IMPROVING NUTRITION AND PHYSICAL ACTIVITY LEVEL AMONG CHILDREN IN A COMMUNITY-BASED SETTING

Shawn D. Neyens, BSN, RN, CCE
University of Missouri-Columbia Sinclair School of Nursing

INTRODUCTION

Problem

Community-based obesity prevention programs are needed for children in Adams County, IL as:

- Obesity has tripled in the past three decades (CDC, 2014)
- Approximately 41% of Adams County, IL children ages 10-17 years old are reported to be overweight or obese (University of Illinois and the Adams County Health Department, 2010)
- On average, Illinois kids consume only 2.1 of the 5 recommended fruits and vegetables each day (CDC, 2013)

Setting & Population: The setting for the FNFPNs included various locations in Adams County, including local parks, school gymnasiums, YMCAs, exercise and fitness facilities, pools, yoga studios, and dance studios. The population included all Adams County children and their families, particularly targeting 5-12 year olds.

Design: Intermittent testing post-test design using convenience with purposive sampling and snowball/network/chain sampling

- Modified version of the 5210 Healthy Habits Questionnaire ( Ages 5-12) was administered to participants of FNPN in Adams County, IL at three time periods (July 2015, November 2015, & March 2016)

Materials and Methods

- Monthly Public Service Announcements and interview on local CBS morning television that included County for OUTCOME 4 MET

2015 Adams 700 Population et al., 2010

2016 There consumption, per 2 MET three with

- Emails sent to FNFPN participant families
- Monthly Flyers sent to local schools, day care facilities, hospital newsletter, and displayed in local pediatric offices
- 5210 Facebook promotion of monthly FNFPNs and 5210 initiatives

- New community partnerships established to host and promote FNFPNs
- Monthly Public Service Announcements and interview on local CBS morning television show
- FNPN Event (Yoga) kick-off at Payson YMCA
- New partnership with Mendon schools – FNPN at high school football game

- FNPN at Mendon Middle School Volleyball game – over 20 participants
- FNPN at Elite Dance Studio – introduced new exercise techniques for families, including “POUND” dance pictured below
- First annual Run Bike. Play Kid-a-thon organized and implemented in April 2016

RESULTS

- OUTCOME 1 MET: Nearly a 700% increase in FNFPN participation
- OUTCOME 2 NOT MET: There was 0% increase in people reporting they consume 5 servings of fruit or vegetables per day over the eight month period. There was also a notable improvement in overall fruit/vegetable consumption, with 5% of participants in July 2015 consuming three to four servings of fruits or vegetables/day to 27% in March 2016.
- OUTCOME 3 MET: There was a 67% increase in participants reporting that their child engaged in ≥2 hours of screen time per day.
- OUTCOME 4 MET: There was a 55% increase in participants reporting daily engagement of ≥60 minutes of physical activity
- OUTCOME 5 MET: There was a 76% increase in participants reporting consumption of zero sugar- sweetened beverages

CONCLUSIONS

- Study limitations: varied FNFPN respondents, poor follow-up and limited data collection due to limited repeat survey respondents.
- While increased report of outdoor play by families participating in the monthly FNFPNs was the only statistically significant data from this study, there were several noted improvements in healthy food and beverage consumption, increased daily physical activity, and positive lifestyle modifications among FNFPN participating families.
- Partnerships with local schools and community organizations and local businesses strengthens the ability to expand obesity prevention programs, increases attendance, and improves sustainability.

REFERENCES


Acknowledgement

A special thank you to the people who assisted with this project: Dr. Robin Harris, Committee Chair
Dr. Jan Sherman, Committee Member
Becky Campbell, CNP, Committee Member
Adams County Health Department and the United Way