Serve Up a Healthier You

North Carolina Child Nutrition Services Staff Wellness Toolkit

Mini-Lessons

Developed by the N.C. Nutrition Education and Training Program
N.C. Department of Public Instruction
N.C. Division of Public Health

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Serve Up a Healthier You, from the North Carolina Department of Public Instruction, Child Nutrition Services, and the North Carolina Division of Public Health, Nutrition Services Branch, is a staff wellness toolkit tailored for Child Nutrition professionals in North Carolina offering resources and strategies for eating smart, moving more and living healthy.

Need **Why is there a need for staff wellness?**

Poor nutrition and physical inactivity have a significant health and economic impact.[1-5]

- The number of adults who are overweight or obese has increased.[6]
- An unhealthy lifestyle increases the risk of weight gain and many chronic diseases such as heart disease, diabetes, osteoporosis, and certain cancers.[1,4,5]
- Employees spend a significant part of each day at work.
- Obesity and its related health conditions are responsible for much of the increase in health care spending.
- Obesity and chronic disease can also decrease productivity and increase absenteeism.[5,7-9]

Yield **What are the benefits of staff wellness?**

Effective employee wellness programs offer direct and indirect benefits, including promotion of a healthy work environment and support of staff in taking steps to protect or improve their health.[7-16]

- Healthier employees
- Reduced health care costs
- Decreased absenteeism
- Increased presenteeism
- Enhanced productivity
- Reduced workers' compensation and disability management claims costs
- Increased employee satisfaction and morale

A review of published worksite health promotion program studies showed an average $3.50 to $1 savings-to-cost ratio in reduced absenteeism and health care costs.[11]

The U.S. Department of Health and Human Services Office of Disease Prevention and Health Promotion, the national Task Force on Community Preventive Services, and the North Carolina Institute of Medicine advise a comprehensive workforce health promotion program.[12-14] A key element of a comprehensive staff wellness program is health education focusing on skill development and lifestyle behavior change.

Ingredients

What do the *Serve Up a Healthier You* Mini-Lessons include?

Serve Up a Healthier You Mini-Lessons cover diverse wellness topics in three modules: Take Care of You, Eat Smart and Move More. The mini-lessons are designed as short educational wellness activities that can be delivered during Child Nutrition Program staff meetings or professional development or through school level staff training provided by Child Nutrition Managers. The mini-lessons encourage learning and behavior change as well as setting and reaching goals toward a healthy lifestyle.

Each mini-lesson includes the following sections.

Introduction/ Description:	A brief summary of the content and an introduction of the mini-lesson to participants
Objective:	Actions/steps staff should be able to complete after participation in the mini-lesson
Outcomes:	Purpose or intended outcome of the mini-lesson in promoting overall staff wellness
Handouts:	Handouts to reinforce concepts, including a mini-lesson summary and space for note-taking and personal reflection
Materials:	Materials needed to teach the mini-lesson
Activity:	Ways to actively reinforce the concepts of the mini-lesson
Lesson Key:	🗣 Script for the mini-lesson leader noting content, sequence and talking points ✋ Alert to the mini-lesson leader for hands-on activity or group discussion ✎ Alert to the mini-lesson leader for writing activity
Summary:	Key take away messages from the mini-lesson for staff
Resources:	Resources for background and additional information for staff and mini-lesson leader

The N.C. Nutrition Education and Training (NET) Program, www.nutritionnc.com/resourcesforschools/index.htm, offers nutrition education and wellness materials, including curricula, handouts and links to additional nutrition, physical activity and staff wellness resources. The NET Resource Library offers professional resources, educational materials, and audiovisuals for loan.

Serve Up a Healthier You Mini-Lesson Objectives

	Lesson	Title	Objectives After completion of this mini-lesson, staff will be able to:
Module 1 – Take Care of You	1	Take Care of You	List the benefits of wellness Identify things that affect wellness Recognize key words that represent overall wellness
	2	Check Up on Health	Identify four things to do to prepare for a check-up List at least two questions to ask their medical providers
	3	Take Your Best Shot	Explain how vaccination works Identify when they should have certain vaccines
	4	Weigh to Wellness	Identify whether they are underweight, normal weight, overweight or obese using BMI Identify items to record in a food and activity record
	5	Tobacco – Make It a Part of Your Past	Identify health concerns associated with tobacco use List benefits of quitting a tobacco habit Use strategies for coping with triggers or cravings
	6	Be a Stress Survivor	Identify ways they are affected by stress Practice ways to manage stress
	7	Manage Your Medications	Identify four steps of managing medications and supplements Determine two goals for managing medications
	8	Sweet Dreams	Identify the importance of sleep Practice good sleep habits
Module 2 – Eat Smart	1	Eat Smart with the Dietary Guidelines	Identify six messages from the Dietary Guidelines for Americans List two ways that they will eat smart based on the Dietary Guidelines for Americans
	2	Eat Smart with MyPlate	Recognize healthy eating reminders of MyPlate List two ways that they will eat smart using MyPlate
	3	Right-size Your Portions	Prepare a daily menu for a 2,000 calorie diet Identify right-sized portions of at least three foods they eat often
	4	Label Lingo	List serving size, number of servings, and calories per serving based on a food label Identify items on the food label that should be limited Identify items on the food label to get enough of
	5	Make Sense of Carbs	Identify five favorite foods that have carbohydrates Identify ways to add more high fiber foods to their diet
	6	Make Sense of Protein	Identify five food sources of protein List ways to go lean with protein
	7	Make Sense of Fat	Identify the four types of fat and their health effects Discuss two ways to eat smart with fat choices
	8	Hunger Hoax	Rate their hunger based on the Hunger/Satiety Scale Identify ways that they can take time to enjoy their food
Module 3 – Move More	1	Move More	Identify the Physical Activity Guidelines for Americans List a weekly goal for physical activity and muscle-strengthening
	2	Fitness to Fit Your Lifestyle	Identify at least two barriers to physical activity Determine strategies to overcome each barrier List at least two lifestyle changes they can make for adding physical activity
	3	Smart Moves – Get Started Safely	Identify three steps to take for being safe while moving more Demonstrate stretching exercises that can be used for warming up and cooling down
	4	FITTness – Where Do You Stand?	Identify four parts of the FITT principle Write their own physical activity goals based on the FITT principle

***Serve Up a Healthier You* Mini-Lessons Sample Timeline**

Note: The sample timeline is based on a school year and teaching one mini-lesson per week. The timeline could be adjusted based on the school calendar and scheduling needs of the Local Education Agency (LEA). The order of the mini-lessons in the sample timeline is recommended.

Date	Module/Lesson #	Activity/Lesson
October		**National School Lunch Week** (Second week)
		N.C. Child Nutrition Fall Academy (Third week)
		LEA Preparation for Staff Wellness Initiative Implementation
November		LEA Preparation for Staff Wellness Initiative Implementation
		Thanksgiving Week (Fourth week) ***Eat Smart Move More NC* Holiday Challenge Kickoff**
December		*Eat Smart Move More NC* Holiday Challenge
		Holiday Break
January	Module 1, Lesson 1	Your Path to Wellness - Take Care of You
	Module 2, Lesson 1	Your Path to Wellness - Eat Smart with the Dietary Guidelines
	Module 3, Lesson 1	Your Path to Wellness - Move More
	Module 1, Lesson 2	Check Up on Health
	Module 3, Lesson 2	Eat Smart with MyPlate
February	Module 3, Lesson 2	Fitness to Fit Your Lifestyle
	Module 1, Lesson 3	Take Your Best Shot
	Module 2, Lesson 3	Right-size Your Portions
	Module 2, Lesson 4	Label Lingo
March		**National School Breakfast Week** (First week)
	Module 1, Lesson 4	Weigh to Wellness
	Module 2, Lesson 5	Make Sense of Carbs
	Module 2, Lesson 6	Make Sense of Protein
April	Module 2, Lesson 7	Make Sense of Fat
	Module 3, Lesson 3	Smart Moves - Get Started Safely
		Spring Break
	Module 1, Lesson 5	Tobacco - Make It a Part of Your Past
May		**Child Nutrition Employee Appreciation Week** (First week)
	Module 1, Lesson 6	Be a Stress Survivor
	Module 3, Lesson 4	FITTness - Where Do You Stand?
	Module 1, Lesson 7	Manage Your Medications
June	Module 2, Lesson 8	Hunger Hoax
	Module 1, Lesson 8	Sweet Dreams
		School Nutrition Association of North Carolina Annual Conference (Third week)

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Developed by the North Carolina Nutrition Education and Training (NET) Program, a partnership of the N.C. Department of Public Instruction, Child Nutrition Services, and the N.C. Division of Public Health, Nutrition Services Branch. The N.C. NET Program instructs educators in nutrition education, trains food service personnel in nutrition and nutrition education, develops educational materials and curricula, and supports healthful school environments through implementation of Local Wellness Policy.

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