

DINE IMPACT

Durham's Innovative Nutrition
Education Program
Nutrition Education for Life

The DINE program, funded by USDA's SNAP-Education Program and Durham County, is provided by the Durham County Department of Public Health. In elementary and middle schools, Registered Dietitian Nutritionists teach interactive lessons about healthy eating and physical activity. Nutritionists also participate in school-wide events, afterschool programs, gardening programs, and wellness initiatives and help to make environmental changes that encourage healthy choices.

2016–2017

WWW.DINEFORLIFE.ORG

OVER 7800 STUDENTS

Over 7800 DPS students received nutrition/cooking classes this year.



Over 340 classes in 13 elementary schools received nutrition/cooking classes totaling more than 1500 lessons.

OVER 340 CLASSROOMS

MORE THAN 90 OTHER PROGRAMS

DINE nutritionists participated in more than 90 health fairs, school-wide events, Hub Farm field trips, and afterschool programs and provided well over 5500 healthy taste tests to students.



OVER 5500 TASTE TESTS

100% TEACHERS

100% of teachers think that the DINE program is extremely important in helping students grow up healthier.



PARENTS 75%

75% of parents report their child is more willing to eat healthy foods after receiving DINE programming.

“[My daughter] really seemed to be not only interested but inspired to try new taught strategies and really explore new thinking about food and the bigger picture of health.” - Parent comment

Pre/Post Screening Results

16%

increase in 2nd graders correctly identifying the whole grain bread

17%

increase in 3rd graders correctly identifying the healthiest snack

21%

increase in 4th graders correctly identifying the whole food

25%

increase in 5th graders identifying the definition of mindful eating

42%

increase in middle schoolers correctly identifying the heart-healthy fat.

Teachers' Report

STUDENTS ARE...

Making healthier choices

Reading more food labels

More interested in cooking

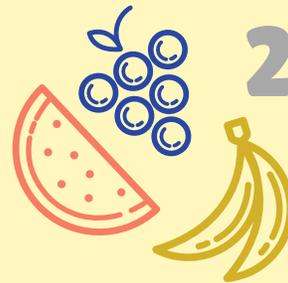
Eating more fruits & veggies

More aware of what is healthy

"During our measurement and data unit, the students were able to make some wonderful connections.

Those connections absolutely enhanced their learning." - Teacher comment

"This program is great. Kids want to consume what other kids eat - healthy or not. With all the kids learning about healthy food, [it] creates more healthy "group think." - Teacher comment



25% & 24%

FRUIT & VEGGIE CONSUMPTION

After completing the DINE program, 25% and 24% of parents, respectively, reported an increase in how often their child ate more than one kind of fruit or veggie each day.

28% & 16%

SUGARY BEVERAGE CONSUMPTION

After completing the DINE program, 28% and 16% of students reported a decrease in their sports drink (and other fruit flavored drinks) and soda consumption, respectively.



"You make cooking cool! = important factor" - Parent comment



Public Health

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