





Veggie IQ is an evidence-based collaborative program.

The aim is to provide knowledge of the major link between food and activity choices and the physical and mental health of our children and young people.

"conditions are clustering within social groups according to patterns of inequality deeply embedded in our societies"





55%

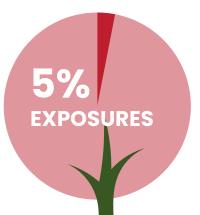
SOCIAL-BEHAVIORAL DETERMINANTS

- Education
- Income
- Race/ethnicity
- Social integration
- Digital access and literacy





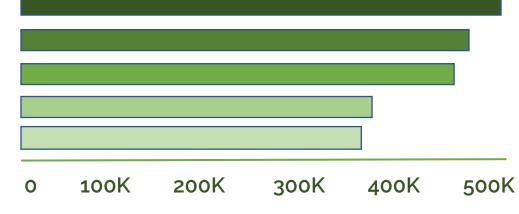






Risk factor related deaths

- Diet
- Tobacco
- High blood pressure
- High BMI
- High glucose

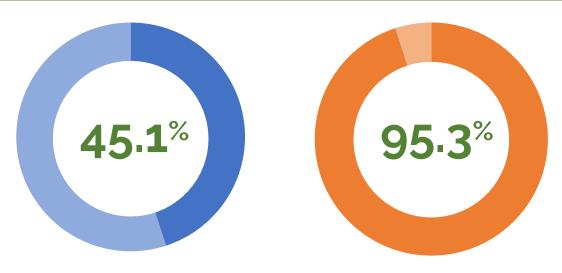


- 16% of children from high-income vs 47% from low-income families are physically inactive
- Physical inactivity impacts mental as well as physical health
- Physical inactivity is a major healthcare cost





Relative increase in diabetes among children and adolescents from 2001 to 2017



"Black and Hispanic youths experienced the greatest absolute increases in type 2 diabetes"



Progression of T2D in children and young people is rapid in terms of time to treatment failure and development of complications. these events occur more rapidly in children than adults.



Preventing disease is down to connecting the dots rather than splitting atoms.



"Gástalo en la cocina... y no en la medicina"



K-8 In-School Program

- Veggie IQ in a box
- Module approach
- Multi-dimensional
- Teaching kids the importance of eating healthy foods earlier helps them develop healthy life-long habits



High School Extra Curricular Program

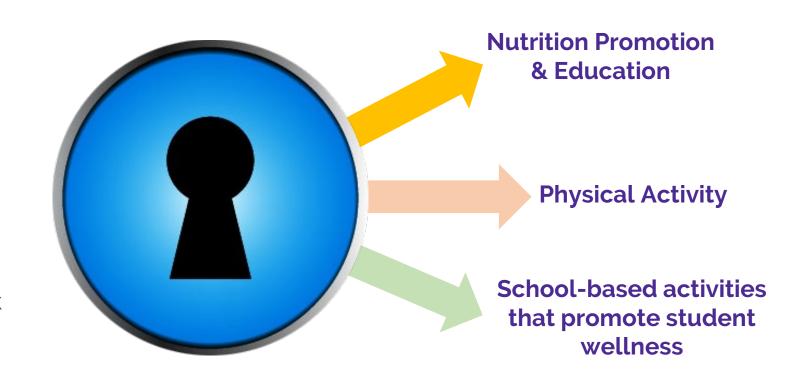
- Highly interactive
- In person at a local farm
- Technology and science driven
 - Leadership, activism, service
- Exposure to stem and healthrelated career paths
- Community support partners





SCHOOL WELLNESS POLICY GUIDELINES

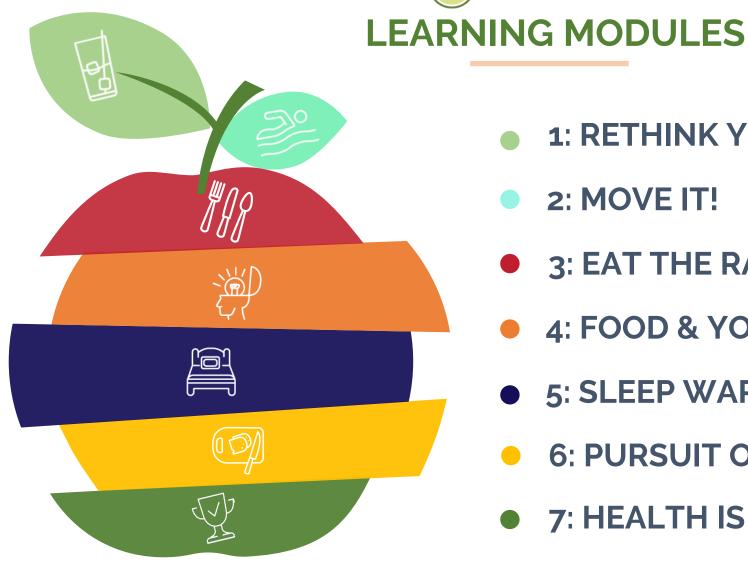
- Whole School, Whole Community, Whole Child model (WSCC)
- School Wellness Policy
- CA Dept of Education (CDE)
 Health Education Content
 Standards, K 12
- Healthy Schools Framework of Best Practices



Healthy students learn better.

Veggie IQ promotes an inclusive, school-wide approach to student health.





1: RETHINK YOUR DRINK

2: MOVE IT!

• 3: EAT THE RAINBOW

4: FOOD & YOUR MOOD

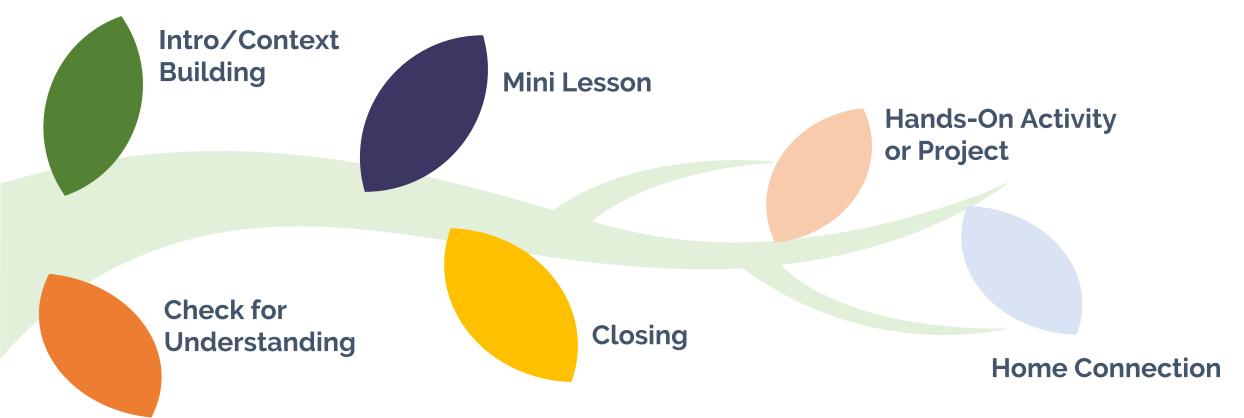
• 5: SLEEP WARRIORS

6: PURSUIT OF A REAL HAPPY MEAL

7: HEALTH IS WEALTH



Teachers facilitate a weekly Veggie IQ module (~45 mins) for 6 weeks Veggie IQ provides all lesson plans and supporting materials to teachers Modules contain the following elements:

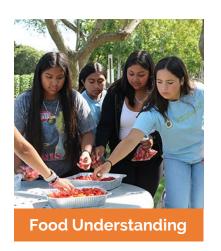




Veggie IQ in 2022

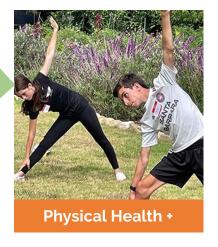




















- Weekly vegetable consumption increased by 62.5%
- Daily salad consumption increased by 20%
- Fruit consumption increased by 3.5 portions per week
- Youth scientists increased their amount of self-reported physical activity by 13 minutes per day.
- During the Move It session there was a 55% increase in heart rate associated with a significant improvement in mood.





The
Ripple
Effect









COMMUNITY PARTNERS







THE ELSEVIER FOUNDATION

















https://veggieiqcentral.com/survey

Veggie IQ is a program of

