

**Let's Move: Together We Can Succeed**

**American Dietetic Association**

Marissa Duswalt, RD  
 US Department of Agriculture  
 Center for Faith-Based & Neighborhood Partnerships

**The White House Taskforce on Childhood Obesity**

Recommendations:

- Improvements in the quality of school meals
- Changes in other foods available at school to ensure that all food sold at school support healthful diets
- Modifications to curriculum, school program operations, and community policies and infrastructure to match changes in school foods
- Revisions to policies in practices to ensure that all childhood and youth environments support healthy eating

**Healthy, Hunger-Free Kids Act**

- Increased federal reimbursement rate
- Improved nutritional quality of foods, including vending machines, a la carte, and food stores
- Grants for training of school food service workers
- Direct certification of children who meet income requirements
- Eliminates paper applications for high poverty communities
- Requires schools to make nutrition information more readily available to parents



*America's Move to Raise a Healthier Generation of Kids*

*"The physical and emotional health of an entire generation and the economic health and security of our nation is at stake."*  
 - First Lady Michelle Obama

**Let's Move's Four Pillars:**



**What can an RD do?**

Now is the time to take a local leadership role...



## Start a Food Policy Council



Reach out to your mayor to build a city-wide plan to address childhood obesity by partnering with:

- City Council
- School Board
- Parks and Recreation Department

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## Lead a Wellness Program



Partner with faith and community leaders!

- Spearhead wellness initiatives for your community
- Create a Community Cookbook
- Start healthy lifestyle programs through local organizations
- Lead nutrition/gardening classes at your church

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## Chefs Move to School!



- Partner with a local school to transform the cafeteria with healthy meals
- Work with a chef to teach new techniques and recipes to prepare healthier meals
- Include nutrition education



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## Healthier US Schools Challenge



- Start a School Health Advisory Council or School Wellness Program
- Help teachers by bringing nutrition curriculum into the classroom and relevant to their subject areas
- Partner with your P.E. coaches to increase physical education
- Submit a recipe to the Recipes for Healthy Kids Contest and win a trip to the White House



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## Apply for a salad bar!



- Funding is available for school salad bars!
- Request a salad bar for your school
- Help your school achieve the HealthierUS School Challenge Award

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## Let's Move in the Clinic



Champion lifestyle education for your patients!

- Communicate weight status to families
- Provide nutritional counseling
- Encourage your medical team to calculate BMI



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## Educate with MyPlate!



- Use your expertise to make MyPlate relevant to your patients and community
- Free materials are available online for patient education!
- Encourage your community partners to join the Nutrition Communicators Network



## Start a Community Garden!



- Use your expertise to make MyPlate relevant to your patients and community
- Free materials are available online for patient education!
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## From an R.D.:



In Rockville, Maryland, dietitians formed a Let's Move Committee to support Rockville as a Let's Move City...



- Partnered with Maryland Dietetic Association
- Hosted city-wide Let's Move events with nutrition education for kids
- Worked with local Mayor's office to create a long-term municipal plan for policy changes

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## From an RD:



Lydia Steinman, RD and professor in Austin, Texas, is working with Austin's School Health Advisory Council



- Started the Healthy Families Initiative Project to engage parents in nutrition education at their kids' schools
- Partnered with a *Let's Move Chef* to create a community cookbook and school gardening program
- Partners with other key organizations to support *Let's Move Austin*, an initiative sponsored by the Mayor's wife

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## From an RD:



Garrett Berdan, RD, was named a *Champion of Change* by the White House for his work with school nutrition programs in the Pacific Northwest...



- Garrett volunteered to teach students about healthy cooking through hands-on culinary classes
- Partnered with *Chefs Move to Schools*
- Trained food service team on culinary techniques

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## What can YOU do?

Now is the time...

ADA  
Affiliation

Leadership  
Role

Local  
Support



Learn more about how your organization can get moving by visiting us at:

**[www.LetsMove.gov](http://www.LetsMove.gov)**

**[Marissa.Duswalt@osec.usda.gov](mailto:Marissa.Duswalt@osec.usda.gov)**

U.S. Department of Agriculture (USDA)  
Center for Faith-Based and Neighborhood Partnerships  
(202) 720-2032

