



**Healthy Kids Child-Parent
Fitness & Nutrition Pilot Study**

Overview & Preliminary Findings
November 5, 2007
American Public Health Association

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Recognition of Funding

**University of Central Florida
Intramural College
Research Council Grant
2006-2007**





Background – Why is this important to nurses?

Impact of Childhood
Overweight/Obesity on Adult
Overweight/Obesity
Reversing an Epidemic

Centers for Disease Control & Prevention (CDC)
<http://www.cdc.gov>



STEP UP, FLORIDA

On Our Way To Healthy Living!

- **Statewide initiative promoting physical activity & healthy lifestyles to Florida's citizens**
- **Annual Celebration held during the month of February in every county**

<http://www.stepupflorida.org>



America on the Move

Colorado/Florida/ Idaho/Indiana/
Louisiana/Nebraska/ New York/Ohio/
Tennessee/Texas/West Virginia

<http://www.americaonthemove.org>



Orange County Healthy Kids

- ❖ Boys & Girls Club
- ❖ UCF College of Nursing Community Health Nursing Students
- ❖ Orange County Extension Service
- ❖ FDA Orlando Office – Public Health Service Staff
- ❖ American Heart Association



Program Evaluation 2006 Recommendations

- Child ht/wt/BMI/BMI percentile measures
- Parents participate in America on the Move
- Pedometers
- Parent/Child-Children dyad session
- Family Activity Log
- Family Health Plan for Fitness & Nutrition



UCF College of Nursing
Little Egypt
Community Nursing Coalition Project

- Boys & Girls Club ~ community partner
- Previous work with club since 2005
- Approvals: Boys & Girls Club Corporate
- UCF IRB Approval
- UCF Student training ~ protection of human subjects



Informed Consent ~ Parent

- Health status of the participants prior to beginning the program

Risks: *By agreeing to participate in this program, I am healthy enough to participate in physical activity such as walking and jump roping. I understand that I am responsible for my own health and should discontinue any exercise if I feel short of breath, unable to get my breath, or feel light-headed."*

"I understand that I am responsible for my own health."



Informed Consent/Child Assent

Use of Photographs —

Even though no names, could still be identified!

- Boys & Girls Club Bulletin Board
- Student work at UCF ~ CNC Showcase
- PPT Presentations
- Manuscript submission



Child Assent

Only you and your parent, myself and the student nurses will know how tall you are and how much you weigh.



Session One ~ Introduction

- Informed Consent/Assent ~ six families: one declined; five agreed
- Physiologic measures
- America on the Move website sign up
- Assign student nurse as case manager
- Weekend Friday to Sunday activity/food log
- Two reminder phone calls from student nurse ~ Friday to begin log; Tuesday evening for next session



Session Two ~ Physical Activity

- One family discontinued sessions
- Receive logs
- Nursing Student-led Education Interactive Activity ~ Jump Rope/Pedometers
- Assignment: Activity & Food Log for Monday/Tuesday to capture weekdays
- Two reminder phone calls
- Nursing student case management analysis





Session Three ~ Healthy Food Choices

- Receive logs
- Nursing Student-led Education Interactive Activity ~ Serving Sizes
- Reminder phone calls
- Nursing student case management analysis using mypyramid.gov





Session Four ~ Writing the Family Fitness & Nutrition Plan

- America on the Move update
- Family appointments with student nurse to write the plan
- Plan mailed to family





Evaluation in June, 2007

- What are the family's experiences? All knew where the plan was kept at home 😊
- How well are they progressing toward desired goals? In each family, the goals were continued to September; use of pedometer & jump rope sporadic
- What changes need to be made in the plan?
Alter # fruits/veggies

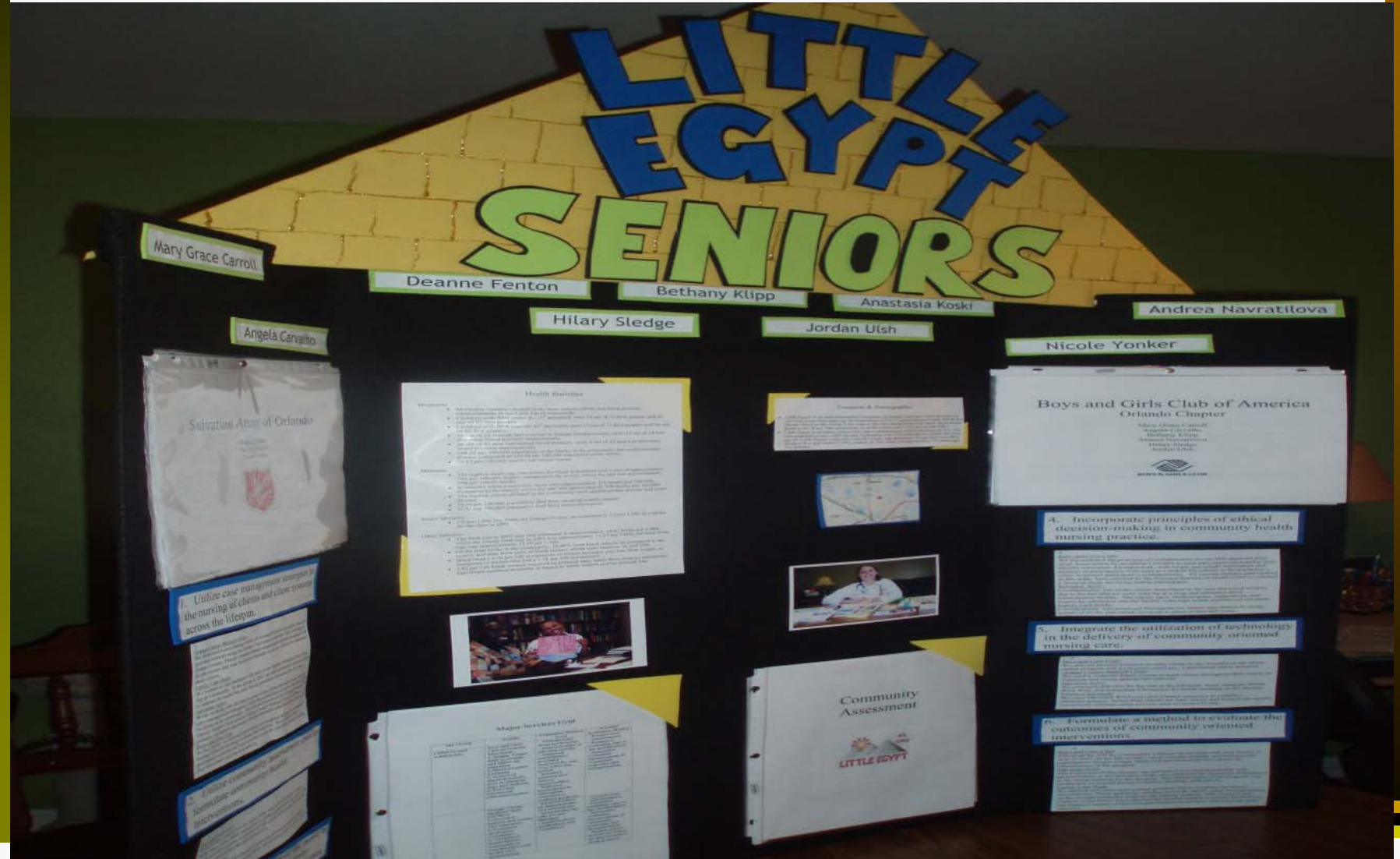


Follow Up October, 2007

- Repeat physiologic measures completed on all children
- Review progress with participants
 - Children in one family now walk home so parent not present to interview
 - One mom had job change so another family member picks up the child
 - Two families participated in follow up onsite interview



UCF Service Learning Scholarship Competition ~ 4th Place: \$500





Plan for Senior Intervention Project 2008!

- Parent group increased involvement & monthly meetings at the club
- Plan to extend the project in to spring semester as capstone service learning project by senior nursing students
- Youth Needs Assessment by Pediatric Nurse Practitioner Graduate Students



Questions??