Health and Wellness Education: Does Saipan Southern High School Lunch Programs Effectively Educate Students to Adopt Healthy

Eating Habits?

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Does Saipan Southern High School Lunch Program Effectively Educate Students to Adopt Healthy Eating Habits?

 This essay will focus on discovering whether the Saipan Southern High School lunch program is effectively educating students to adopt healthy eating habits at home. With the assistance of the illustrative essay, the student researcher was able to pick and narrow a topic that is most relevant. With the support of literature sources, the student researcher will be able to provide both academic and nonacademic sources to strengthen the point the student researcher is trying to make. Within a six- to seven-week time frame, the student researcher intends to complete the intended research and provide knowledge of the obtained information. The student researcher has collected necessary literature, has come up with a tentative schedule for research and writing, and has created multiple survey questions in order to gather a sufficient amount of data for the chosen topic.

After illustrating the importance of this topic the student research was provided of many valid reasons to conduct further research. The CNMI public school system has recognized the importance of promoting a healthy lifestyle in hopes of producing healthy adults later in life. The introduction to healthy eating habits introduces concepts to students in the preparation of living an independent and healthy life. According to the World Health Organization, “the leading cause of death in the CNMI is heart disease” (Arriola, J. Buettner, K. Diminic, S. Drew, N. Funk, M. Price, S. Sugiura, k., 2013). Provided that information, the student researcher aims to assist in influencing high school students to adopt healthy eating habits while conducting surveys and interviews to gather data. The topic of healthy lifestyles would educate and influence readers to consider adopting healthy lifestyles if they have not already. With the help of academic and non-academic resources, the student research can relay important messages to students for additional knowledge regarding the topic.

The five literature sources located provide important information regard the health of students in grade-school, the health status of the CNMI, and the health of adolescents. The student researcher has located two non-academic sources to be used as support for the final report. One out of the two non-academic sources found is a local newspaper article. *The Northern Marianas Protection & Advocacy System: Rates of Child Obesity in CNMI on the Rise* provides tips on living a more healthy and active lifestyle that begins at home. The second source found is also a local newspaper article titled *Health and Fitness Goals* that included responses from people of the CNMI regarding their plans to be more physically active.

The student researcher has also located three academic sources that will back up the claims made. One of the academic sources found is a report from the World Health Organization titled *WHO profile on mental health in development (WHO propMIND): Commonwealth of the Northern Mariana Islands.* This report included information and statistics of the CNMI regarding the spiritual, mental, physical, and emotional health and well-being. The second source is an issue from the Journal of Adolescent Health care titled *Health Practices, Problems, and Needs in a Population of Micronesian Adolescents* that included statistics from a survey conducted with Saipan’s adolescents to determine their knowledge and experience regarding their overall health and wellbeing. Finally, the third academic source is an issue, *School-based Approaches for Preventing and Treating Obesity*, from the International Journal of Obesity includes statistics regarding the obesity rates of students and tips for the prevention and treatment of obesity. The information gathered from these sources could assist with influencing students to make healthier choices and adopt healthy lifestyles whilst conducting surveys.

The data to be collected will come about with the assistance of surveys and interviews conducted on college students, high school students, and high school lunch program staff. The survey will consist of short answer questions that ask in what ways have students incorporated what they have eaten at school towards their daily, at-home eating habits. The survey will also ask students if they believe the high school lunch programs have effectively taught them to adopt healthier eating habits and make healthy choices. Surveys that will be conducted with college students ask slightly different questions, however. Questions such as “when you were in high school, would you say your lunch program has effectively taught you to adopt healthy eating habits or make healthy choices?” As for high school staff, the student researcher will conduct interviews asking a series of questions. The student researcher will ask Saipan Southern High School administration if they believe the lunch program they have chosen for students is providing the influence of healthier eating choices.

To conclude data collecting, the student researcher will then compare survey answers from high school students according to grade level. The data found will be able to show how much of the students have adopted healthy eating habits with the help of the influences of the lunch program. The data collected on the college students will provide information on how effective the influences of healthy lifestyles at their high school was. Finally, the data collected from high school administration and lunch program will provide information on the actions they took to promote a healthy lifestyle in the school environment. Given the time-frame for research, the student researcher has created a schedule to complete data collection and writing in a timely manner.

The student researcher intends to complete data collecting and the writing process within a six to seven week time period. Provided below is a table showing the student researcher’s initial schedule in order to complete the research. Data collection would take about three weeks to be completed. During three weeks, the student researcher will be distributing surveys, conducting interviews, and collecting data that will provide useful information and appropriate data for a final report. Once collected, the student researcher will compare the data gathered from high school students based on grade level. By the fourth week, the student researcher will then begin writing the initial report with all the information and data that was collected within the first three weeks. The student researcher will then edit and finalize the final report within the fifth and sixth week to present findings by the seventh week.

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| **Week 1** (4/29-5/3/19) | **Week 2** (5/6-10/19) | **Week 3** (5/13-17/19) | **Week 4** (5/20-24/19) | **Week 5** (5/27-6/2/19) | **Week 6** (6/3-7/19) | **Week 7** (6/10-14/19) |
| Survey College students.Do further research (to pass on to high school interviewees) | Survey 15 Saipan Southern High School (student. (relay info found) | Survey the same 15 SSHS students (ask whether the information the student researcher told them has influenced them a bit).Survey SSHS admin + lunch program.Finalize data. | Gather all data & information found. Begin drafting final report. | Edit report. | Finalize report | Present findings. |

This essay looks at the importance of Saipan Southern High School students adopting healthy lifestyles and making healthy choices in their daily lives. The writer has presented information on how data will be acquired, the literature sources found and provided an initial schedule to collect information and begin the writing process. The student researcher has set a plan to achieve all that is needed in a timely fashion. Data will be collected directly from Saipan Southern High School students and lunch staff to visually represent the actions staff take and how well it has influenced students. The student researcher has also found useful sources needed in order to back up important points and that would essentially assist in influencing high school students. Since the student researcher has located and thoroughly read all literature sources, the focus will remain on the collection of data and the process has already underway.

Reference

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