

# Implementation of State-Wide Nutrition Education Curriculum in Vermont

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## University of Vermont Student Research Conference Abstract

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This poster presentation examines the potential impacts implementing a statewide nutrition education curriculum within the K-12 school system would have on childhood obesity rates in the state of Vermont.

Currently, Vermont has regulations requiring schools to have wellness policies to satisfy various state and federal regulations. These programs are inconsistent, and largely do not focus on nutrition education which provides children and young adults with essential skills to create and maintain healthy lifestyle habits they will carry with them into adulthood.

By examining wellness programs and associated nutrition education in states who have already implemented state-wide curriculum as a result of state policy, it is possible to assess the potential successes and opportunities that exist for creation and implementation of similar programs in Vermont.

Four states have successfully implemented nutrition education curriculum statewide; they are Arkansas, Louisiana, Texas, and Washington. Research is presented at two levels, the first being state-wide post implementation assessment data results, and the second, local case studies as presented at the school district level. These four states are beginning to see results that show decreases in childhood obesity, and consequently a projected decline in adult obesity.

This research supports the implementation of state wide nutrition curriculum for grades K-12 as a successful tool for decreasing childhood obesity rates. It also provides a view of potential outcomes and obstacles Vermont should consider when constructing such programs for policy proposal and implementation.

By implementing sound and consistent nutrition education curriculum state-wide, Vermont will be able to successfully decrease the rates of childhood and adult obesity.