

# Food, Diet, and Sustainability Kansas City School Recommendations

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# Introduction

- The dynamic environmental hazards and public health challenges necessitate strategic interventions that promote public health and environmental sustainability.
- Some of the existing public health challenges are caused by consuming conventional food sources.
- Shifting from overreliance on conventional food sources to a plant-based diet will improve public health and environmental sustainability.
- This project aims to increase awareness about public health and the perceived benefits of eating plant-based foods.



# Current Dietary Practices and its Impacts



- Students are allowed to bring food from home.
- Foods consumed by students have a high content of fats and sugar.
- School lunch programs outsource foods that are mainly processed.
- Schools lack plant-based dietary menus and many students are at risk of obesity.

# Proposed Recommendations



- The strategic recommendations aim to increase public awareness of the importance of a plant-based diet.
- The proposed strategic interventions include;
  - The vegan-lunch once a month/challenge for students
  - Diet-fun day for everyone



# Vegan-lunch challenge for students



- This challenge aims to make plant-based eating habit part of the school culture.
- Under this program, the school is expected to offer vegan lunches to the students instead of the students bringing their lunch.
- In situations where the school cannot provide the students with lunch, the program challenges parents to prepare and pack vegan food for their children.
- Overall, this challenge creates awareness of the importance of plant-based foods among students and within the communities.

# Conti. Vegan-lunch challenge for students

- In the long-term, full ranges availability of vegan options for school lunches will reduce obesity among children and improve public health.



# Diet-fun Days



- This program aims to engage stakeholders, including; teachers, parents, students, public health experts, the community, and school staff.
- Under this program, the stakeholders will try new or different plant-based food recipes.
- The Diet-fun day can be conducted as frequently as weekly, biweekly, or once a month.
- The main aim of the programs is to synthesize and educate the stakeholders on the importance of plant-based diets.



# Impact of the recommendations on Public Health

- The interventions will create awareness and educate the communities about the importance of a plant-based diet.
- The interventions will progressively help families adopt a more plant-based diet.
- The proposed interventions provide a holistic approach to improving community health.
- The proposed approaches will improve community health.



# Summary

- Ensuring student access to quality foods and nutrition reduces the risks of complex health conditions like diabetes and obesity.
- As a public health initiative, plant-based diets are a community responsibility, and all stakeholders should be engaged.
- The main goal is to increase community awareness of the benefits and importance of plant-based foods.
- Challenging students and other communities to embrace plant-based foods will create positive health outcomes.

# References

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