



The D11 Good Food Project

<https://www.d11.org/Page/2033>

The Childhood Obesity Epidemic

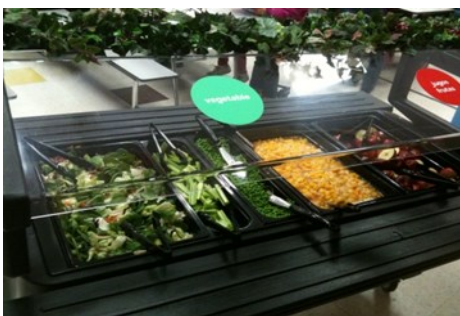
- Obesity costs the US \$147 billion a year, for every increase in BMI, healthcare costs increase by 2.3%
- Obese children are more likely to become obese adults
- For each additional unit in calorie dense food (processed food) probability of being overweight increases by 13.8%²
- For the first time, children's life expectancy is 2-5 years less than their parents due to obesity related chronic issues such as:
 - Type 2 diabetes
 - High blood pressure
 - Asthma
 - Cardiovascular disease¹⁻³

Importance of nutritious food in a school setting

- The Institute of Medicine and US Department of Health and Human Services state that schools are a key setting for health strategies to lower and prevent obesity because:
 - Children spend 35% of their time in a school setting
 - Children consume 50% of their daily calories at school⁴

What D11 is doing

- The D11 Good Food Project serves food that is nutritious, whole and minimally processed
- D11 serves food that is: free of hormones and antibiotics, dyes and preservatives, hydrogenated oil and trans fats, added sugars, and high fructose corn syrup



District 11 Serves "Good Food"

Food with fiber and whole grain

- High fiber whole grain foods are: filling, nutrient rich, can help lower blood pressure, reduce inflammation indicators, and promote healthy bowel movements ⁵

Fresh Fruits and Vegetables

- Studies suggest diets with 1 cup or more of fruits and vegetables can prevent at least 20% of all cancer incidences
- Consuming fruits and vegetables daily may reduce cardiovascular mortality by 21-32%
- Recommended daily intake (5 servings) of fruits and vegetables reduce risk of stroke by 25%⁶

D11 Serves Food Free of:

Growth hormones & antibiotics

- Cows treated with recombinant bovine growth hormone or rbGH have higher concentrations of insulin dependent growth factor-1 or IGF-1, higher concentrations of IGF-1 are linked with breast cancer
- Consuming small amounts of antibiotics from animals treated with them causes our antibodies to become immune to such antibiotics⁷⁻⁸

Artificial dyes & preservatives

- Artificial dyes increase hyperactivity, creating development of educational difficulties, making it worse for children who already have ADHD
- Preservatives used in food are harmful to chromosomes and some have been shown to negatively affect reproduction in animals⁹⁻¹⁰

Hydrogenated oil and trans fats

- Trans fats and hydrogenated oils are associated with cardiovascular disease
- Trans fats increase LDL (bad cholesterol) and decrease HDL (good cholesterol)¹¹

• Added sugars and high fructose corn syrup

- A correlation exists between the intake of sugar sweetened beverages such as soft drinks and children's BMI
- Consuming 2+ servings of sweetened beverages per day may increase risk of heart disease by 35%¹²

With special thanks to Gayle Novotny with LiveWell Colorado Springs YMCA.

Gayle is a true patriot for a "healthier" Colorado Springs and we appreciate her support.

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