



Spotlight on Success:

Brogden Middle School of Wayne County is addressing childhood obesity

In September 2008, NC Prevention Partners trained half a dozen Wayne County middle school teams on implementing stronger physical activity and nutrition plans with its [Zone Health School Obesity Prevention Program](#). In this newsletter, we are proud to feature Brogden Middle School (BMS) for their exemplary efforts to improve the health of their students.



Photo (left): Julie Knaack of NCPP's Zone Health team discussing ways to strengthen physical activity and nutrition programs with Wayne County school teams.

Brogden's motivated team included an assistant principal, PE teachers, an athletic director, and a cafeteria manager – a great mix for tackling the different aspects of childhood obesity at schools. Since the training, the Brogden Zone Health Team has informed us that they have expanded to eight people, including a nurse, teacher assistant, and a career and technical education teacher. And the principal provides crucial support for the team's activities.

Brogden Middle School got a strong start on their action plan. Tammy Keel, assistant principal, summarizes their team's motivation for making their school a healthier place: "At BMS, our focus is our students. Their health and well-being is important to us. If we can make changes to improve their health and educate them about healthy eating habits that will affect them for a lifetime, we have accomplished a worthwhile task."

The team has selected and started to make improvements in:

- Cafeteria policies: add 5 minutes to breakfast and 3 minutes to lunch periods to allow children more time for meals, add 2 fruit choices to the menu for each lunch, make water that is free-of-charge available to students at lunch.
- Concession sales: remove soda and replace it with juice, water, and sports drinks; select healthy snacks to sell.
- Physical activity: promote community fitness activities to students.
- Staff wellness: provide nutrition education resources, start a walking club and a weight loss competition for staff.
- Other foods: provide healthy snacks to students in the classroom during special classroom events, celebrations, and parties; offer healthy food rewards in the classroom.

Excerpt from Fall 2008 *Prevention Works* newsletter from NC Prevention Partners

NC Prevention Partners is a leader in reducing preventable illness and early death in North Carolina caused by tobacco use, poor nutrition, physical inactivity and obesity. Zone Health was developed by NC Prevention Partners with support from GlaxoSmithKline Community Partnerships. www.ncpreventionpartners.org