Pilot Study to Decrease the Rates of Childhood Obesity at the Matthew Walker Comprehensive Health Center

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- 2nd year medical student interested in Pediatrics
- Attends the University of Illinois at Chicago (UIC) College of Medicine
- Project Site: Matthew Walker Comprehensive Health Center (Nashville, TN)
- I chose my project in effort to decrease the rates of childhood obesity in the Middle Tennessee and Metropolitan Nashville area
What is Obesity?

- The condition in which the natural energy reserved (stored in fatty tissue of humans) is increased affecting health conditions and increased mortality

- Too much body fat occurs over time when you eat more calories than you use

- Childhood Obesity: BMI at or above the 95th percentile for children of the same age and sex
In the U.S, approximately 17% (12.5 million) children and adolescents aged 2-19 are obese

13% of African American children are overweight or obese

About 1 in 7 White children and 1 in 4 African American/Latino children in the US are obese
What about in Tennessee?

- Tennessee has the 6th highest rate of childhood obesity in the US.
- 20.6% of children in the state are considered to be obese.
- For children 10-17: the rate increases to nearly 37%.
What can be done to decrease the rates of Childhood Obesity in Nashville, TN?

Matthew Walker Comprehensive Health Center (MWCHC) Pediatric Obesity Program
1035 14th Avenue North, Nashville, TN 37208
My project: “MWCHC Dance Party”

- Implementation of an adolescent exercise “dance” event as a component of a potential larger “Pediatric Obesity Program” that focuses on the importance of healthy eating habits and exercise via aerobics and modern dance routines
MWCHC Dance Party

- Date: August 8th, 2012
- Time: 6-8PM
- Place: MWCHC Open Space Rm.
- Target Population: 9-12 years of age
- Goal: Nutrition Education and Physical Activity

Calling all kids ages 9-12
Get your kids MOVIN’ and GROOVIN’ at the:

Matthew Walker Comprehensive Health Center Dance Party

Wednesday, August 8, 2012 at 6pm-8pm
1035 14th Avenue North, Nashville, TN 37208

Come learn about why EXERCISE is IMPORTANT to stay HEALTHY, easy tips on healthy snacks and DANCE BABY DANCE!!

To RSVP: Call/text the child’s name & telephone number to 708.362.0431 by Tuesday August 7th

DON’T MISS OUT ON THE PARTY!!
To target Matthew Walker adolescents who have a BMI of 25 or above

Retrieved a list of patients to call from the Matthew Walker pediatric department

1 week before the event: Created a phone script and called parents after 5:30PM to invite their children to the event

2 days before the event: Gave all potential participants a phone call to remind them about the program

20 parents agreed to have their children participate

Parents signed consent forms and media release forms on the day of the event
MWCHC Dance Party Agenda

- Sign in-Registration 6:00-6:15PM
  - Ice Breaker (Name/Favorite Song)
- Importance of Healthy Eating 6:15-6:50PM
  - Completion of Fruits/Vegetables Goal Sheets
- Video: “Importance of Exercise” 6:50-7:00PM
  - Distribution of Healthy Snack: Smoothie
- Dance Party 7:00-7:50PM
  - Instructed by Ms. Annette Smith
- Feedback Surveys 7:50-8:00PM
- Giveaways/Gift Bags 8:00PM
Importance of Healthy Eating

- Reviewed the “My Pyramid for Kids” poster
- Discussion of the main food groups
- Talked to the participants about the importance of fruits and vegetables and how eating these foods can help them stay healthy
MWCHC Dance Party

- Lets Dance (50 mins of physical activity)
MWCHC Dance Party

- Hula Hoop
- Jump Rope
- “Catch”
To the kids:

- **Healthy Snack**
  - Each child was given a strawberry smoothie as a healthy snack

- **Goals Survey**
  - “Steps to a Healthier YOU: My Fruits & Vegetables Goal Sheet”: Participants listed the fruits/vegetables that they have eaten & would like to try

- **Gift Bags**
  - Included: A toothbrush, toothpaste, shampoo, body wash, granola bars, water bottles and a book
To the parents

- Physical activity handout that helps teach parents how they can get their kids to be active
- “Healthy Snacks for Kids” recipe book that included 4 easy recipes that parents or children can prepare daily
Dance Party Feedback Survey

A feedback survey was given to each participant at the end of the program to gauge whether or not the event was successful.
Results

- 6 children and their parents attended the Dance Party
- Children were informed on the importance of eating a balanced diet and engaging in regular exercise
- Feedback surveys:
  - When asked participants how they liked the event on a scale from 1-5: 100% of the participants chose 5 stating that they really liked the event and that they learned something about healthy eating and exercise
  - 100% of the kids stated that they would attend the event again
The MWCHC Dance Party can be sustained and held as a monthly event.

Total cost of event: ~$40
- Included decorations and ingredients for the healthy snack provided
- Funding donated by Dr. Carol Freund (faculty advisor)
- Gift Bags were donated by MWCHC

Ms. Annette Smith (physical activity instructor) did the event pro bono due to her passion for the cause
- Payment for future events can be negotiated

Parents were excited about the program and inquired about future events of this nature at the center.
Discussion and Conclusion

- **Modifications to the Project**
  - Increase advertising for the event
    - Extend an invitation to the employees of MWCHC to see if their children would like to attend
    - Post flyers in the local libraries, recreation centers, schools and radio stations
  - **Disease 101**: Provide a health information session to teach the children about basic information regarding certain diseases/conditions and how it affects our bodies
    - Obesity
    - Diabetes
    - Hypertension
    - Stroke
A Special Thank You!

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- Ms. Kathy Hunt
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- Ta’Rese Gardner
- Annette Smith
- Veronica Brown
- Robin Dean
- Karen DeBerry
- Bethany Baker
- Adrienne Baksh
- Wanda Averhart

Let's Work Together to Make to FIGHT against obesity in Nashville!