

COMBATING CHILDHOOD OBESITY THROUGH EXERCISE TO IMPROVE CHILD HEALTH



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OBJECTIVE

Overall

To promote exercise, its benefits, and to train local elementary children for the Cooper River Bridge Kid's Run.

Target

Population/Location:

- 2nd, 4th , and 6th grade Physical Education classes
- Wilmot J. Fraser Elementary, an underprivileged elementary school with predominantly African-American population in Charleston, SC.

Content:

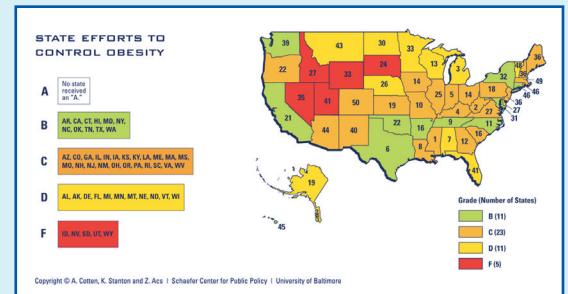
- Show that exercising 3 times a week for 20-30 minutes each time can help children feel better about themselves, make them feel healthier, and helps build their self esteem.
- Encourage and educate children on the importance of health at a young age.

BACKGROUND

Childhood obesity is a serious healthcare issue plaguing the children of South Carolina. This epidemic is attacking South Carolina children from toddlers to teenagers. The number for overweight children has tripled since the 1960's in South Carolina. In addition, 25% percent of children ages 5-10 have high cholesterol, high blood pressure, or have early warnings of heart disease. In 2005, the South Carolina Legislature passed the Student Health and Fitness Act. The primary goal of this Act is to reduce disparities in children's health and promote exercise and healthy eating habits in schools.

State Childhood Obesity Grades:

Arkansas (B), Colorado (B), California (A), Tennessee (B), Texas (B), North Carolina (B), West Virginia (B), Delaware (C), Georgia (C), Missouri (C), Mississippi (C), New Jersey(C), South Carolina (C), Virginia (C), Alabama (D), Florida (D), Alaska (F), Idaho (F), Nevada (F)



States Overall Efforts to Combat Childhood Obesity:

Maryland (B), New York (B), North Carolina (B), Oklahoma (B), Tennessee (B), Texas (B), Washington (B), South Carolina (C), Virginia (C), West Virginia (C), Alabama (D), Alaska (D), Delaware (D), Florida (D), Michigan (D), Idaho (F), Utah (F), Wyoming (F)

This report card shows that South Carolina is not doing the best they can do to combat childhood obesity. In comparison to other states, we still have much more to do in reinforcing a healthier lifestyle among children.

METHODS

We conducted exercise-training classes with Fraser Elementary students using the following 10-week training schedule.

Training Schedule

- | Week | Activities |
|-----------|---|
| 1, 2, & 3 | Warm-up 5 minutes
Speed Walk 5 minutes
Cool down 5 minutes |
| 4, 5, & 6 | Warm-up 5 minutes
Speed Walk 8 minutes
Cool Down 5 minutes |
| 7 & 8 | Warm-up 5 minutes
Speed Walk 10 minutes
Cool Down 5 minutes |
| 9 & 10 | Warm-up 5 minutes
Speed Walk 8 minutes
Jog 2 minutes
Cool Down 5 minutes |



Description of Training

Warm up - light easy walk to warm-up muscles
Speed Walk - quicker walk – move arms and legs rapidly
Jog – lift legs, concentrate on breathing correctly and relax

Quotes...

"The teachers have tried to get the children to participate in physical activity, but it wasn't until the Presidentialidential Scholars came that the students became interested and excited about physical fitness."

Ms. Oubre
Teacher at Fraser Elementary

"I am really excited about the Kid's Run and I am going to outrun all of them."

2nd Grade Student
Fraser Elementary



CHALLENGES

- Coordinating activities between Fraser Elementary, the Medical University of South Carolina, and Presidential Scholars for the Kid's Run.
- Working with Fraser Elementary to get the students to Kid's Run on a school day.
- Being able to continue this program with Fraser after we are done with the Presidential Scholars Program.
- Encouraging the students to train on days that we do not see them.
- Working within the constraints of short Physical Education classes.



RECOMMENDATIONS

- Continue this program next year at Fraser Elementary and start an after school program that promotes exercising.
- Continue reinforcing exercising to kids at school and making them feel excited about exercising.
- Get students to participate in an exercise program for a minimum of 3 days per week for 20-30 minutes per week.
- Continue providing information to children about the benefits of exercising.