

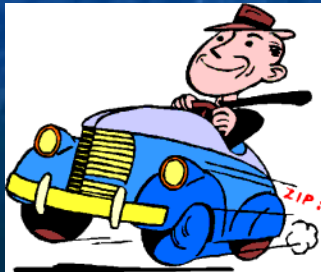
Nurses Influencing Change

For my change theory project I will use Kurt Lewin's theory and apply it to the growing number of obese/overweight children. The target group I will be focusing on is children 4-12 years of age. The context in which this change will occur will be in elementary schools from grades Kindergarten to grade 7. I think it is important to educate children about healthy eating habits and nutrition. I would like to implement this by having a hot lunch program set up for children and education on nutrition and healthy eating. The hot lunch will serve only healthy foods high in nutrition following the guidelines of Canada's Food Guide and there will be a "Zero Tolerance" policy for any lunches bought from home which have little or no nutritional value. There will be more emphasis on education about nutrition and familiarizing young children with the knowledge to understand the new Nutritional Facts labels. I believe if good eating habits are started at a young age, they will influence individuals throughout their life. A good timeline to implement this change will be 1 school year of practice and then strictly enforced in the following school year.

Planned Change: Education for young school aged children from ages 4-12 about healthy eating and nutrition following and practicing the Canada's Food Guide during hot lunch programs.

DRIVING FORCES

Healthy children
Active children
Less health problems
Improvement in school studies
Cheaper
(fresh veg/fruits vs processed/packaged foods)
Better eating habits
Increased knowledge



RESTRAINING FORCES

Cost
Parents/Families
Children not co-operating
Teachers unwilling to change
Lack of time during school
Stressful



Concept Map

Change implemented in elementary schools



Zero tolerance



Processed Foods



Confusion/Resistance to change



Healthy Choices



Healthy Weights



Healthy foods win the race



Active Children

