

# Health Education Benefits Over 2,500 Local Schoolchildren

## How Southeast Georgia Health System is supporting our community's youth

**S**outheast Georgia Health System is helping teach schoolchildren about nutrition and other health topics through a partnership with Wolfson Children's Hospital. Working with Wolfson's child health advocacy arm, THE PLAYERS Center for Child Health, Southeast Georgia Health System brings classes to Camden and Glynn County children, from preschool to fifth grade. The lessons are led by the Health System's Child Life Specialist, Adrian Carson, CCLS, who has special training from THE PLAYERS Center.

To date, the classes have reached eight area elementary schools and the Brunswick Boys and Girls Club's after-school program. What kids learn at school is reinforced by take-home information they can share with their families.

"I Can Eat a Rainbow" teaches preschoolers and first-graders about the importance of eating five colorful fruits and vegetables daily, while reinforcing the colors of the rainbow.

"Body Safari" is for kids in second and third grades, and teaches how organs work together in the body. "At this age, kids learn better with visuals, so we let them explore life-size models of organs to demonstrate how the body works," says Ms. Carson.

Fourth- and fifth-graders benefit from "Mission Nutrition," which uses the USDA's MyPlate to help them learn how to make healthy food choices. "We teach them how to read food labels and about the role that serving and portion size play in a healthy diet," explains Megan Denk, director of THE PLAYERS Center for Child Health at Wolfson Children's Hospital.

Content for classes offered by THE PLAYERS Center for Child Health was developed in consultation with experts in nutrition, health and community education.

Ms. Denk says, "The creation of Wolfson Children's at Southeast Georgia Health System, a pediatric outpatient specialty center we provide on the Brunswick Campus, gives area schoolchildren access to educational opportunities like 'I Can Eat a Rainbow' and 'Mission Nutrition,' but also to programs like 'Make It Better,' a school nurse program that brings basic first aid supplies to where they are most needed. Wolfson Children's Hospital is proud to partner with Southeast Georgia Health System on these important initiatives to bring health education directly to kids." •



*Adrian Carson, CCLS*

