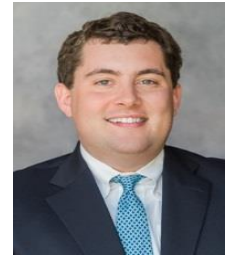


## ***The partnership for a healthy Mississippi: A comprehensive prevention program for the Washington County and Greenville, Mississippi, school districts within the United States***

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### ***Abstract***

**B**ackground: In Mississippi, over 44% of children are overweight or obese, with obesity being defined as body mass index (BMI) above the 95th percentile. 80% of obese children become obese adults, and if not confronted early on, childhood obesity can lead to physical and emotional consequences. For some children in the US, the lack of access to healthy foods at home or school is a significant barrier. Target Population: The target populations for our health promotion program are children (ages 8-11) in the Mississippi Delta public school system and their parents, specifically in Washington County and Greenville. Persons living in the Mississippi Delta are more likely to be living at or below the federal poverty level of \$15,000 per year. Mississippi Delta youth report obesity rates exceeding state and national rates, and in comparison to the average U.S. adult, adults in the Mississippi Delta are 20% less likely to consume recommended amounts of fruits and vegetables. Goals: 1) Target elementary schools in Washington County and Greenville, Mississippi; 2) Change consumption habits in children, particularly reducing calorie intake from fat and sugar; 3) Increase fruit and vegetable consumption.

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### ***Speaker Publications:***

1. "Cancer Science 2020: HEAL (Healthy Eating and Active Living)" – Theodore Dickinson Klug - Thomas Jefferson University

[3<sup>rd</sup> International Conference on Food Safety and Health;](#) Webinar - June 09-10, 2020.

### ***Abstract Citation:***

Theodore Klug, The Partnership for a Healthy Mississippi: A Comprehensive Prevention Program for the Washington County and Greenville, Mississippi, School Districts within the United States, Food Safety Meet 2020, 3<sup>rd</sup> International Conference on Food Safety and Health; Webinar- June 09-10,2020

<https://foodsafety.nutritionalconference.com/2020>



### ***Biography:***

Theodore completed his MPH at Tufts University School of Medicine in Boston, MA, and his MD at the University of Arkansas for Medical Sciences in Little Rock, AR. He is now a clinical research fellow for the Rhinology/Skull Base