

# Healthy Living Camp – Helping Students Live A Healthier Lifestyle

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## Situation

According to the County Health Rankings, 33% of Burke County adults are overweight or obese, which is 3% higher than the state average. County Health Rankings also reported that 28% of Burke County adults stated they have no leisure time physical activity, 4% more than the state average. Burke County students need information on how to live a healthy lifestyle and the importance of physical activity starting at a young age to help combat obesity in adulthood.



## Response

Burke County 4-H applied and received a Walmart Foundation Healthy Habits grant to help support healthy living programs in the county. A three-day healthy living camp was held with food safety, hand washing, exercise, snacks, budgeting, grocery shopping, mental health and a chopped challenge incorporated into the program.



## Impact

13 Burke County students with 6+ participation hours of healthy living camp through Burke County 4-H were surveyed as part of the Healthy Habits grant. According to the results of the surveys:

- 83% of the students stated they learned about healthy food choices
- 31% of students stated they had shared a type of healthy snack with their families
- 13% of students stated that they eat fast food most days of the week
- 52% of students stated they eat a meal with their family every day
- 52% of students stated they eat breakfast every day
- 35% of students stated they do not normally pay attention to food labels
- 51% of students listed they paid attention to how much water they consume each day

Survey results indicate that participants of this program gained skills and knowledge to live a healthier life that can influence their future decisions. Parents, students, and teachers continue to learn and praise the positive influences of this program.

