A.C.Tivate Health – Active Creative Teamwork

ABSTRACT
Introduction: Childhood obesity is an increasingly serious problem that permeates many aspects of a child’s life and can lead to detrimental health consequences. Two of the main factors that contribute to the problem is lack of nutritional education along with lack of physical activity. A.C.Tivate health is a program implemented at Quinn St. Eulalia Community Center. Quinn is a center that provides access to educational services and activities put on by its community partnership for the people of the surrounding Proviso community.

Methodology: The program ran for 10 weeks with 5 sessions each for age groups 1st-4th and age group 5th-8th. It was composed of alternating sessions of nutritional and fitness activity.

Results: There was good and constructive feedback overall about the program but the nutritional education was favored. Due to that result, recommendations were made to aid in further improvement and sustainability of the program.

BACKGROUND
OBJECTIVES
- To enhance engagement of children in grades 1st-8th in movement activities such as aerobic exercise, yoga, etc.
- To enhance knowledge of children in grades 1st – 8th about different food ingredients as well as the nutrients they provide
- A.C.Tivate Health will see a minimum of 60% participation in the fitness activity and nutritional portiona of the program
- Formal Feedback given at the end of the program will highlight knowledge and insight gained by the participants of A.C.Tivate Health

RESULTS
- Students enjoyed the sessions and got to learn new information
- Evaluation and feedback showed promising results about the kind of program that can cause an even bigger change at Quinn
- There is a need to focus the program on primarily teaching nutrition and doing recipes
- There needs to be increased recruitment of students and volunteers

METHODS
- Fitness Exercises
  - Incorporated aerobic exercise, yoga, GoNoodle, games, etc.
  - Nutrition classes
    - Talked about nutritional facts of specific ingredients then made easy nutritious snacks together
  - Recipes printed out for students and parents
    - Complete with nutritional fact list

RESULTS (CONTINUED)
- Results show increased interest and participation about the nutritional based activities
- Feedback showcased engagement within the nutritional classes
- 5th – 8th graders were more willing participants of all the activities compared to the 1st – 4th graders


- 1 in 3 children in the U.S. are either overweight or obese
- Disproportionate effect in communities without access to nutrition education or places for physical activity