Reducing childhood obesity and diabetes

June 12, 2008

Healthy food and exercise behaviors and attitudes

Program ENERGY, or Education, Nutrition, Exercise, and Recreation for Growing Youth, an integrated health/science education enrichment program led by Food Science and Human Nutrition Professor Arthur Campfield has offered unique opportunities for Colorado State students for the last seven years.

Inquiry-based health and science education

Program ENERGY’s primary goal is to reduce the rate of obesity and type 2 diabetes in elementary school children through an inquiry-based health and science education program. Since its inception, Program ENERGY has relied on the expertise, hard work, and dedication of numerous graduate and undergraduate students from the Department of Food Science and Human Nutrition.

Almost 500 local school children reached each year

In the 2006-2007 school year, Program ENERGY reached a total of 475 children in three Fort Collins schools with the help of approximately 100 CSU student volunteers, service-learners, and employees.

Recently, three FSHN graduate students, Jenna Allen, Lonnie Murt, and Kristin Schiller, completed their master thesis work with Program ENERGY. The students’ research projects, which coordinated with Program ENERGY’s existing program included a take-home family component, after-school family wellness, and a classroom extension focusing on the brain and nervous system.

CSU students gain valuable experience statewide

In addition to offering graduate students a forum in which they can gain research experience by developing new theory-based health and science projects for children and their families, Program ENERGY also offers Colorado State University students a variety of service-learning opportunities. Last year, approximately 100 students took advantage of these service-learning opportunities making a significant impact in the lives of hundreds of elementary school students.

9Health Fair nutrition education for adults and children

Another valuable service learning opportunity offered by Program ENERGY is to participate in the 9Health Fair In the Classroom and In the Community programs. For In the Classroom, Program ENERGY enlists CSU students to bring a traveling exhibit to elementary schools across Colorado during the school year.

For a one-week period in mid-April, students are enlisted to bring an adult version of the traveling
exhibit to community sites across Colorado. At these 9Health Fair events, students from the food science and human nutrition department share their knowledge and passion of healthy food and exercise behaviors and attitudes. Approximately 4,000 people were impacted by the CSU students attending the 9Health Fair sites.

**Funding partners**

Program ENERGY is funded by a NIH/NCRR/SEPA grant. The Community Foundation of Northern Colorado and the Coalition for Activity and Nutrition to Defeat Obesity, or Can Do, provided additional support to implement classroom activities.

For more information, visit [http://www.programenergy.org](http://www.programenergy.org) or call (970) 491-3238.

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