

**JUNIOR OFFICER ADVISORY GROUP (JOAG)
PUBLIC HEALTH AND COMMUNITY SERVICE COMMITTEE
UNITED STATES PUBLIC HEALTH SERVICE**



Date: March 27, 2014

To: Office of the Surgeon General

Through: JOAG Executive Committee

From: LCDR Frank Koch and LCDR Samantha Pinizzotto
Chairs, Public Health and Community Service Committee

SUBJECT: Proposal for *Let's Move!* Standing Project: The *Go, Slow and Whoa* Food Activity--ACTION

Purpose/Rationale:

The purpose of the *Go, Slow and Whoa* Food Activity creates an educational and physical activity for youth that is implemented by officers and supports the objectives of the *Let's Move!* campaign. Through use of a brief teaching session along with an art or movement activity, youth will learn about making smart food choices in a fun and interactive way.

This initiative will promote health and wellness in communities by providing officers with a tool that gives parents, caretakers, and youth helpful information to foster environments that support healthy choices.

Background:

Since 1980, obesity rates have more than tripled in youth. According to the Centers for Disease Control and Prevention, obese youth are more likely to have high blood pressure, high cholesterol, increased risk of type 2 diabetes, and breathing problems. Obese youth are also at a greater risk for developing social and psychological problems, such as discrimination and poor self-esteem.

To combat these surging rates of obesity among youth, First Lady Michelle Obama, with the support of then Surgeon General, VADM Regina Benjamin, launched the *Let's Move!* Campaign. *Let's Move!* is a comprehensive initiative dedicated to solving the problem of obesity within a generation, so that youth born today will grow up healthier.

The *We Can!* (Ways to Enhance Youth's Activity & Nutrition) movement supports the *Let's Move!* campaign by providing parents, caregivers, and entire communities with ways to help youth stay at a healthy weight. The *We Can!* movement offers organizations, community groups, and other health professionals resources to promote a healthy weights in youth through science-

based educational programs, support materials, and training opportunities that are diverse and adaptable in a variety of settings.

Educational games are one tool that has been successfully used to help youth learn the three *We Can!* food categories (*Go*, *Slow*, and *Whoa*) and how to recognize foods that are the better choices for a healthy body. The *Go*, *Slow*, *Whoa* educational activity helps inform youth about different types of foods and encourage healthy eating. This program introduces youth to the MyPlate food guide (www.choosemyplate.gov) and the concepts of “Go,” “Slow,” and “Whoa” foods. “Go” foods are considered food that are OK to eat all the time (e.g fruits and vegetables), “Slow” foods are considered to be OK to eat sometimes (e.g cheese and pasta), and “Whoa” foods are OK to eat only once in a while (e.g. candy and soda).

Examples of *Go*, *Slow*, *Whoa* foods educational activities that have been used to teach youth under the age of 12 can be found at the following sites:

- www.gethealthyclarkcounty.org/pdf/cc-nutrition-lesson-plans.pdf
- <http://www.dupagehealth.org/Go-Slow-Whoa-Nutrition>

Goals:

The objective of this initiative is to encourage and support Commissioned Corps officers in actively promoting health and wellness within their communities by leading activities that accomplish one or more of the following *Let's Move!* Campaign objectives:

1. Creating a healthy start for children
2. Empowering parents and caregivers
3. Providing healthy food in schools
4. Improving access to healthy affordable foods
5. Increasing physical activity and encouraging healthy eating choices

For the activity itself, the goal is to provide verbal instruction followed by active modeling that will reinforce the need for a balanced diet and appropriate food choices.

JOAG Involvement:

The Public Health and Community Service Committee (PHCS), Officer Health and Wellness Promotion Subcommittee's (OHWPS) goal is to act as a liaison in helping volunteers to administer health and wellness programming to their communities across the nation. Therefore OHWPS created this proposal for a *Let's Move!* standing project for officers to implement in their own communities. Participation in an OHWPS *Let's Move!* project is open to all Commissioned Corps officers, provided that a JOAG member serves as the Project Lead. As with other types of community service projects, officers will volunteer to implement this activity at a local school, daycare, after-school program, church, or other appropriate venue, under the guidance of the PHCS & OHWPS. OHWPS will also promote the availability of this service opportunity to JOAG members.

Operation:

The *Go, Slow and Whoa* Food Activity can be implemented in many different locations, including a school gym, cafeteria, hallway, large room, or playground. The activity is usually designed for youth ages 5-12 (or grades K-5) and aims to teach kids about the *Go, Slow and Whoa* foods categories and healthy eating. It also models and promotes physical activity.

The activity will begin with the officers having a short lesson about the *Go, Slow and Whoa* food terms, categories, and the category components. Officers will also discuss healthy eating tips. After the lesson, the officers will facilitate the art activity or movement activity described below to reinforce what was taught during the discussion. Finally, officers will summarize the main points of *Go, Slow and Whoa* again after the physical activities. Officers should encourage active participation from the youth. The lesson and activity should last no longer than 40 minutes. See Appendix A for specific *Go, Slow, Whoa* Food Activity Educational Points

Activity project leads may choose either the art or movement activities to employ after the educational lesson is completed. Alternatively, if time permits, officers are welcome to carry out both activities.

Officers are responsible for ensuring the activity is safe from hazards at all times, particularly anticipating and addressing potential slip, trip or fall hazards in and around the movement activity area. Officers are expected to use good judgment when implementing this activity.

Key Teaching Messages for Lesson

- “Go” foods can be eaten anytime (most often)—they are lowest in fat, added sugar, and calories. Examples: fat-free and low-fat milk and milk products, fresh and frozen fruits, vegetables, and whole grains.
- “Slow” foods should be eaten sometimes (less often at most several times a week)—they are higher in fat, added sugar, and/or calories. Examples: 100% fruit juice, pancakes, cheese, and baked chips.
- “Whoa” foods can be eaten only once in a while (least often)—they are very high in fat and/ or added sugar, and are much higher in calories. Examples: French fries, doughnuts, fried chicken, candy, soda, and fried potato chips.

Art Activity: Go, Slow, Whoa Stoplight Collage

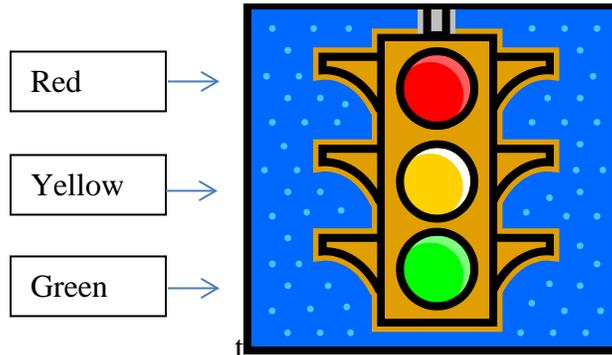
Using a selection of *Go, Slow, Whoa* images, youth will create a collage resembling a stoplight that helps them learn to identify healthy food choices and *Go, Slow, Whoa* foods.

Materials: Images of stoplight on 8.5x11 paper (see Appendix B for example), cut-out black/white images for the youth to cut out of different types of *Go, Slow, Whoa* foods (see Appendix C for example), glue, crayons/markers, scissors, popsicle sticks

Set-up: Make copies of the stoplight image (Appendix B) and black and white food images (Appendix C) for each youth.

Activity Steps

- 1) Give a *Go, Slow, and Whoa* stoplight picture to each youth (Appendix B).
- 2) Have each youth color (with crayons and/ or markers) the top light in the stop light “red,” the middle light “yellow” and the bottom light “green.” (It may be helpful to bring an example.)



- 3) Use masking tape on all four corners to secure paper to their desk or personal space.
- 4) Give each youth a set of the handout with the *Go, Slow and Whoa* foods (Appendix C) or make your own.
- 5) Have the youth cut each of the foods out in each of the squares (Note: have them cut along the squares. Do not cut the foods out of the squares)
- 6) Have the youth (and parents, if present) identify and choose foods that are “Whoa”, “Slow” and “Go” foods and put them in three separate piles. Officers may need to provide assistance.
- 7) Have the youth color the food squares in as follows: The “Whoa” foods should be colored red. The “Slow” foods should be colored yellow; and the “Go” food should be colored green. Note: Youth are welcome to color the whole box or just the image of the food.
- 8) Have the youth place the color-coded food in the proper section of the stoplight (e.g. red foods go on the red portion, etc.). They can then glue or tape the foods in the appropriate section (Note: not all of the foods in the Appendix C handout may fit so youth can pick/choose their favorites)
- 9) When youth are finished with their collage, tape a popsicle stick on the bottom as a post. Have a marker in hand to write the youth’s names on their artwork when they are finished.

Clean-up: Give youth a 5 minute warning. Always let youth know that you will be transitioning and ending the project soon. After the warning, sing a clean-up song to focus the youth and encourage participation in the clean-up process. One example: “Clean up, clean up, one, two, three. I’ll help you and you help me. Clean up, clean up, one, two, three. I’ll help you and you help me.”

Movement/Music: Go, Slow, Whoa Movement Game

Youth develop body awareness and listening skills as they play a game of red-light, green-light based on *Go, Slow, Whoa* foods.

- 1) Before you meet with the youth, cut out at least 25 photos and pictures of “Whoa”, “Slow” and “Go” foods. (You can often find pictures in cooking magazines or printing them from the internet. You can also print these flashcards from the NIH website:
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/gswflashcards.pdf> Make sure the photos/pictures are large enough so all the children can see them from at least 30 feet away. If necessary, it may be helpful to refer to this NIH handout for ideas of different types of food:
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/go-slow-whoa.pdf>
- 2) Clear the room/area of clutter (a gym or outdoor space works well). Have them hold out their arms out to the side and stand an ‘arms length’ apart from each other (for safety purposes).
- 3) Take the youth through some mild dynamic stretching exercises (such as light jogging in place or jumping jacks) to warm-up.
- 4) As you are stretching, it may be helpful to remind the youth about “Whoa”, “Slow” and “Go” foods. (You may want to practice a few by holding up a few of your photos/pictures and asking the youth to say if it’s a “Whoa,” “Slow” or “Go” food.)
- 5) Tell the youth the new rules of the game:
 - a. When you hold up a photo/picture of a “Go” food, they jog in place; (It may be important to remind them to JOG- not RUN)
 - b. When you hold up a picture of a “Slow” food, they march in place; and
 - c. When you hold up a picture of a “Whoa” food, they sit down.
- 6) Start holding up pictures/photos (transition slowly to give youth time to think about the photo). Tell them the first few photos are ‘practice’ so they can get the hang of it. You can speed up your transitions as the youth become more comfortable with the game.
- 7) After you have gone through the pictures/photos you can mix them up and go through them again.

Resources:

There is a two officer minimum with no maximum number of officers to facilitate this activity. A volunteer to child ratio of 1:10 or smaller is preferable, though the Project Lead should defer to the event site’s point of contact. The total event time should take no more than one hour (30-40 minutes of lesson/activity time and 20-30 minutes set-up/clean-up time). Officers are expected to bring age-appropriate visual aids of *Go, Slow and Whoa* for the lesson portion and for youth to take home. If completing the art activity, officers are expected to procure pictures, photos, drawings, or magazines that depict different types of foods that fit in the *Go, Slow and*

Whoa categories. The *Go, Slow and Whoa* flashcards can be re-sized and printed, but remember to bring enough resources for all students. Students can do this activity as a group as well to reduce the number of pictures needed. Officers may purchase these items; however, they are encouraged to use already available and re-usable resources at the site. Officers may offer prizes to the youth who win the relay race but must provide those prizes at their own expense. Prizes should be health or exercise-related in nature (e.g. jump rope, ball, etc.) but should never be food. JOAG will not provide any monetary funds for implementation of this activity.

Additional Information:

1. Point of Contact(s):

Let's Move! Project Information

LCDR Catherine Beer
PHCS
OHWPS
518-453-2314 x1015
Catherine.beer@fda.hhs.gov

LCDR Kelly Ngan
PHCS
OHWPS
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Go, Slow, Whoa Food Activity USPHS Project Lead

To be determined when an officer volunteers to implement standing project in their community.

Go, Slow, Whoa Food Activity Site Point of Contact

To be determined by the chosen Project Lead for the event

2. **Financial Costs:** Depending on the need to acquire new materials, it is estimated that this activity could lead to expenses between \$0 and \$50. JOAG does not provide funding for this activity. Officers are strongly encouraged to utilize any and all resources provided by the hosting site.
3. **Consent Forms:** Consent forms may or may not be required by the site. If required, the hosting school or local organization will be responsible for providing the forms to the Project Lead to distribute to officer volunteers and to the youth.
4. **Project Location:** Local school, daycare, church or other organization of choice
5. **Uniform of the Day:** Navy PHS t-shirt with civilian pants or shorts
6. **Special Skills:** All participating officers should be familiar with *Go, Slow and Whoa* concepts and the activity instructions. All participating officers must also be BLS-certified.

RECOMMENDATION

JOAG be approved to participate in the *Let's Move!* Project: The *Go, Slow and Whoa* Food Activity.

-signed-

LCDR Frank Koch
LCDR Samantha Koch
Co-Chairs, JOAG Public Health and
Community Service Committee

DECISION

Approved Disapproved Date:

JOAG Executive Committee

APPENDIX A – Go, Slow, Whoa Educational Points

The official Department of Health and Human Services, National Institutes of Health (NIH) *Go, Slow, Whoa* website is <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/eatplaygrow-gsw.htm>.

The site contains a wealth of information and available printable resources, including the following handouts that are in the public domain and can be freely distributed.

Example resources:

1. [We Can, Go, Slow and Whoa Handout](#)
2. [Go Slow and Whoa Flashcards](#)
3. [Parent Tip Sheet](#)
4. [Fun, Family Recipes](#)
5. [Go, Slow and Whoa Flashcards](#)

Reference: Go Slow Whoa Early Childhood Lessons (2013). National Institutes of Health Retrieved January 10, 2014 from <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/eatplaygrow-gsw.htm>

The NIH adopted Go, Slow and Whoa from the Coordinated Approach To Youth’s Health (CATCH) program, which provides information about *Go, Slow and Whoa*.

1. [Coordinated Approach To Youth’s Health \(Catch\) Go–Slow–Whoa List](#)
2. [Coordinated Approach to Youth’s Health Programs](#)

Go, Slow and Whoa Key Messages

(derived from resource materials described above)

Go, Slow, and Whoa provides youth and families with information about making healthful food choices. The overall message is that all foods can fit into a healthful diet, which consists of more *Go* foods than *Slow* foods, and more *Slow* foods than *Whoa* foods.

Foods are divided into seven sections, five of which are food groups (Vegetables; Fruits; Grains; Milk and Dairy Foods; Meat, Beans, and Eggs).

The other two sections are Fats and Other.

- *Go* foods: Examples include fruits and vegetables, whole-grain foods, and unsweetened 1% milk. *Go* foods are commonly described as “whole foods,” meaning that they’re generally the least processed compared to foods in the same food group/section. These foods are also lowest in salt (sodium) and/or added sugars. In addition, *Go* foods are lowest in unhealthy fats—that is, solid fats such as butter or lard, as opposed to healthy fats, which are vegetable oils.

- *Whoa* foods: Examples include candy, cookies, chips, fried foods, ice cream, soft drinks, and sugary cereals. *Whoa* foods are generally the most processed and are highest in unhealthy fats, added sugars, and/or salt.
- *Slow* foods are in between *Go* foods and *Whoa* foods. Examples include sweetened (including flavored) 1% milk, refined-grain foods, and fruit with added sugar.

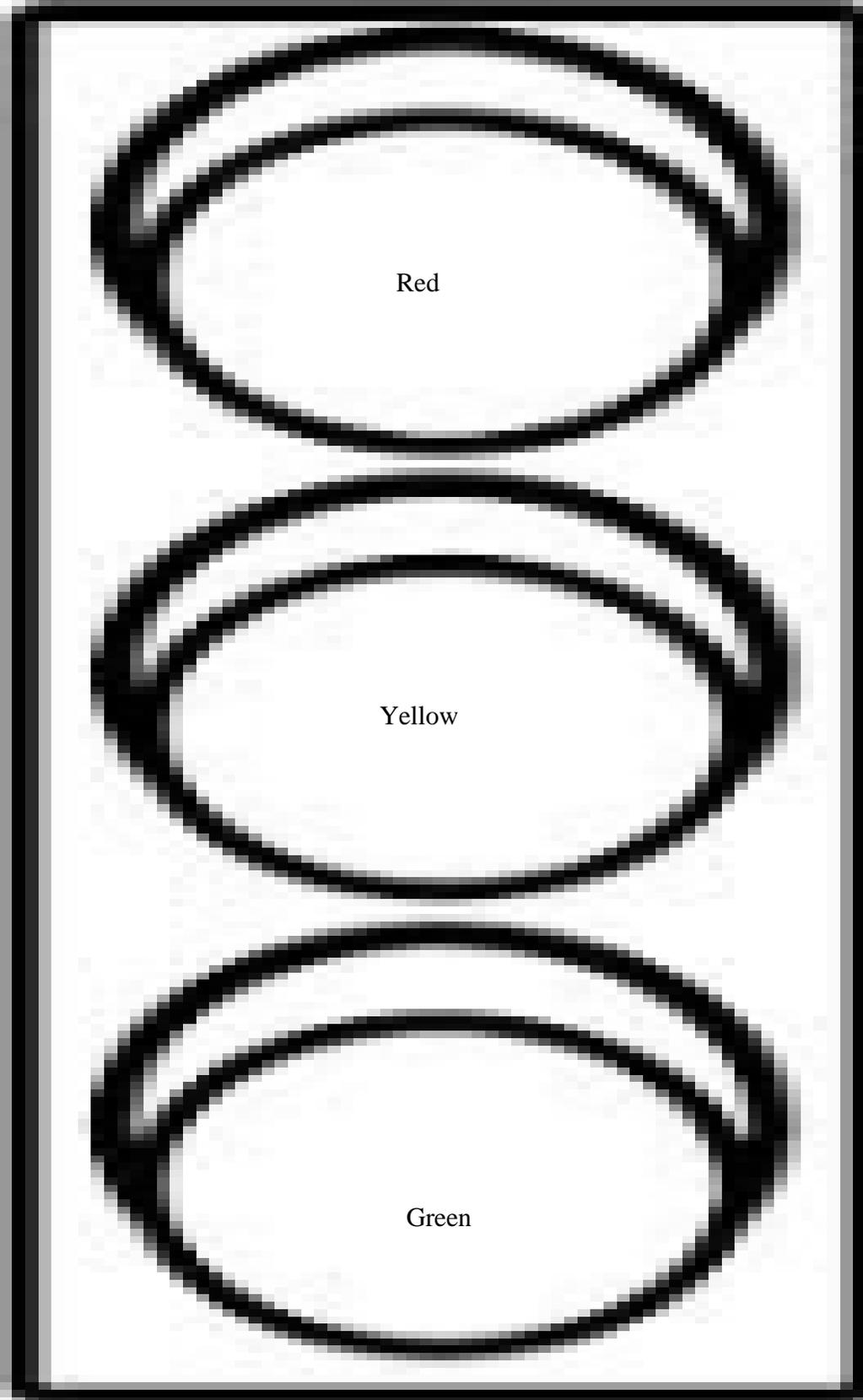
To determine whether a food is *Go*, *Slow*, or *Whoa*, it's compared to all the other foods in its category of the food group/section found here:

http://catchusa.org/documents/misc/GSW_with%20Intro_reduced%20format_English.pdf

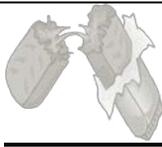
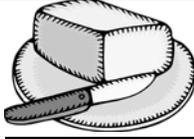
Although foods are categorized in this way, it's important to note that eating large quantities of foods can be unhealthy, even if they're *Go* foods. The *Go, Slow and Whoa List* doesn't contain combination foods such as sandwiches or pizzas since each ingredient is either a *Go, Slow and Whoa* food. For instance, a pizza is made up of a crust, sauce, cheese, and toppings. These ingredients belong in more than one food group. To determine if the pizza is a *Go, Slow* or *Whoa* pizza, you should take all the ingredients into consideration. The most healthful type of meal includes mostly *Go* foods.

**Note: When teaching youth, who often do not choose how much food they are served, would not advise that officers spend much time on portion sizes or how many servings of each group is recommended. Focus on what foods should be chosen over others and why.*

Appendix B) Go, Slow, Whoa Stoplight



Appendix C) Go, Slow and Whoa Food Cut-Out Examples

 <p><u>cheese</u></p>	 <p><u>chips</u></p>	 <p><u>banana</u></p>	 <p><u>soda</u></p>
 <p><u>apple</u></p>	 <p><u>broccoli</u></p>	 <p><u>Spaghetti</u></p>	 <p><u>Candy bar</u></p>
 <p><u>(whole wheat bread)</u></p>	 <p><u>pancakes</u></p>	 <p><u>(taco)</u></p>	 <p><u>Ice cream with chocolate on top</u></p>
 <p><u>(fast food takeout)</u></p>	 <p><u>(cheeseburger)</u></p>	 <p><u>(salad)</u></p>	 <p><u>(cookie)</u></p>
 <p><u>(nuts)</u></p>	 <p><u>(green beans)</u></p>	 <p><u>(1% milk)</u></p>	 <p><u>(chocolate milk)</u></p>
 <p><u>Low fat yogurt</u></p>	 <p><u>(salad dressing)</u></p>	 <p><u>(100% orange juice)</u></p>	 <p><u>(butter)</u></p>

