



# The Healthy Snack Tour: Youth Obesity Prevention

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## health equity in nashville

metro nashville-davidson county | 2015

metro nashville public health department  
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*Training tomorrow's health policy leaders.*



## SUMMER INSTITUTE ON HEALTH POLICY

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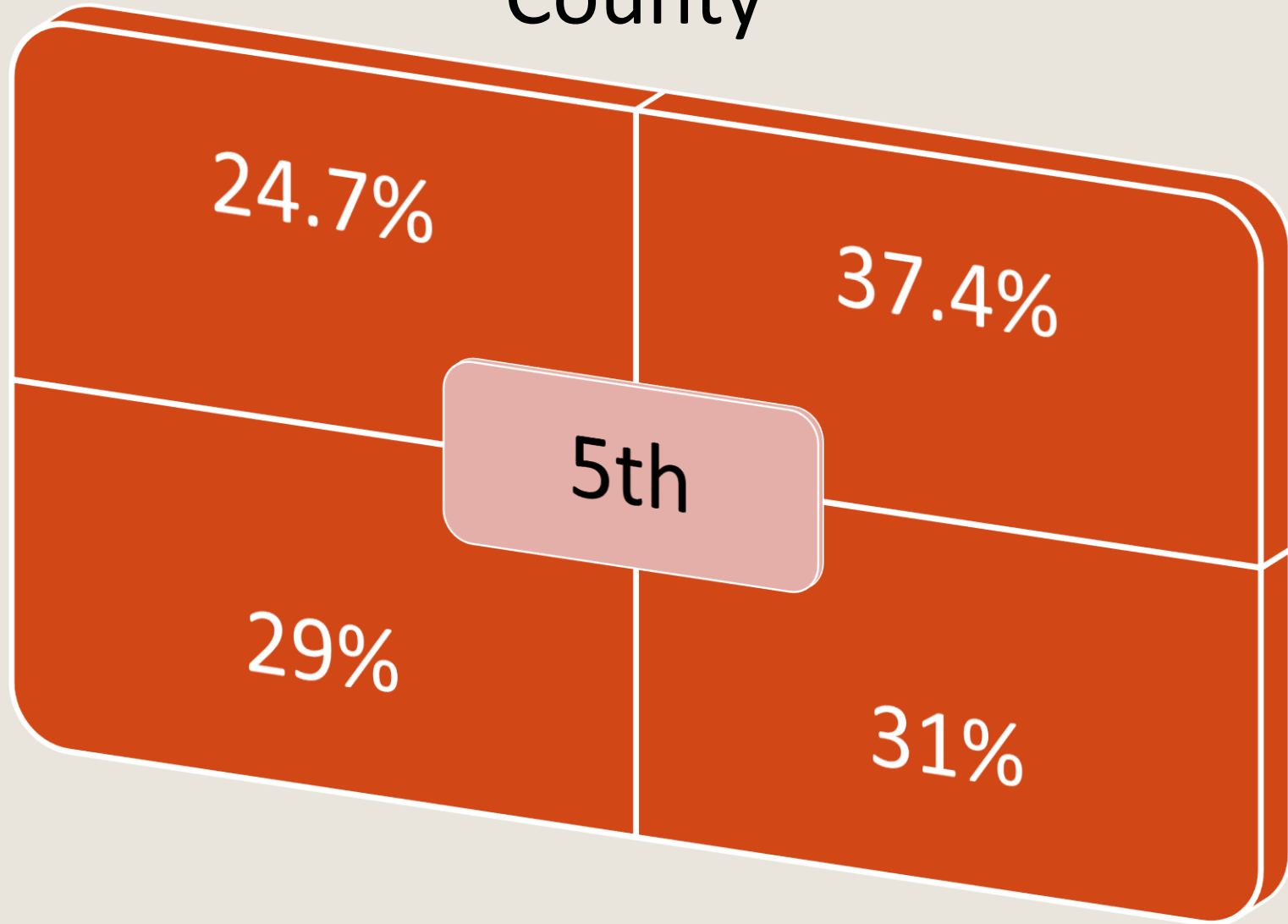
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# Childhood Obesity



# Spotlight on Nashville/Davidson County

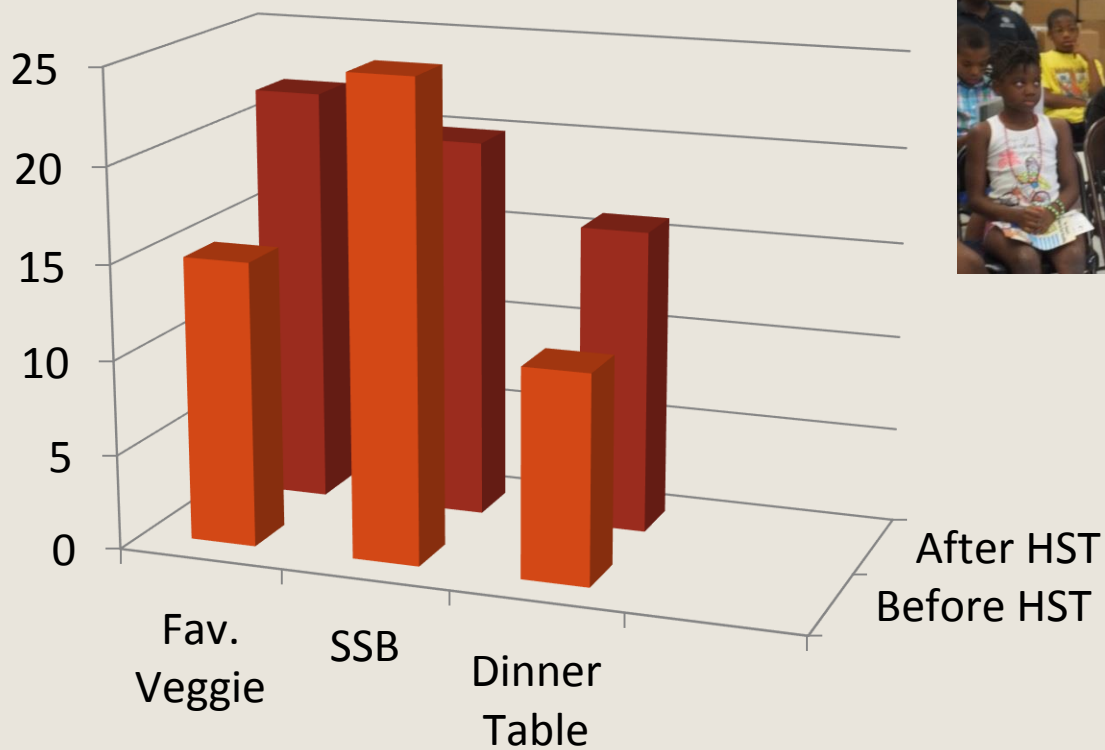


# Healthy Snack Tour (HST)

*The Healthy Snack Tour is a nutrition education program that teaches children and families to create healthy snacking options between meals.*

- *Targeted Population*
- *Survey Questions*
- *Assumptions*

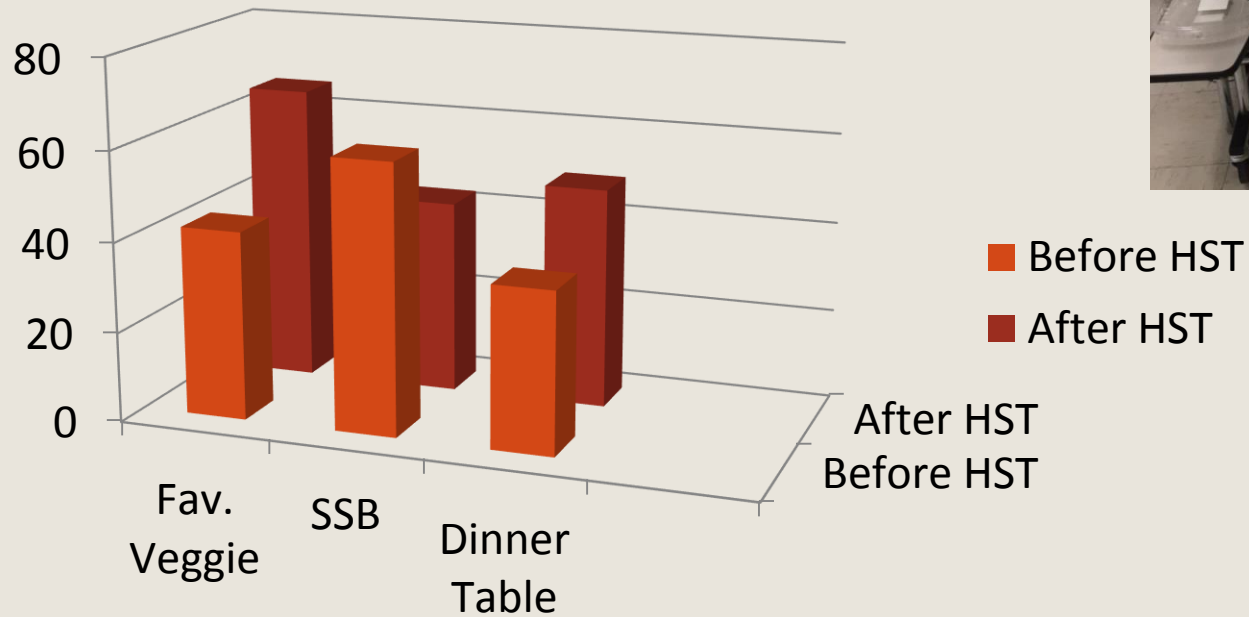
# Site One



- Before HST
- After HST

After HST  
Before HST

# Site Two



After HST  
Before HST

# Future Implications

- *Healthy Eating education among children at early stages influences healthy behaviors in the future*
- *Decrease in obesity among Nashville children*
- *Preventative measure to decrease adult obesity and chronic disease*



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## Questions?