



Family Fitness Challenge - Student Fitness Challenge



COMMUNITY-BASED OBESITY INTERVENTION PROGRAM MOVES INTO ELEMENTARY SCHOOLS

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Fitness Challenge



- Goal of 8 week program is to target 7 behaviors associated with a healthy weight with specific challenges
 - Physical activity
 - Daily meals
 - Consumption of fruits and vegetables
 - At-home dinners
 - Sweetened beverages
 - Sleep
 - Screen time

Challenge Sheet

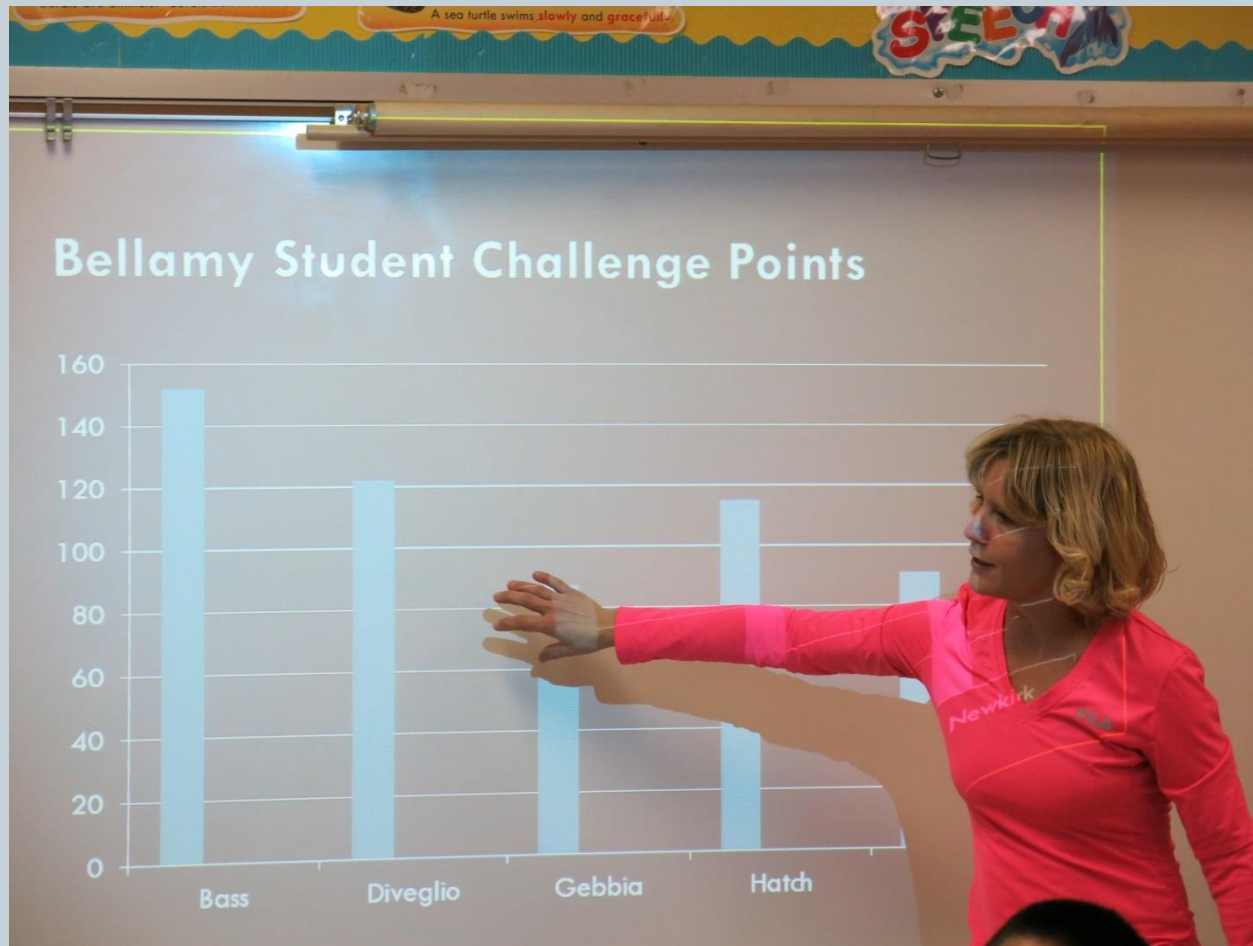


Challenges Week 5

STUDENT NAME _____
TEACHER'S NAME _____

| Challenge | Signature by Parent if Achieved | 1 point each challenge |
|--|---------------------------------|------------------------|
| <i>Park in the parking spot farthest away with every errand this week and walk to school IF POSSIBLE</i> | | |
| <i>Eat red meat no more than 2 times this week</i> | | |
| <i>Have fish or poultry (turkey or chicken) 3 times this week</i> | | |
| <i>Make sure you get at least 8 hours of sleep every night</i> | | |
| <i>Reduce media to 2 hours a day or less</i> | | |
| <i>Study the various colors of fruits and vegetables for the competition next week</i> | | |
| <i>Read labels and avoid</i> | | |

Challenge Points by Class



What is the Student Fitness Challenge?

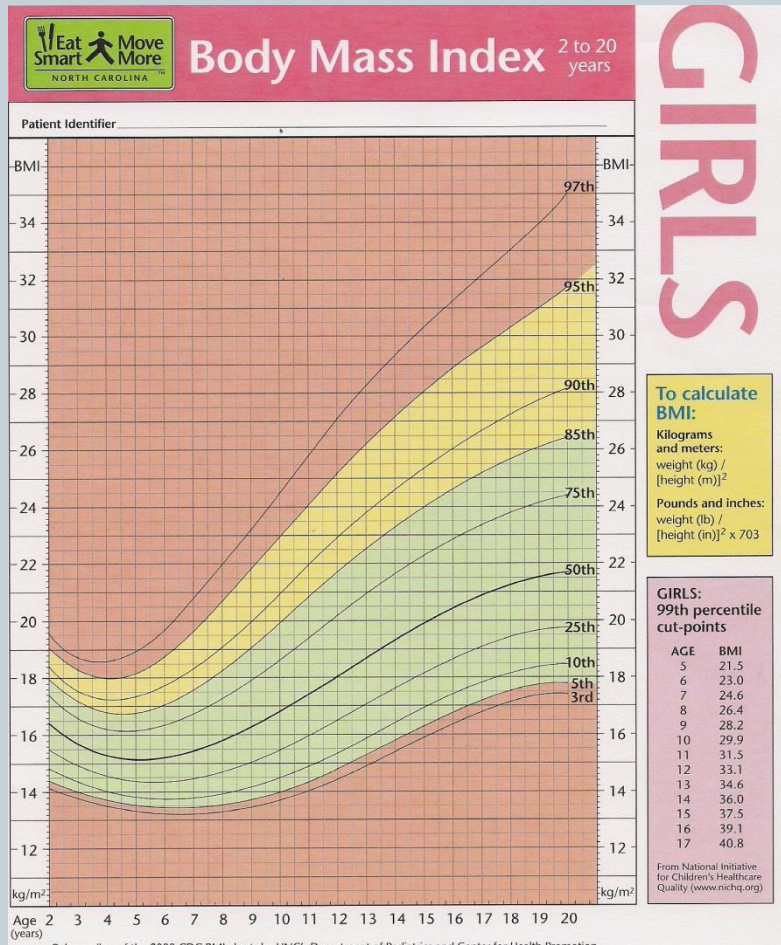


Personal Interest in Obesity, Prevention, Intervention



BMI and Growth Charts

Green/Yellow/Red Zone



Green: Healthy weight (below 85thtile)

Yellow: Overweight (85th-95th %tile)

Red: Obese (above 95thtile)

GREEN ZONE: Body fat levels likely to pose little risk

RED ZONE: Body fat levels are high and pose increased risk

Growth Charts



BMI



Get Moving



Role of the Pedometer



- Allows for tracking of steps; keep log showing gradual increase in steps
- Family-friendly competition
- Create a “trip idea” with the steps
- Allows parents to assess their child’s movement
- Can use pedometers to earn media time



Pedometers



Let's Move in Class



Change Patterns of Meals



- Distracted eating: 30-50% more calories consumed when meals eaten w/ media on
- FAST FOOD NATION! Encourage home cooking with offering easy, healthy recipes



- Switching from large dinner plates, to small
- Eat breakfast



Children in America Are Not Getting Their Produce



WHO found it took a minimum of 5 servings of fresh produce/day to see health benefits (best to aim for 9)

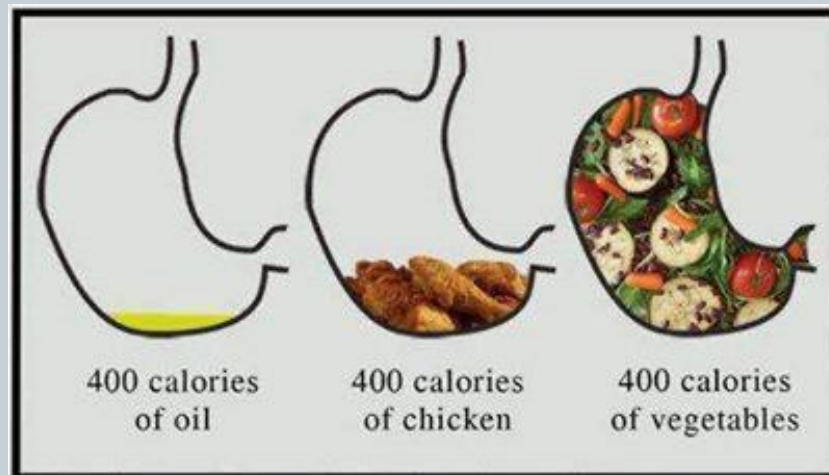


Less than 1% of US teens achieve this goal according to American Heart Association

Nutrition



- Eat at least one serving of produce at each meal
- The ORDER food is eaten matters; offer produce first
- Tap into the high-density, low-calorie; nutrient dense foods
- Introduce kids to smoothies



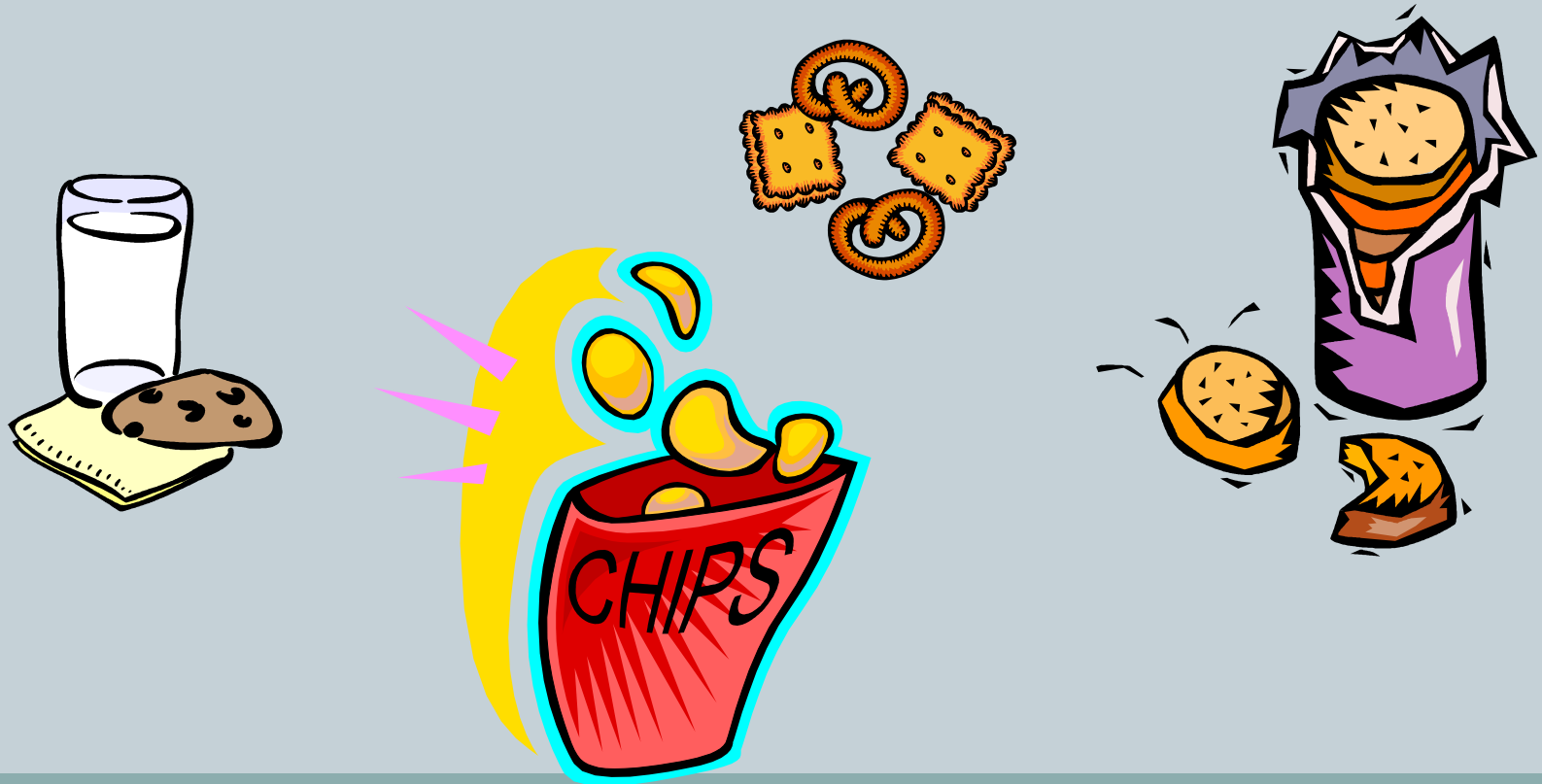
Portion Size



The Snack-Attack



- Studies show the increase in snacking in children is a big contributor to the child obesity epidemic



Rethink Your Drink



- Liquid calories often exceed daily calories needed
- Juices may have as much sugar as soda
- Too much milk has been linked to weight problems
- Brain does not register fullness from liquid calories
- Encourage more water - infuse with sliced fruit



Go, Slow, Whoa



| GO, SLOW, WHOA | | | |
|--|----|------|------|
| GO Foods: Eat almost any time (most often)- they are lowest in fat, added sugar, and calories | | | |
| SLOW Foods: Eat sometimes (less often)- they are higher in fat, added sugar, and/or calories | | | |
| WHOA Foods: Eat once in a while (least often)- they are very high in fat and/or added sugar, and much higher in calories | | | |
| Food Groups | GO | SLOW | WHOA |
| FRUITS Whole fruits (fresh, frozen, canned, or dried) are smart choices. | | | |
| VEGETABLES Adding fat (butter, oils, and sauces) to vegetables turns them from Go foods to Slow foods or Whoa foods. Dark green and orange veggies are Go choices. | | | |
| GRAINS Try to make at least half your servings whole grain choices and low in sugar. | | | |
| MILK Milk is high in vitamins and minerals. Fat-free and low-fat milk are smart choices. | | | |
| MEATS & BEANS Limit meats with added fat. Smart choices include beans. | | | |

Go, Slow, Whoa



Sleep



- Studies show correlation between short sleeping hours and weight problems in youth
- On average, children in the US are getting 1-2 hours less sleep at night than recommended



Screen Time



Media has been implicated as contributing to the child obesity epidemic



Sleep and Screen Time



United States Media Trends



- According to US government, children age 2-17 spend on average 7.5 hours in front of screen
- What is the recommended screen time for children?



BUT DOES IT WORK?!!!!



Family Fitness Challenge Outcomes

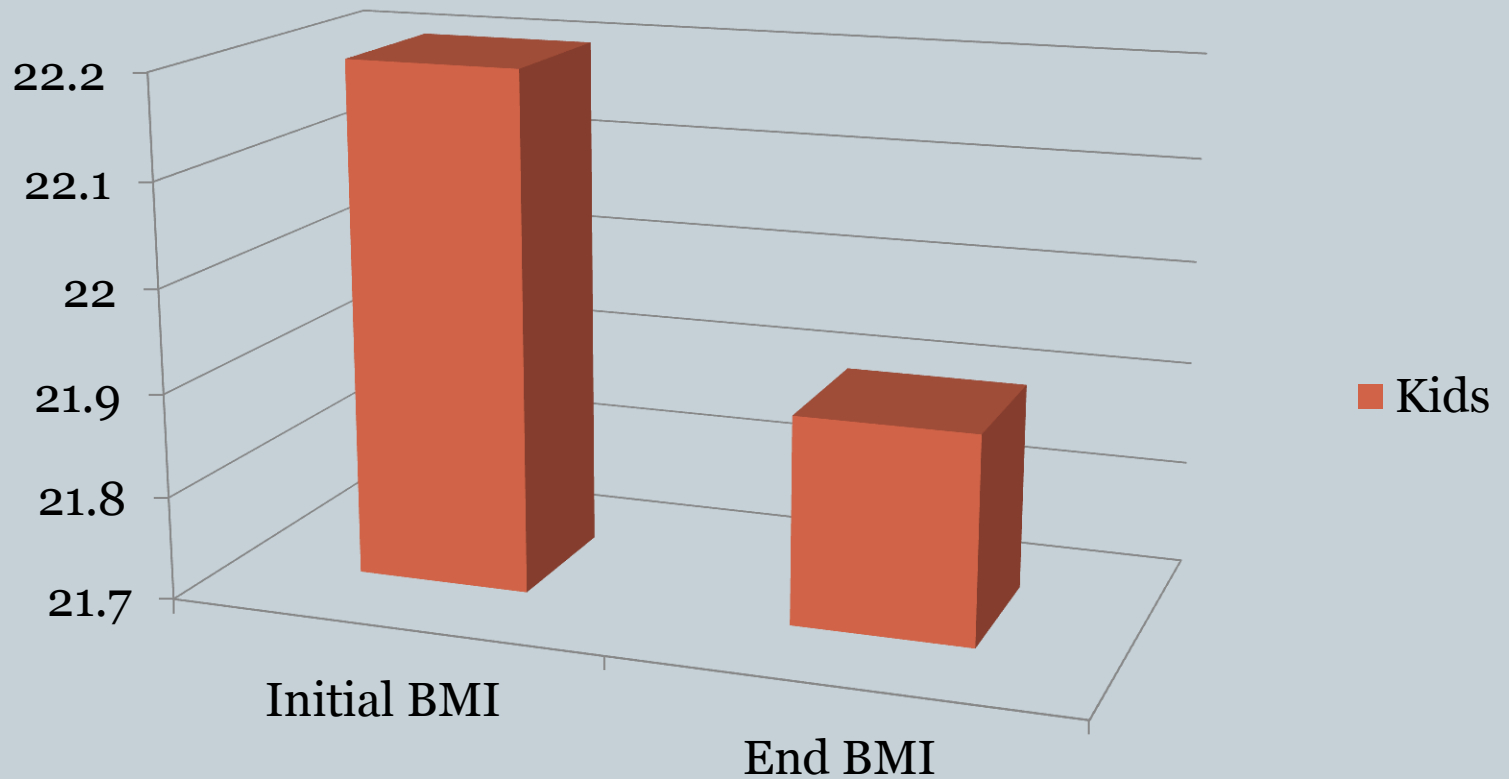


From the time of the pilot program in January 2012 through February 2013, there was a significant reduction in BMI of children from the beginning of the program to the end ($p < .0001$).

WH Family Fit Challenge: Child BMI



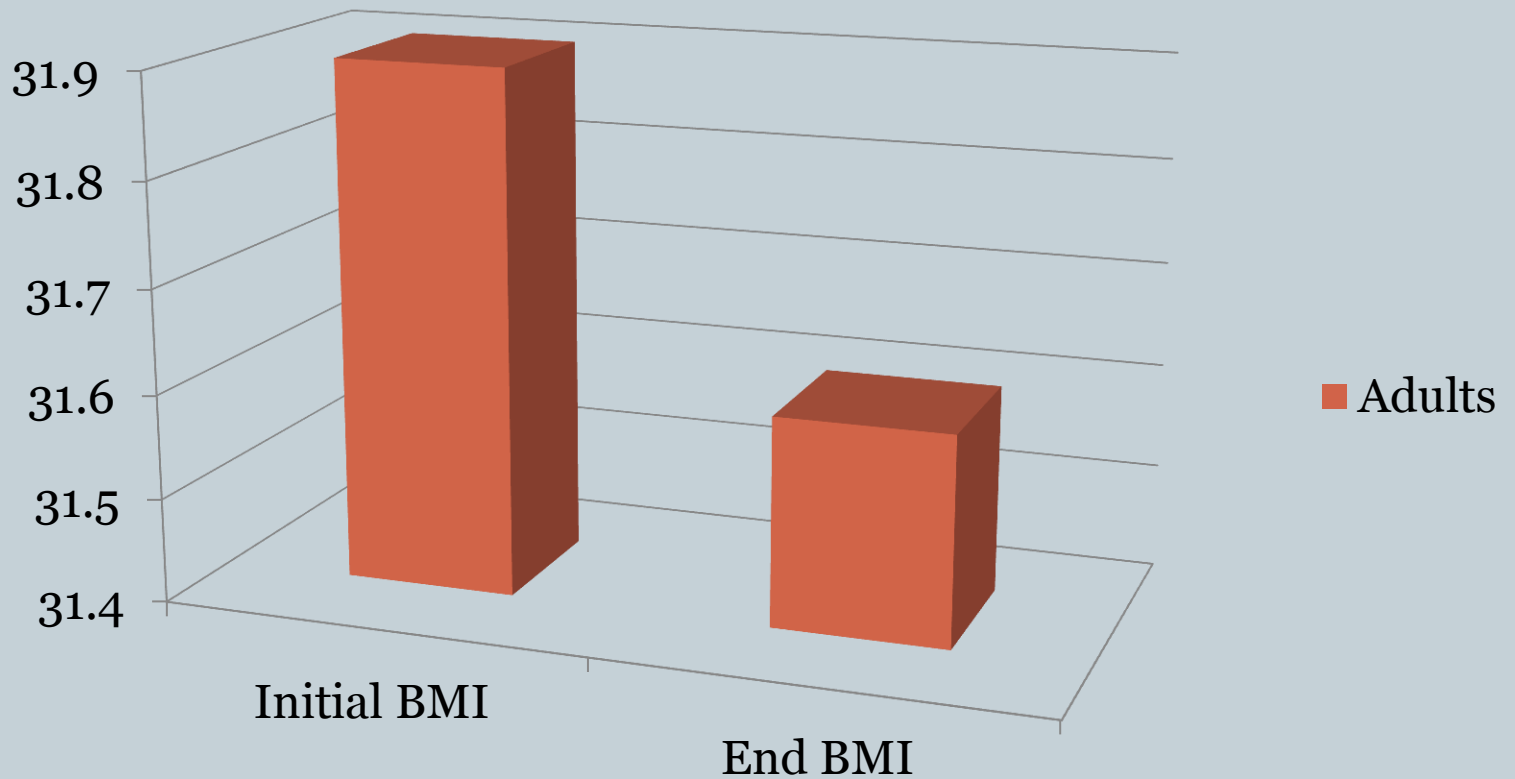
Kids



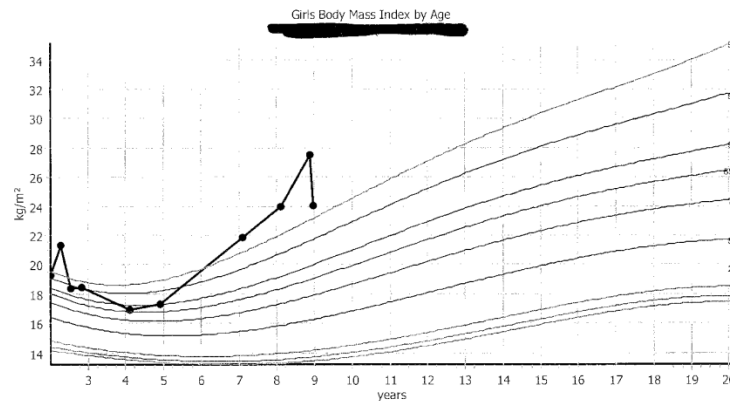
WH Family Fit Challenge: Adult BMI



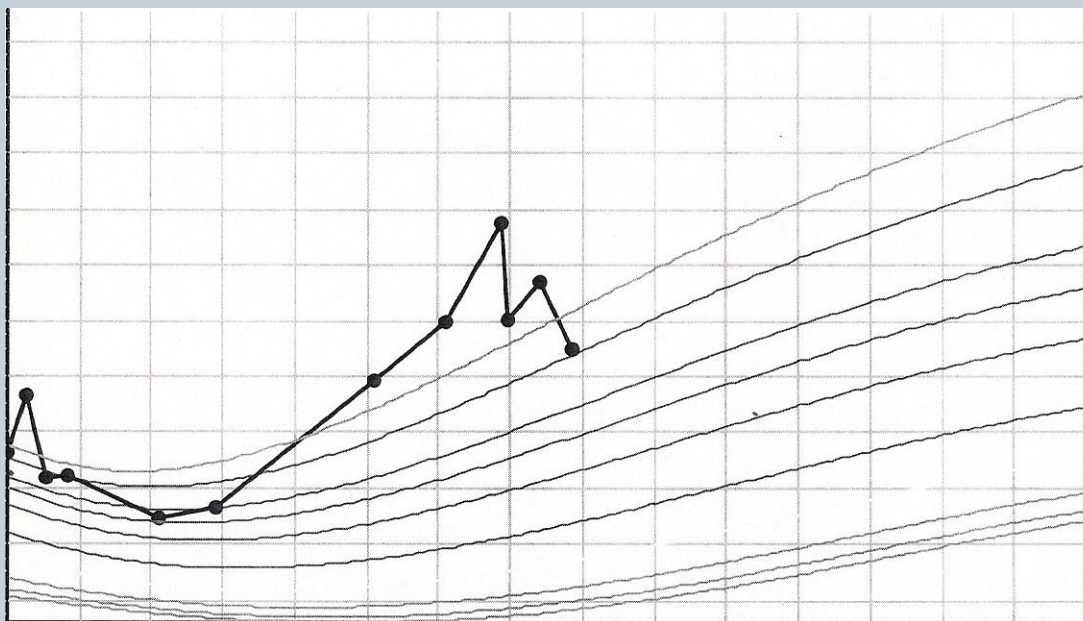
Adults



A Child from First Family Fitness Challenge



Same Child 12 Months Later



After the success of the pilot Family Fitness Challenge, a proposal was given to the New Hanover County public school system Moving to the Schools



Making Headlines



J'nelle Ruscetti talks with second-graders from the Carolina Beach Elementary School classes of Amy Lancaster and Carrie Boos on Monday. Ruscetti is working on a pilot program at some schools to raise health awareness and battle obesity. Photo by Ken Blevins

How to eat and run

Health worker's pilot program is a mission to fight obesity - one school at a time

By MIKE VOORHEIS

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Jump! Jump! Shake your rump! Now walk it out like Granny!" J'nelle Ruscetti instructed two classes of second-graders at Carolina Beach Elementary School. An animated sloth danced behind her on a video screen and dozens of children jumped, shook and walked it out in front of her.

Ruscetti is not on a mission to discover the next great dancing prodigy. Rather, she is on a mission to fight childhood obesity one school at a time. Increased movement, such as dancing, is one weapon in her arsenal.

She already has completed a pilot program for fourth-graders at Carolina Beach and Sun-

set Park elementary schools. At the initial assessment, school nurses weighed and measured students, and their body mass indexes were recorded. Some children were so obese that their measurements exceeded the parameters of the BMI chart. Those shocking numbers (42 percent of Sunset Park students were obese or overweight) left Ruscetti, a physician's assistant at Wilmington Health, on the verge of tears. By the end of the eight-week program, however, some students had moved onto the chart and others had moved from obese to overweight or from overweight

to normal.

Her childhood obesity intervention program helped 67 percent of participating students lower their body mass index. The numbers were even more impressive for students in the overweight (88 percent) and obese (78 percent) categories. The percentage changes were small, but they were a step in the right direction.

Ruscetti said 75 percent of parents report that pediatricians don't discuss weight issues with them, even for children who are overweight or obese. Ruscetti acknowledges it's impractical for a family doctor to counsel an individual about healthy weight on a weekly basis. But Ruscetti's program can reach doz-

See OBESITY | 5B

Making Headlines, cont'd



OBESITY

Continued from 1B

ens of children every week. She has set up a competition between classrooms – you can bet the prize is NOT a pizza party – and most of the activities involve incorporating other family members.

Some of the messages Ruscetti delivers are:

- Move more (pedometers track students' steps).
- Eliminate distracted eating (eating while watching TV or some other device).
- Use smaller plates (people

eat less when they use smaller plates).

- Eat out less often.
- Consume fewer sugary drinks.

The program seems to have raised awareness and curiosity at school. When Ruscetti held up a pedometer to the assembled students, she asked what it was. "Those are for fourth-graders," a student answered.

"Now, they're for second-graders," Ruscetti responded. An active student will take 8,000 to 10,000 steps a day, she said. The students' goal, though, wasn't to reach

a specific number. Instead Ruscetti wants the students to show an improvement.

The pedometers are furnished by Wilmington Health, but the rest of Ruscetti's project is volunteer work.

She has gone to part time at Wilmington Health so she can devote ample time to this project. A grant that she had hoped to acquire didn't materialize, but a separate grant from UNCW will give her \$3,000 to help supply pedometers for parents and to give each student a "healthy" plate, which designates

healthy portion sizes and encourages eating healthy foods.

During Ruscetti's presentation, second-grade teacher Carrie Boos danced alongside the students, stepping and drifting to the beat. Preventing childhood obesity is important, she said.

"This is just as important as academics," she said. "It's something they can use their entire lives. If you instill it in them when they're young, they're more likely to carry it into adulthood."

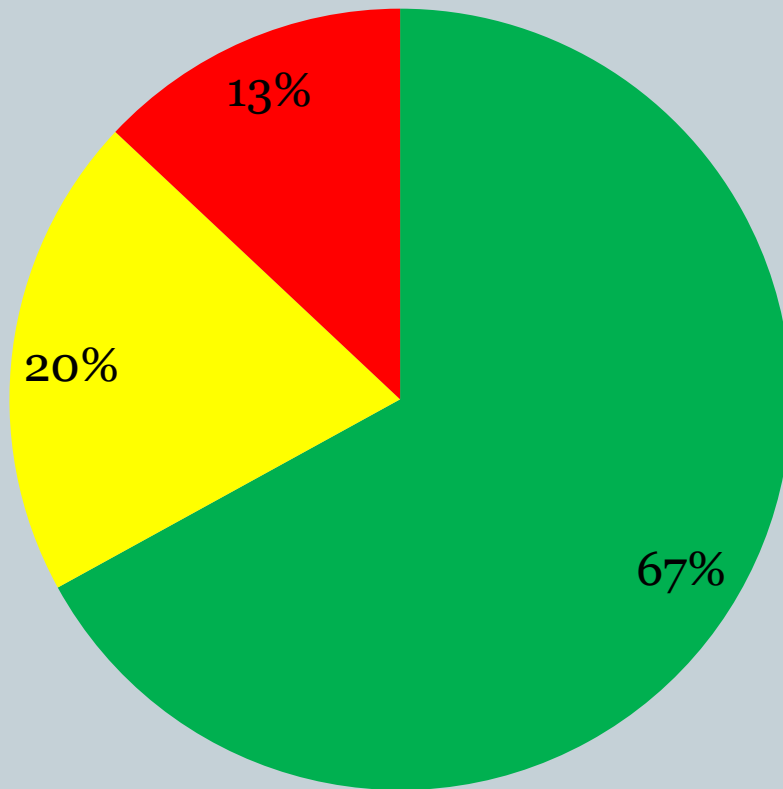
Mike Voorheis: 343-2205

Second Grade – 2 Schools

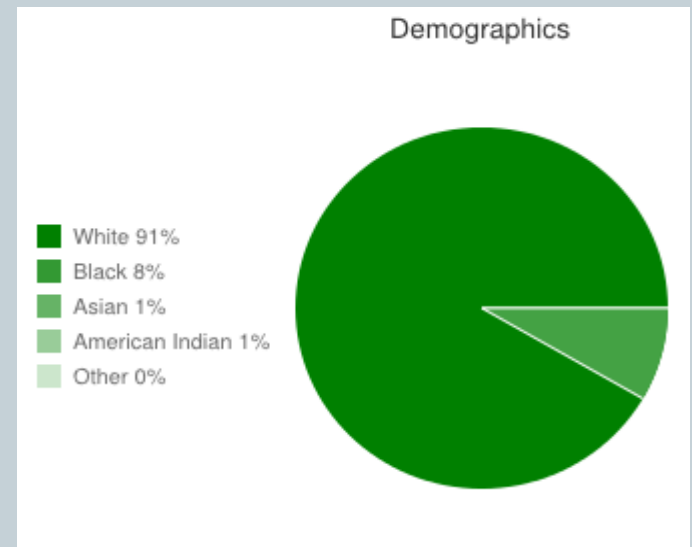


Statistically significant drop in the body mass index when comparing students' initial BMI measurements with BMI 8 weeks later.

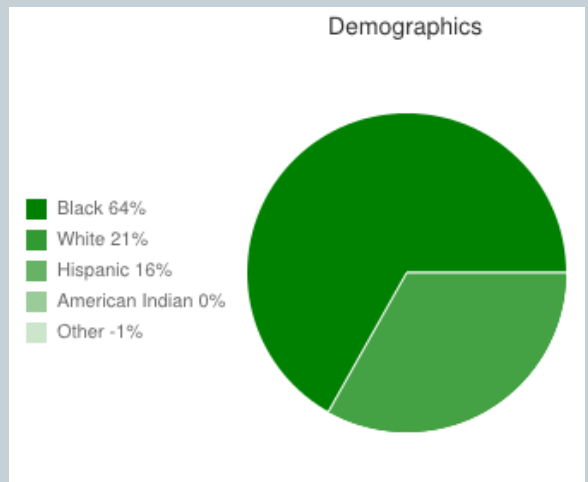
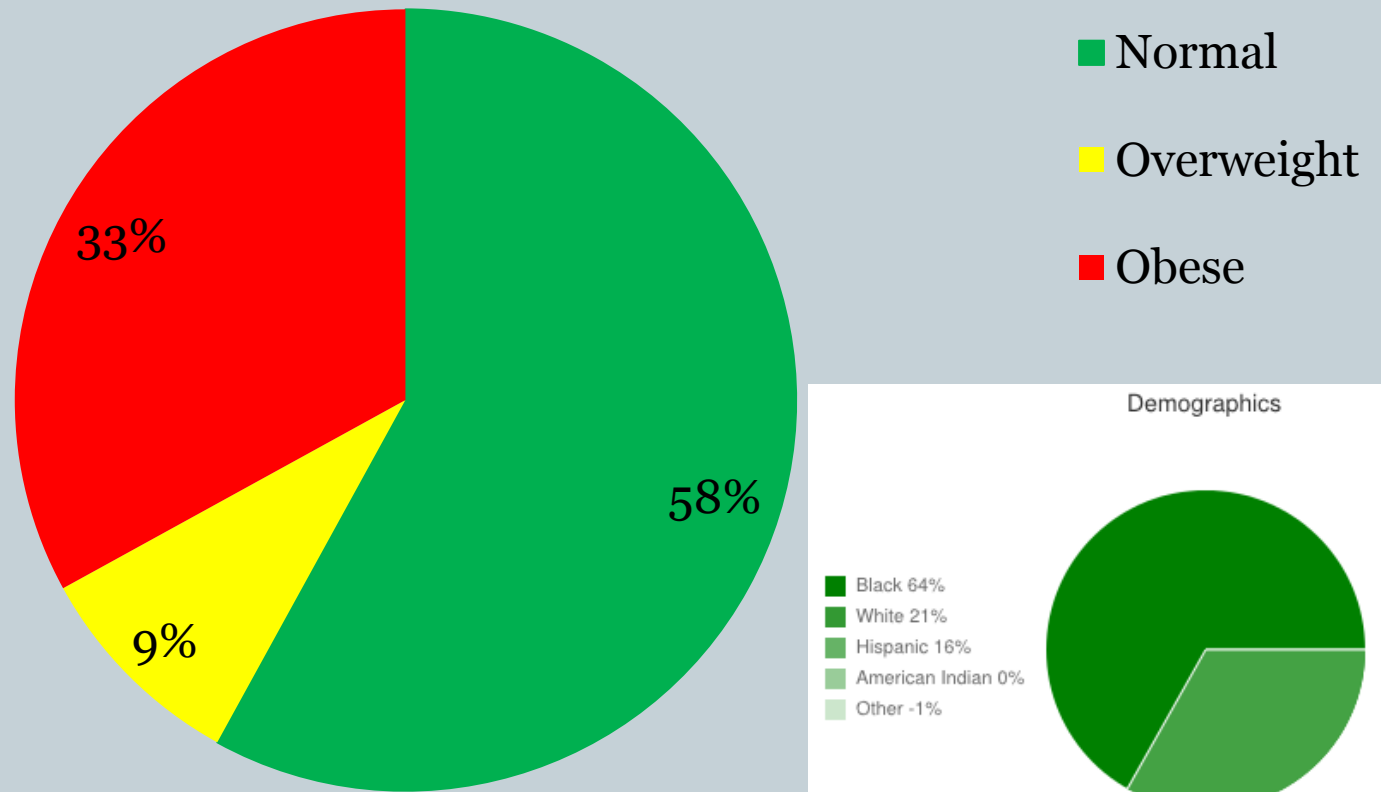
4th Graders Carolina Beach Elementary



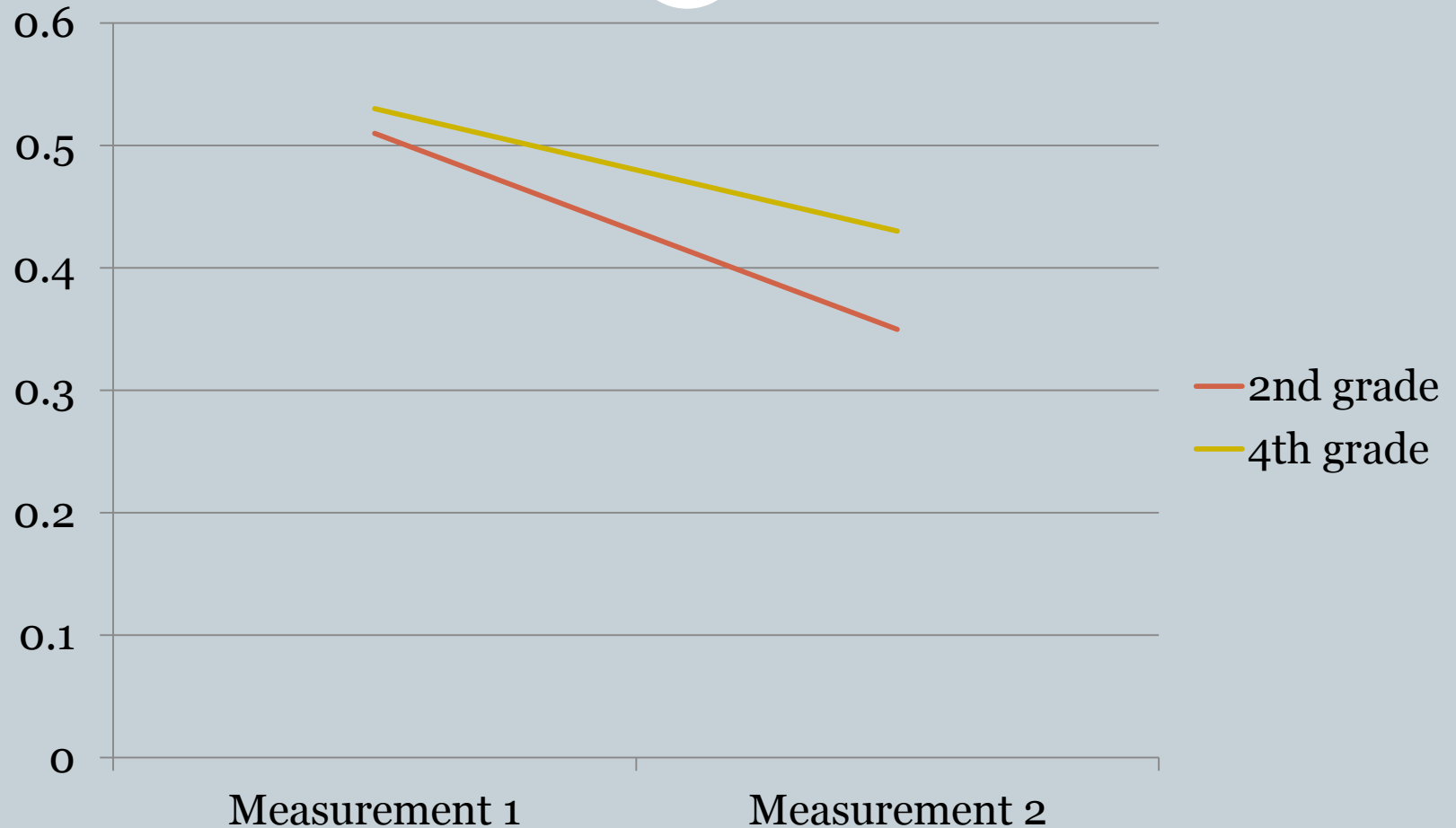
- Normal
- Overweight
- Obese



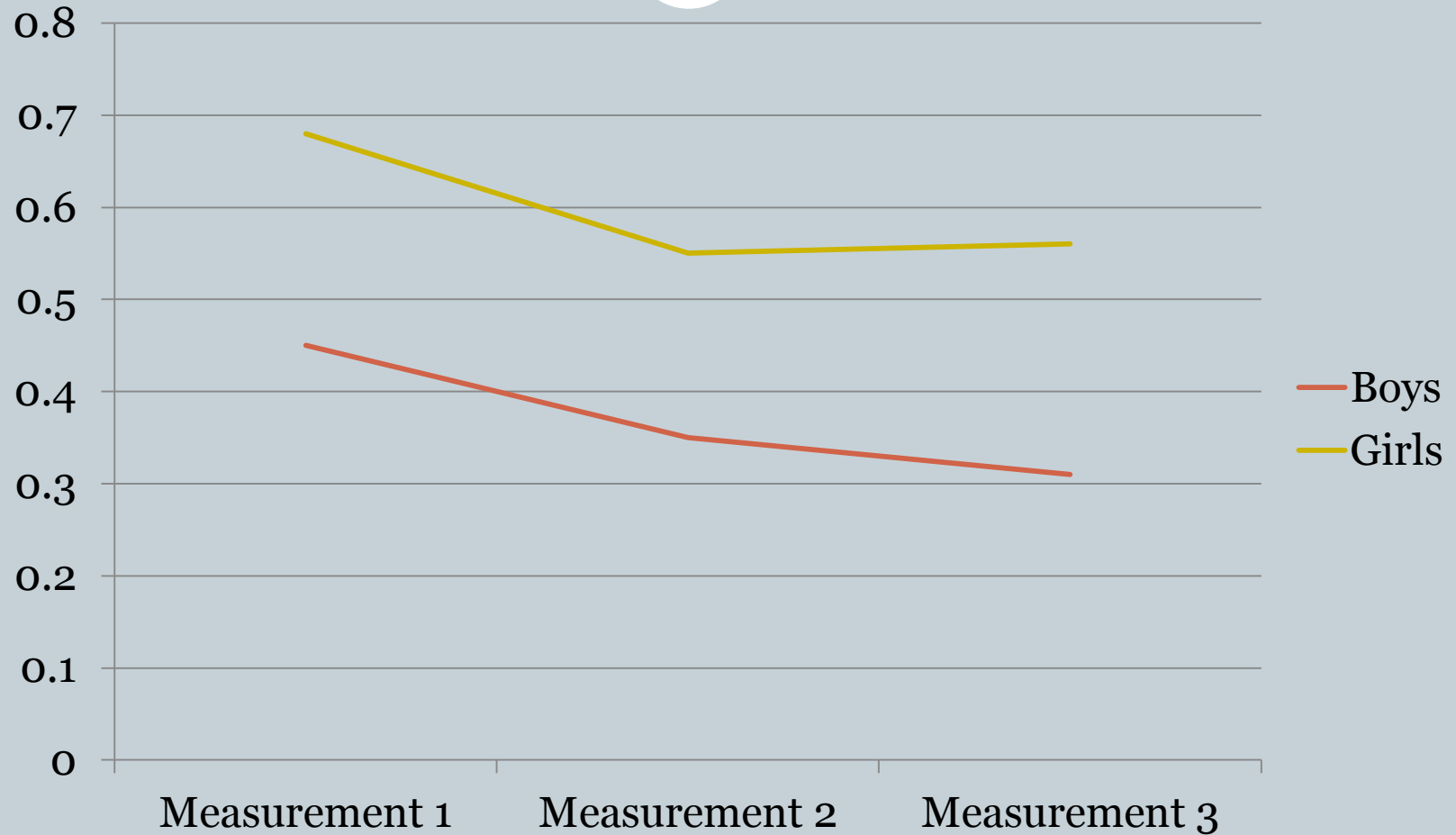
4th Graders at Sunset Park Elementary



Change in BMI for 2nd and 4th Grades



Change in BMI 4th grade: Sustainable Rechecked End of Year



Teacher / Student Response to Program





This experience – both in the community and in the schools - builds an evidence base for the development of successful childhood obesity intervention/prevention programs which directly relates with the local, state, and national initiatives for reducing the percentages of overweight and obese children and adolescents and promoting healthy growth and development.