

National Institute for Environmental Health Sciences

Environmental Solutions to Obesity in America's Youth

Moderator:

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Youth Engagement in Community Wellness Promotion

Youth participants in school-based programs will discuss their involvement organizing activities to promote access to healthy foods, practical nutrition knowledge and community fitness and wellness activities in Philadelphia. The Urban Nutrition Initiative (UNI) is a university-community partnership based at the University of Pennsylvania that engages K-16+ learners in an action-based, problem-solving curriculum that strives to promote community nutrition and wellness. UNI supports an ecological approach to nutrition education that emphasizes the interdependence of food, environment and human health through growing, cooking, eating and selling healthy foods.

Youth will share perspectives on their involvement in organizing the following activities;

- School-based and community gardens
- Peer Food Education
- After-school programs and summer camps
- School-based fruit and vegetable markets
- School-based community fitness programs
- Neighborhood mobile food cooperative

Youth will explore the role that schools can play in developing solutions to America's obesity epidemic, particularly through hands-on nutrition education that engages learners as community problem solvers. Throughout the presentation, youth will engage the audience in several activities that illustrate a hands-on, action-based approach to learning about nutrition.