"Hawaii's economy makes it a challenge for families to purchase expensive fruits and vegetables regularly, which impacts their health. Many of our students would not be exposed to healthy eating habits without this program. Many studies confirm the impact of wellness and healthy eating habits on student achievement. We are looking for any programs or events that will assist with achieving this goal. FFVP is one of those positive programs for our school community."*

— Hawaii FFVP School

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**HAWAII  
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NUTRITION  
PROGRAMS**

## Fresh Fruit and Vegetable Program



# About the Program

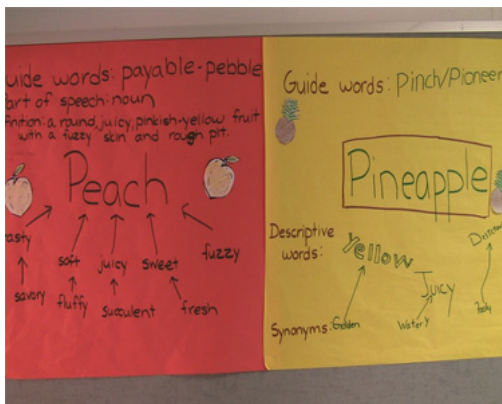
The Fresh Fruit and Vegetable Program (FFVP) provides students with a variety of fresh fruits and vegetables throughout the school day. Only elementary grades are eligible for this program and priority is given to schools with 50% or more students eligible for free or reduced priced meals. Participating schools receive a grant to cover the costs of the fresh produce, making them available to students for no additional fee. Schools can purchase fresh fruits and vegetables to be served to students as a snack, not during normally scheduled breakfast or lunch times, two to five times per week. This school year, Hawaii schools received \$1.9 million from the USDA.

## Program Objectives

The goal of the FFVP is to create healthier school environments.

- Expand the variety of fruits and vegetables children experience.
- Increase fruit and vegetable consumption.
- Make a difference in children's diets to impact their present and future health.

Schools are also encouraged to integrate FFVP in their core curriculum and develop nutrition education.



## Parent Involvement

Parent volunteers are very helpful in operating and enhancing the FFVP. Ways in which parents can get involved in the schools include:

- Assisting with the delivery and preparation of the fresh fruits and vegetables.
- Teaching nutrition lessons or participating in nutrition activities with the students.

Contact your school's FFVP coordinator to find out other ways your help is needed.

Parents can also support FFVP at home by giving children more opportunities to eat fruits and vegetables.

- Take your child grocery shopping and let them select fruits and vegetables to eat.
- Include fruits and vegetables in every meal and fill half your plate with them.
- Help your child create a vegetable garden.



*"We realize that our students feel better, perform better and are generally healthier when they eat a fresh fruit or vegetable snack between breakfast and lunch. For tangible, measurable proof, our test scores went up."*

— Hawaii FFVP School

## Participating Schools

Across the islands, 65 elementary schools are participating in FFVP for the 2014-15 school year.

**OAHU (25):** Aiea • Anuenue • Benjamin Parker • Ewa Beach • Kahalu'u • Kailua • Kalihi Uka • Kalihi Waena • Kamaile Academy PCS • Kapalama • Kauluwela • Kuhio • Laie • Leihoku • Linapuni • Lunalilo • Nanaikapono • Nanakuli • Pauoa • Pearl Harbor Kai • Puohala • Solomon • Waialua • Waianae • Waikele

**BIG ISLAND (24):** Ha'aheo • Hawaii Academy of Arts and Science Public Charter School (PCS) • Honaunau • Honoka'a • Kau High & Pahala (Elementary school only) • Ka 'Umeke Ka'eo PCS • Kaumana • Kalaniana'ole • Ke Kula O Nawaihiokalani'opu'u iki Lab PCS • Kea'au • Keaukaha • Keonepoko • Kona Pacific PCS • Laupahoehoe PCS • Lihikai • Mt. View • Na'alehu • Pa'auilo • Pohakea • St. Joseph School • Volcano School of Arts and Science PCS • Waiakea-Waena • Waimea • Waimea Middle PCCS (6<sup>th</sup> grade only)

**MAUI (11):** Haiku • Kahului • Kamalii • King Kamehameha III • Kula • Makawao • Paia • Princess Nahienaena • Pukalani • Waihee • Wailuku

**MOLOKAI (2):** Kualapu'u PCS • Maunaloa

**KAUAI (3):** Kapa'a • King Kaumuali'i • St. Catherine School

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## Links to Additional Resources

[www.hawaii5210.com](http://www.hawaii5210.com)  
[www.kokuahawaiiifoundation.org](http://www.kokuahawaiiifoundation.org)  
[www.fns.usda.gov/cnd/FFVP](http://www.fns.usda.gov/cnd/FFVP)  
[www.pbhfoundation.org](http://www.pbhfoundation.org)  
[www.farmtoschool.org](http://www.farmtoschool.org)