



# Achieving Optimal Nutrition: The Role of Schools and Pediatricians

Complimentary Webinar: 1 CPEU

Presented by Robert Murray, MD, FAAP and Donna Martin, EdS, RD, LD  
The American Academy of Pediatrics and National Dairy Council

**During this session we will explore how critical school meals are in child growth and development as well as helping children learn about and practice healthy eating.**

## Objectives:

- *Demonstrate increased knowledge on the WSCC framework and understand the nutritional environment and services.*
- *Understand the value of school's meals in helping children reach their nutritional needs.*
- *Demonstrate increased knowledge of Bright Futures anticipatory guidance to related nutrition.*
- *Demonstrate increased awareness of opportunities for partnering with schools.*

Visit **[MilkMeansMore.org/achieving-optimal-nutrition](https://www.milkmeansmore.org/achieving-optimal-nutrition)** to access videos and continuing education certificate.

## About the Presenters



**Robert Murray, MD, FAAP** spent over 20 years in the field of Pediatric Gastroenterology and Nutrition at The Ohio State University School of Medicine. For 5 years, he served as the director of the Center for Healthy Weight and Nutrition, offering medical and surgical treatments for child and adolescent obesity. Dr. Murray also was the pediatric medical director for Abbott Nutrition from 2003-2006. For over a decade Dr. Murray was an executive committee member of the American Academy of Pediatrics' Council on School Health, serving as chair in the final 4 years. He is a Board member of Action for Healthy Kids as well as of the Children's Hunger Alliance, and previously served on the Board of the Academy of Nutrition and Dietetics Foundation. Dr Murray is the immediate past President of the Ohio Chapter of the American Academy of Pediatrics.

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**Donna Martin, EdS, RD, LD** is director of the Burke County (GA) school nutrition program, which has 4,500 students in five schools, serving breakfast, lunch, after-school snacks, supper and the summer feeding program. She served as the Academy's treasurer from 2013-2015. Martin served as the Academy's President in 2017-2018.

Donna was the first School Nutrition Director to be President of the Academy. Martin is a graduate of the University of Georgia and earned a master's degree from the University of Alabama – Birmingham and an education specialist degree from Augusta University.

In 2016, Donna's was awarded the 2016 Golden Radish Award for the state of Georgia because of her efforts in the Farm to School Movement. Donna has been involved in numerous public policy initiatives including testifying before Congress about the new School Nutrition Standards and to the House of Representatives Staff on the Farm to School Bill.

### Suggested Performance Indicators

#### **3.3 Advocates for the customer and facilitates acquisition of services and resources.**

3.3.2 Increases public awareness of the importance of nutrition and public welfare.

3.3.3 Collaborates with customers and others to support access to services.

3.3.4 Engages in active discussions with others to establish a method to best meet and serve the needs of the customer and the population.

3.3.5 Advocates for public health and wellness within the context of the organization and community.

#### **12.1 Advocates for health and disease prevention in the community and population.**

12.1.1 Promotes nutrition programs and resources to address issues of food security, nutritional health and overall health and wellness.

12.1.3 Collaborates with community partners and stakeholders in promoting nutritional health and disease prevention.

### Suggested Learning Codes

<b>4000</b>	Wellness and public health	<b>4070</b>	Food security and hunger
<b>4020</b>	Community program development	<b>8010</b>	Child and adult food programs
<b>4040</b>	Disease prevention		