

NEWS RELEASE

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MDE LEADS THE WAY IN WEIGHT LOSS

Jackson, Miss. – The results are in. Mississippi in Motion participants at the Mississippi Department of Education (MDE) lost a combined weight of 401 pounds.

The twelve-week program, promoting healthy lifestyle changes in diet and exercise, had the biggest number of people participating statewide. Two more Mississippi in Motion programs were started in the Pascagoula and Pearl School Districts because of the success at MDE.

Shane McNeill, director of Healthy Schools, said, “Many employees involved in the Mississippi in Motion program have continued to improve their diet and have increased physical activity, as well as, participate in other prevention services provided at MDE.”

New and fun ways of losing weight were introduced to MDE employees. Salsa dance lessons were taught every week by Sujan Ghimire, dance instructor from Salsa Mississippi.

Experts in the field of health and nutrition came to MDE each week to educate and inform Mississippi in Motion participants. Sessions included: Healthy Cooking, Eating-Out Smart, Emotional Eating and Stress, Controlling Diabetes, and Becoming Physically Active.

Awards were given to the individuals who lost the most weight. The first place award went to Pete Smith, director of Legislative Services, who lost 36.2 pounds. Second place was awarded to James Clark, a senior systems operator, who lost 20.2 pounds.

Teams competed for first place in the team weight loss competition. The winning team from the Office of Child Nutrition had the greatest combined weight loss of 36 pounds.

“I am very proud of the employees at Mississippi Department of Education. I feel that everyone who completed the program enjoyed it and learned many ways to make healthy lifestyle changes,” said Anna Catherine English, Extension Associate for Mississippi in Motion.

The Mississippi in Motion project was coordinated by the Mississippi Department of Education’s Office of Healthy Schools and the Mississippi State University Extension Service, through funding provided by the W.K. Kellogg Foundation and the Bower Foundation. This partnership also serves as a model for the implementation of school health programs.

For more information please visit the Mississippi in Motion website at http://msucares.com/health/health04/ms_in_motion/index.html or the Office of Healthy Schools’ website at www.healthyschoolsms.org.

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