



Whitefoord and Coan Childhood Healthy Lifestyle Program

- Observed increased prevalence of obesity in school clinics
- School-wide assessment of problem revealed:
 - The percentage of overweight students (BMI [Body Mass Index] >95%) at Whitefoord and Coan - approximately 17 % and 24.9% respectively
 - The percentage of at-risk students (BMI 85-95%) - 19.5% and 24% respectively
- The purpose of project:
 - To establish a school-wide health promotion/obesity prevention program and a weight loss/fitness program for overweight students enrolled in the Whitefoord and Coan Clinics.



Implementation

- **Obesity prevention and health promotion**
 - Identified curricula for school wide obesity prevention and fitness promotion
 - Take 10 – elementary school
 - Planet Health – middle school

- **Weight Reduction**
 - Recruit at-risk students into weight reduction program
 - Obtained baseline BMI's, health and nutritional status, labs (lipids, glucose and insulin)
 - Conduct twice weekly exercise classes and twice monthly nutritional classes



Results

- Implemented Take 10 in the elementary school and Planet Health in middle school
- Enrolled 52 Students into weight reduction program
 - 95% with BMI's > 95% ile.
 - 61% with fasting elevated fasting lipids
 - 43% demonstrating some degree of insulin resistance
- Conducted first of 2 families dinners to enhance family involvement
 - 22 families attended with a total of 60 participants



Barriers/Challenges

- Parental Involvement
 - 20% of middle school parents attended parent meeting
 - 70% of elementary school parents attended
- Recruitment of students into weight reduction program
 - Fear of ridicule by other students
- Motivation for students to attend sessions on regular basis and to comply with program
- Teachers buy-in to conduct Take 10
 - Additional responsibilities interfere with teachers' loaded schedule
- Difficulty in conducting school-wide educational sessions in middle school
 - Class schedules do not include health education on all grade levels.