



Increasing the Physical Activity of Children Through Sports: A five-year review of the development, delivery, and success of the W2W4Life Program

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The Meadville Family YMCA



Program Development:

- Pilot program took place in 2006 with 5 girls
- Revised second pilot took place in 2007 as a half-day seminar
 - Segment 1: Nutrition for Active Bicycling
 - Segment 2: Taking Care of Your Bike
 - Segment 3: Stretching & Learning Your Heart Rate
 - Segment 4: Proper Attire for Bicycling/Safety
 - Segment 5: Going for a Ride
- Reinventing the program using the MATCH approach.
 - Multilevel Groups Involved:
 - Schools, health professionals, sports fitness experts, college teams, school administrators, parents and children
 - Name changed to reflect broader interest
 - Mission and Primary Objectives Formalized
 - Community Involvement in Teaching Sports
 - Program Became Highly Mobile



W2W4Life

Goal:

To encourage participation in any sport for fun, fitness, or competition in order to combat childhood obesity.

Objectives:

1. To utilize community resources and talents in a collaborative effort, encouraging an atmosphere of healthy youth development.
2. To provide an introduction to various sports available to youth including but not limited to cycling, swimming, diving, track and field, lacrosse, basketball, baseball, football, weightlifting, skiing, boxing, equestrian, rugby, rowing, etc.
3. To enable organizations and sports team to partner with W2W, taking further steps toward healthier living, thereby combating childhood obesity.



MATCH-revised W2W4Life Operation

Three Key Segments:

1. Health Lifestyle: an introduction to nutrition for active play aimed at children
2. Sports Attire & Safety: an introduction to a designated sport, its equipment and safety requirements and standards
3. A Taste of the Sport: Actual hands-on participation in the designated sport
(delivery varies depending on need, time, and location)

Three Specific Formats:

The After-School Program:

Four after-school sites receive the program twice a year on the following schedule:

1. Site 1: Three consecutive Wednesdays in September
2. Site 2: Three consecutive Wednesdays in October
3. Site 3: Three consecutive Wednesdays in November
4. Site 4: Three consecutive Wednesdays in December

The Middle School Program:

1. Site 1: One time per month...various sports taught through school year
 2. Site 2: One time per month...various sports taught through school year
- NOTE: The schools are located in rural, low-income areas that generally have few sports activities in their schools.*

The Community Health Fairs:

1. Site 1: Spring Program that introduces community children to one sport, and their parents are introduced to the program in general.
2. Site 2: Summer Program revolving around safety – the focus is on the safety in playing sports.



Evaluation/Measurements

2006: Process evaluation only. Revised program for the 2007 second pilot test.

2007: Process evaluation and Knowledge Measurements Test.

2008-2009: Process and Knowledge Tests Continued; Process evaluation measured against stated objectives.

2010-2011: Process evaluation continued; knowledge test replaced with PDPAR (Past Day Physical Activity Recall) to test the overall goal of W2W4Life



Demographics 2010-2011 Evaluation

School	Pretest	Posttest
Neason Hill	20	3
West End	33	19

Totals	n (% of population)
Pretested	53 (42.4)
Posttested	22 (17.6)
Attrition	31 (58.4)
Total Sample	22 (17.6)

N = 125 (total school program population for 2010-2011)



**PDPAR Results
Reported Activity Level**

Activity Level	Pretest	Posttest
Hard	16.14	37.72
Moderate	31.14	51.75
Light	36.67	7.89
Very Light	64.77	72.81

Percentage of students self-reporting. Student average age = 7
Some students reported more than one activity level...this is reflected in the number noted above

Definitions:

Hard: Hard breathing, moving quickly for 20 minutes or more
Moderate: Increased breathing, moving quickly for short periods of time
Light: Normal breathing, regular movement
Very Light: Slow breathing, little or no movement



**PDPAR Results
Activity Level Changes Between Pre and Post**

Increased	Decreased	Stayed Same
59.09	27.73	18.18

Percentage of students self-reporting; n = 22



Limitations

2006: Program Length

2007: Program Measurements

2008 – present:

- PDPAR limitations
- Lack of Parental Education Component



One Success Story

Case Study: One 10-year-old obese child, introduced to the program in 2008, was inspired to get into shape. He went home after the W2W strength training program segment and talked to his father, who was also obese. Together, the two of them joined a local gym, both lost weight and continue to be active today.

He is still an active participant of the W2W4Life program.

Conclusion: Behavioral health changes are often difficult to measure. Therefore, it could be said that the program could be measured by the successes of one child and one family at a time.



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