May 2014

Dear Fellow School Nurses,

As a school nurse for the past 14 years, the obesity epidemic has been both an area of interest and focus in my practice. Schools have been identified as both a contributing factor to the problem as well as one of the hopes toward working on solutions. As the school nurse is often the only health professional in schools, it is incumbent upon them to take a lead role in childhood obesity prevention.

Education of staff and families is a key component in addressing the obesity epidemic and a starting point for Childhood Obesity Prevention. With education comes opportunity for discussion and change. With this goal in mind, I have created the attached PowerPoint titled “Preventing Childhood Obesity – A School and Home Partnership.” The slides are accompanied by talking points to facilitate presentation and follow up discussion.

The PowerPoint is available for you to present at school board, staff and coach meetings, parent-teacher nights or PTG meetings. You may add information on obesity prevention programs in your region or additional information that you deem appropriate for your audience. In addition, resource handouts are attached to have available for distribution after the presentation.

School nurses are in the position to make a positive impact on Childhood Obesity Prevention working together with the students, staff, and families in the communities we serve. I hope you will find this information helpful.

Sincerely,

Janis Hogan RN