



Childhood Obesity Initiative and FitnessGram

Witham Health Services is committed to addressing childhood obesity. A Childhood Obesity Taskforce was formed with representatives from our local schools, YMCA, Boys and Girls Club, Integrative Wellness, Boone County Health Department and other local stakeholders in the health and wellbeing of our children. Childhood wellness is a multi-faceted area. A child's fitness and nutritional status are strong components and indicators a child's health and wellness. The Taskforce felt it was important to obtain a measurement tool to determine baseline data for childhood fitness and wellness. The recommended tool is FitnessGram which was developed by Cooper Institute in conjunction with the NFL Play60 program and the President's Council on Exercise. It is considered to be the gold standard of measuring a child's fitness level.

Childhood Obesity Facts

Prevalence

- According to the CDC, approximately 17% (or 12.5 million) of children and adolescents aged 2-19 years are obese.
- Since 1980, obesity prevalence among children and adolescents has almost tripled.
- 1 of 7 low income, preschool-aged children is obese (data from pediatric nutrition Surveillance System)
- In 2011, Indiana had greater than 10-15% obesity prevalence among low income children aged 2-4 years
- Boone County has an obesity rate of 30.3%, compared to a national average of 35.7%. Boone County has a diabetes rate of 9.3% compared to a national average of 9.0%. This data is from the USDA and is not strictly childhood related data.

Obesity Defined

CDC Growth Charts are used to determine the corresponding BMI for age and sex percentile. For children and adolescents (aged 2-19 years):

- **Overweight** is defined as a BMI at or above the 85th percentile and lower than the 95th percentile for children the same age and sex.
- **Obesity** is defined as a BMI at or above the 95th percentile for children the same age and sex.

Risk Factors for Obese Children

Obese children are more likely to have:

- High blood pressure and high cholesterol which are risk factors for cardiovascular disease (CVD). In one study, 70% of obese children had at least one CVD risk factor, and 39% had two or more. (CDC)
- Increased risk of impaired glucose tolerance, insulin resistance, and type 2 diabetes.
- Breathing problems, such as sleep apnea, and asthma.
- Joint problems and musculoskeletal discomfort.
- Fatty liver disease, gallstones, and gastro-esophageal reflux (i.e. heartburn).
- A greater risk of social and psychological problems, such as discrimination and poor self-esteem, which can continue into adulthood.
- A greater likelihood of becoming obese adults. Adult obesity is associated with a number of serious health conditions including heart disease, diabetes, and some cancers.

Community Health Needs Assessment Findings

A Community Health Needs Assessment was conducted in 2012 and 2013. The top community health concerns listed by community informant focus groups identified obesity and nutrition as the number one health concern for Boone County. Childhood obesity was also identified within this unit as an area of need. Obesity and physical activity are among the leading modifiable health risks. Witham Health Services has embraced childhood obesity as an area of community health needs where the hospital could facilitate change by working with community partners to develop meaningful programs for our obese children and their families. It is the hospital's desire that our county's children have healthy options available for developing a healthy lifestyle and improved quality of life.



FITNESSGRAM

Mission: To promote lifelong physical activity among youth. The youth will gain knowledge, attitudes, and skills that should last a lifetime.

Components: To promote enjoyable regular physical activity and to promote comprehensive physical assessments. The Fitness gram test is designed to assess cardiovascular fitness, muscle strength, muscular endurance, and body composition.

Philosophy: (Help) Health is available to everyone for a lifetime- and it's personal.

H: Health related fitness

E: Everyone

L: Lifetime

P: Personal- no two people are the same, no two people enjoy the same activities. Meet personal needs.

Purpose: For Witham Hospital to gather elementary student's baseline health data for future wellness programming

FITNESSGRAM Goals:

- Personal testing to help student's evaluate their level of health related fitness.
- Teaching students about health standards and what types of activities are needed to meet them.
- Help students track fitness over time.

FitnessGram test administration will be coordinated through the local school systems. It can also be administered by request of local physicians. The data is supplied to and stored at Cooper Institute. The child's individual data will be made available to the child's parents. The collective data will be made available to the school, local agencies and partners for use in program development and evaluation. A better understanding of the baseline will help measure the effectiveness of the many excellent programs and opportunities already in place in Boone County. The data will also help the county better understand if the available programs are helping impact the health and wellbeing of our children and families.

Our initial goals and objectives include:

1. Partnering with the local school systems to coordinate FitnessGram testing. Lebanon Schools and Western Boone schools will be tested first with the focus placed on testing elementary grade school children so their fitness/wellness status can be followed over time. The test will be offered to other grades at the request of the schools. The Zionsville School Corporation will be offered the testing in the future.
2. Providing the child's individual data to the school and the child's parents.
3. Provide the collective data to community stakeholders in childhood health, fitness and wellness.
4. The program emphasis will be on working toward and achieving healthy zone results. Children will not be compared to other students. The child will get personalized information on their own fitness as it relates to good health, not athletic ability.
5. Upon request from the schools, the Witham Wellness staff would be available to meet with parents by calling Witham Wellness Department, 765-485-8126
6. Witham would offer health related information and events to the children to help develop healthy lifestyles.

This undertaking will require the coordinated efforts of many. The goal of the childhood obesity initiative is good health for our children. Our long range goal is to improve the health and quality of life over the life cycle by decreasing health risks in children.



Parental Consent for FitnessGram Testing

Witham Health Services is proud to offer an exciting opportunity for your child's health and wellness. We will be coming to your child's school to offer FitnessGram to your child. FitnessGram is a fitness assessment and reporting program for youth and was developed by The Cooper Institute in conjunction with the NFL Play60 Program and the President's Council on Exercise. The assessment includes a variety of health-related physical tests that are used to determine a student's overall physical fitness. Your child will not be compared to other children. Your child will get personalized information on his or her own fitness as it relates to good health, not athletic ability.

The testing will occur periodically throughout the school year. The test will be administered by Witham Health Services Wellness Department and their representatives. The data will be collected by Witham Health Services. A report including the individual child's results will be provided to parents. For those areas where they need improvement, the personalized report will contain recommended physical activity options to help them make it into the Healthy Fitness Zone standards that have been developed by Cooper Institute.

The individual and collective data will be provided to the school upon request for future programming. The collective data will be used by Witham and its youth related partners to better understand the wellness of Boone County youth and to design effective wellness programs. As programs arise in the community, students and families will be directed to these available resources.

I have read the above and understand the information contained. Further information may be found at the school's website: weboschools.org

Questions may be referred to Witham Wellness Department, 765-485-8126.

If you do NOT want your child to participate in FitnessGram testing please return the form below. Only return the form if you do not want your child to participate.

No, my child cannot participate in Witham Health Services FitnessGram Program

Child's Name _____ Grade _____ Teacher _____

Parent signature _____ Date/Time _____