

Providing Access to Athletic Physicals

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AIM OF STUDY

- To identify an underserved population and provide access to a medical benefit
- To measure before and after outcomes and determine if our project will be sustainable

INTRODUCTION

Background

- Childhood obesity increases the risk of chronic diseases and other complications
- Childhood obesity has increased over the past 30 years
 - In South Carolina, 1 in every 3 students are overweight or obese
- Regular physical activity can lower the risk of obesity and reduce risk factors for chronic diseases
- Community engagement in public health efforts to reduce obesity and increase physical activity among school-aged youth can increase the sustainability of projects

Purpose of group project

- To improve access to the underserved
- To provide access to athletic physicals for students at an underserved elementary and middle school

Community partners

- An elementary/middle school located in downtown Charleston, SC
 - 513 students in pre-kindergarten to eighth grade
 - 99% African American
 - 97% receive free lunch through national school lunch program
- Sweetgrass Pediatrics
 - Located in North Charleston, Summerville and Moncks Corner, SC
 - Full-service pediatric practice offering comprehensive care for children and young adults

Importance of topic for the chosen population

- School/parents identified the need for physicals
- Benefits of participation in sports activities

METHODS

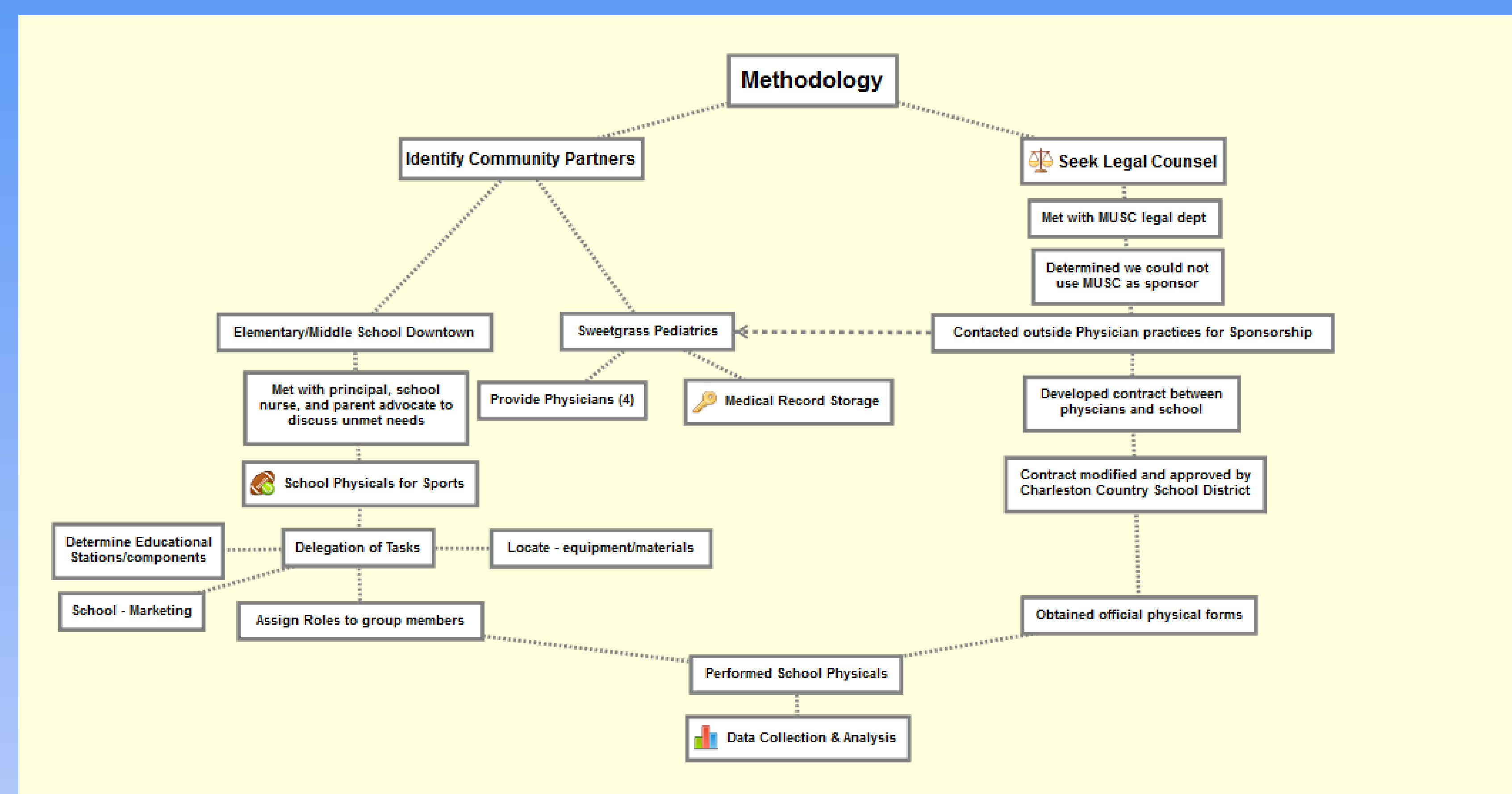


Figure 1. Methodology of Shape Up For Success.

RESULTS

- 15 students were seen at the health expo; 11 received a sports physical and 4 were excluded due to lack of a parent/guardian signature
- 61% had played a sport before and 88% intended to play a sport during the upcoming season
- 52% reported they had previously been denied the opportunity to play sports
- 88% of responders stated they would be able to receive their sports physical before the start of their sport's season

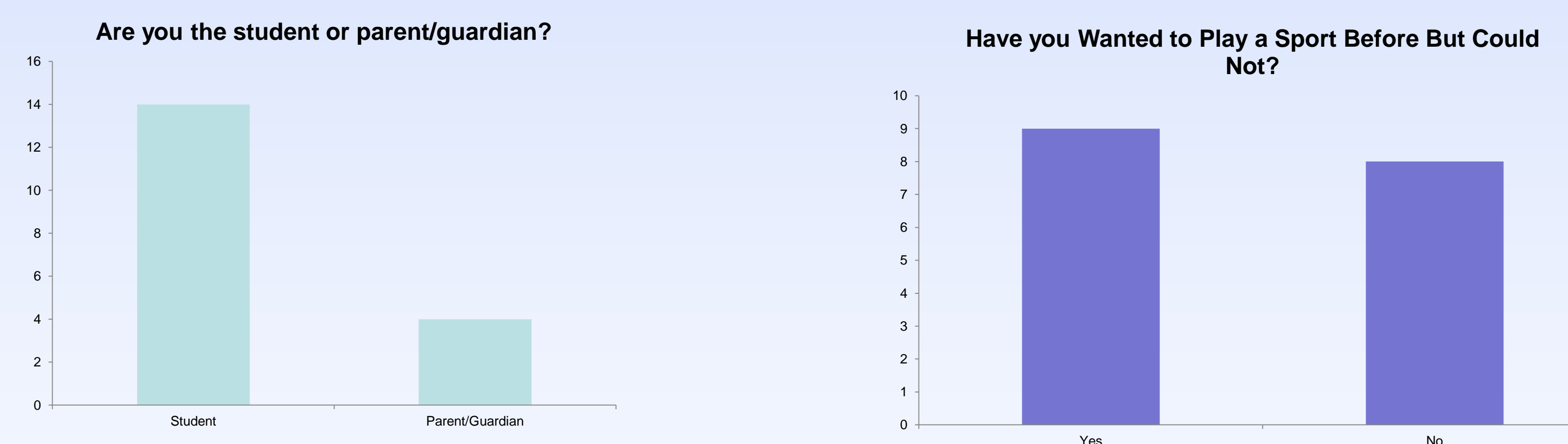


Figure 2. Responses to questions posed on survey.

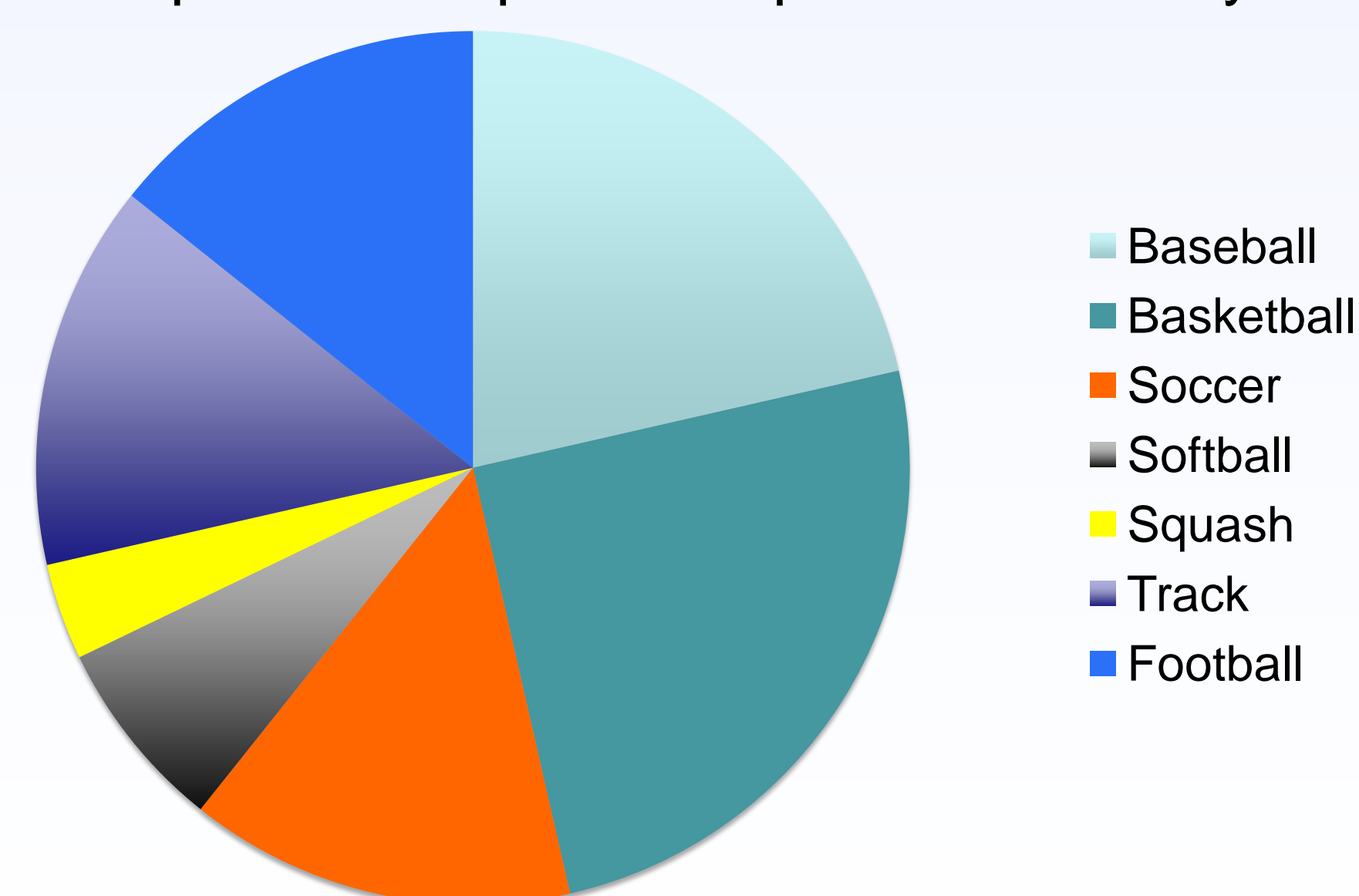


Figure 3. Sports the children at the event plan to participate in.

CONCLUSIONS

Limitations of data

- Inaccuracy of data due to students filling out their own forms despite having instructed parents to do so
- Do not have copies of physical exam forms completed (due to HIPAA)

Recommendations

- Assess the need from the community's point of view
- Contact school in early summer for event in fall to target all student athletes
- Improve advertisement of event and avoid scheduling conflicts
- Increase engagement from school staff members
- Collect relevant data to assess effectiveness of program
 - Number with incomplete forms
 - Number who were unable to participate due to lack of parental signatures
 - Number of completed exams
- Improve equipment and setup for exam rooms
- Distribute and collect forms by alternative route
 - Received many incomplete or blank forms

Interprofessional collaboration

- Accomplish different aspects of the project
- Different resources/contacts to use for assistance

Lessons learned

- Importance of assessing the need from the community's point of view

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