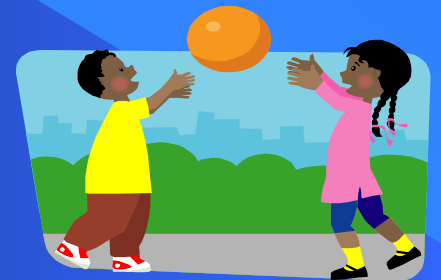


# How to Present a Family Fitness Night at your Elementary School!

Presented by:  
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San Diego State University



# What is Family Fitness Night?

# School Wellness Policy

Federal Mandate - Section 205 of Public Law 108-265 of Child Nutrition and WIC Reauthorization Act of 2004.

No later than the first day of school year beginning after June 30, 2006, each local educational agency shall establish a local school wellness policy.



*Every district has a policy!*

# School Wellness Policy cont.

Includes goals that are designed to promote student wellness for nutrition education, physical activity, and other school-based activities.

Involves: parents, students, teachers, school food representatives, school board members, administrators, and the public.



# Childhood Obesity

# Childhood Obesity Is A Public Health Threat

**In the last 30 years:**

- **Preschool obesity rates have doubled**
- **Adolescent obesity rates have doubled**
- **Childhood obesity rates have tripled**
  - Nearly one-half of children and adolescents in the U.S. are overweight or obese ( $\geq 85\%$  BMI)
  - Childhood cases of type 2 diabetes rose 33% from 1992-2002
  - New cases of type 2 diabetes:
    - African American youths 70-75% increase
    - Hispanic Americans youth 31% increase

# Research

- Physical Activity (PA) improves academic performance and decreases behavior problems
- From 1999-2001, the greatest percentage of students who engaged in physical activity had the highest Academic Performance Index (API) scores
- PA reduces disruptive behavior and improves students' ability to focus and concentrate

*(California After School Physical Activity Guidelines, CDE, 2009)*

# Importance of Motor Development

- Most efficient time to develop and learn new motor skills
- Children love to move, the capacity to learn and the motivation to practice motor tasks are high
- Gross motor skills can be taught with guided practice
- Confidence in movement builds self-esteem
- Skills acquired transfer into adulthood

# Children **NEED** to move!

- Combat **childhood obesity**  
(% has tripled in the last 30 years)
- Decreased risk of **childhood illnesses and diseases** like **diabetes**  
(1 in 3 children will develop Type 2 diabetes)
- Maintain a **healthy weight**  
(for normal growth and development)
- **Build brain pathways**

# Why Keep Kids Moving?

Accumulate  
60  
minutes  
a day

- Learn **healthy habits for life**  
(Born 2001: Life expectancy shorter than parents)
- **Increased energy, better mood, & physical stamina**  
(less stress, sleep better, tired less frequently)
- **Build motor development skills**  
(eye-hand and eye-foot coordination, balance, strength, rhythm, directionality)

# Physical Activity and Fitness



*Goal: To Accomplish Lifetime Activity*

# Surgeon General's Report on PA and Health (1996)

- Health benefits derived from moderate and regular activity:
  - People of all ages benefit from regular PA
  - Significant health benefits can be obtained if PA occurs on most, if not all, days of the week
  - PA reduces the risk of many diseases (heart disease, Type II diabetes, hypertension, and color cancer)
  - Improves health of muscles, bones and joints

# **2008 Physical Activity Guidelines for Americans**


**The Federal Government published  
comprehensive Physical Activity  
Guidelines for Americans for the first  
time in *2008***

# Health Benefits of Physical Activity: Strong Evidence

- Lower risk of:
  - Early death
  - Coronary heart disease, stroke
  - High blood pressure
  - Type 2 diabetes
  - Cancers: Colon and Breast
- Prevention of weight gain
- Weight loss (with reduction of caloric intake)
- Prevention of falls
- Depression, cognitive function (older adults)

# CDC Recommendations, 2008

## Children & Adolescents (ages 6-17)

- 60 or more minutes of PA daily 
- Aerobic: Most of the 60 or more minutes per day should be either moderate- or vigorous-intensity aerobic physical activity. Include vigorous-intensity PA at least 3 days per week.
- Muscle-strengthening: Include muscle-strengthening PA on at least 3 days of the week, as part of the 60 or more minutes.

# CDC Recommendations cont. Children & Adolescents (ages 6-17)

- Bone-strengthening: Include bone-strengthening PA on at least 3 days of the week, as part of the 60 or more minutes.
- Encourage participation in PA that are:
  - Age appropriate, enjoyable, and offer variety

# Adult Recommendations

- **“For substantial health benefits, adults should do:**
  - at least **150** minutes (2.5 hours) a week of moderate-intensity aerobic activity OR
  - **75** minutes (1.25 hours) a week of vigorous-intensity aerobic physical activity OR
  - an equivalent combination of moderate- and vigorous-intensity aerobic activity.”
- **“Aerobic activity should be performed**
  - in episodes of at least 10 minutes,
  - preferably, spread throughout the week.”

# **Our Children Inherit More Than Our Genes**

**They Inherit Our Lifestyles...**

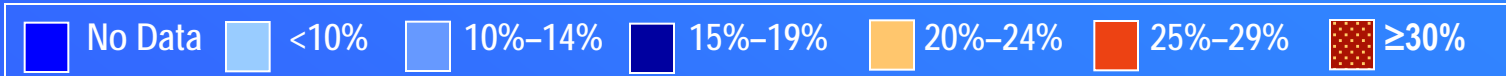
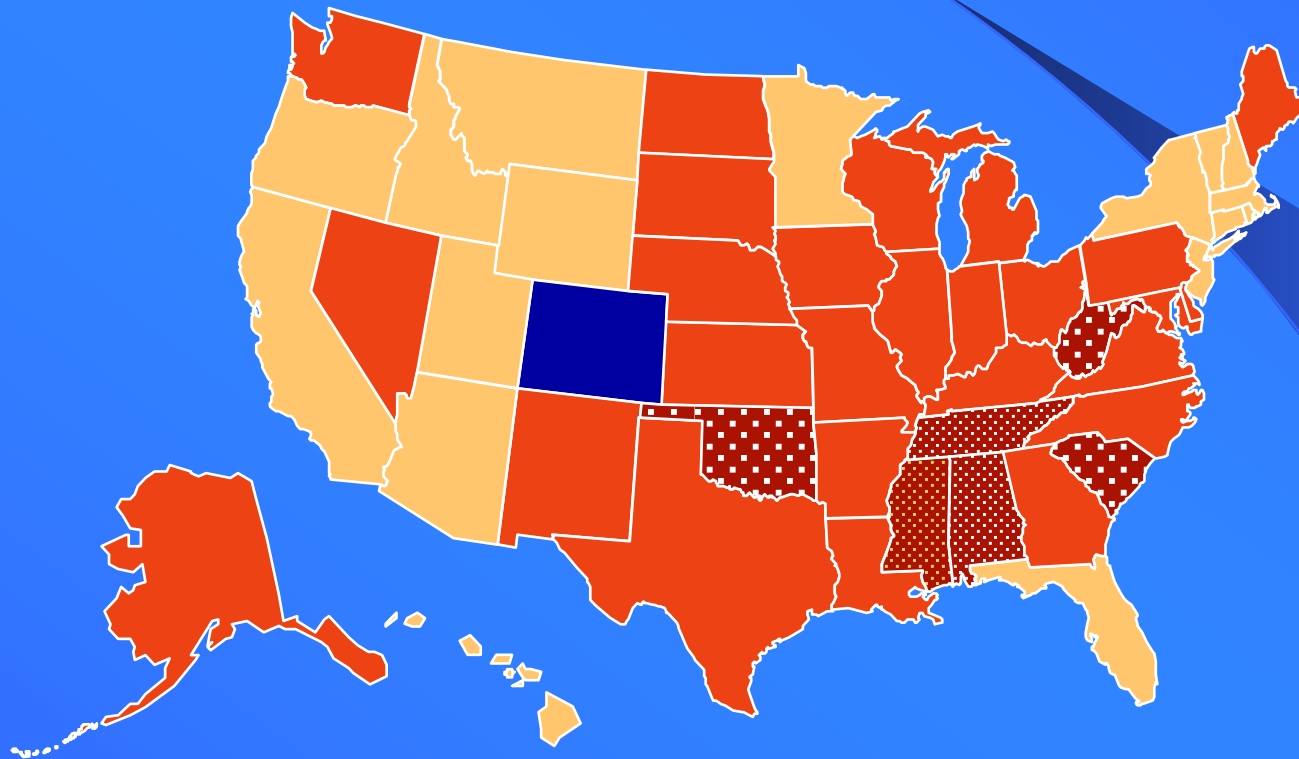
# Technology Today!

- Today's youth, 8-18, are plugged in most of their waking Hours
- Youth spend more than 7.5 hours a day on electronic devices
- When not in school, devices used: smart phone, computer, tv or other electronic device (*does not include the daily 1.5 hour for texting or half hour on cell phone*)

# Obesity Trends\* Among U.S. Adults

## BRFSS, 2008

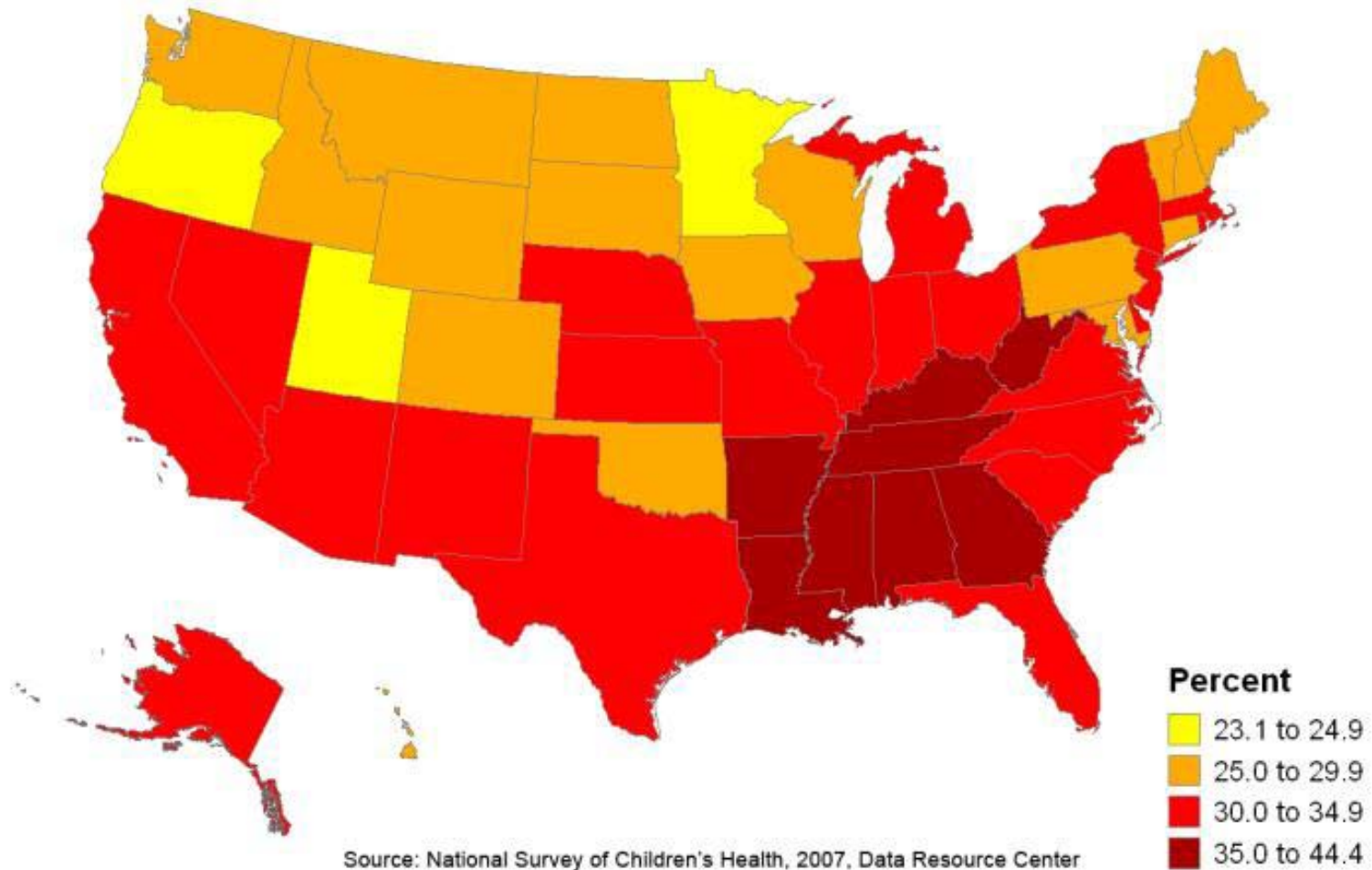
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



**New!**

# Child Trend Maps

Percent of Children Ages 10-17 Classified as Overweight or Obese, by State: 2007



Source: National Survey of Children's Health, 2007, Data Resource Center

# California Obesity Statistics 2007

Children ages 10-17 years who are overweight or obese:

**California: 30.0%**

**US: 30.6%**

*Appr. 1,064,000 of 3,541,000 children ages 10-17 are considered overweight or obese*

State Rank for overweight or obese children: **27/50**

Percentage of children ages 6–17 years who participate in 4 or more days of vigorous PA/week:

**California : 61.2%**

**US: 59.0%**

Percentage of children ages 6-17 who engage in 2 or more hours of screen time/day:

**California : 42.8%**

**US: 44.9%**

# Family Fitness Night Toolkit

*Poway Unified School District  
Yuba City Unified School District  
Ontario/Montclair YMCA*



# California After School Resource Center



- Provides access to a comprehensive set of reviewed materials, resources, trainings, tools, and supportive services for after school programs. Resources and materials are available to borrow online with free delivery in California
- Administered by CA Dept of Education



# California After School Resource Center



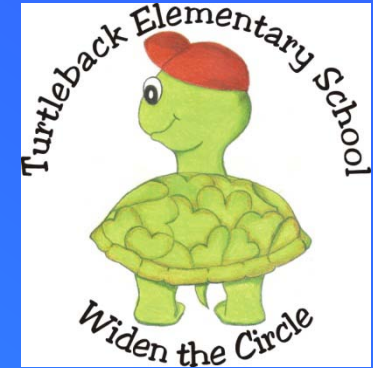
- Family Fitness Night #7823

- This guidebook is designed to help elementary school and after school programs get families involved in fitness through a Family Fitness Night. The guidebook walks users through the steps of organizing the ... (2008)

*<http://californiaafterschool.org>*

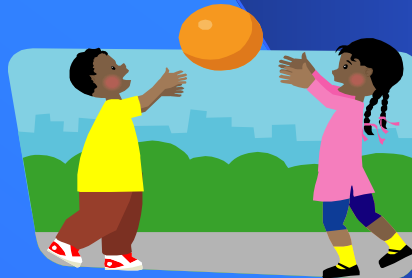
**How does FFN work?**

# Family + Fitness = FUN!

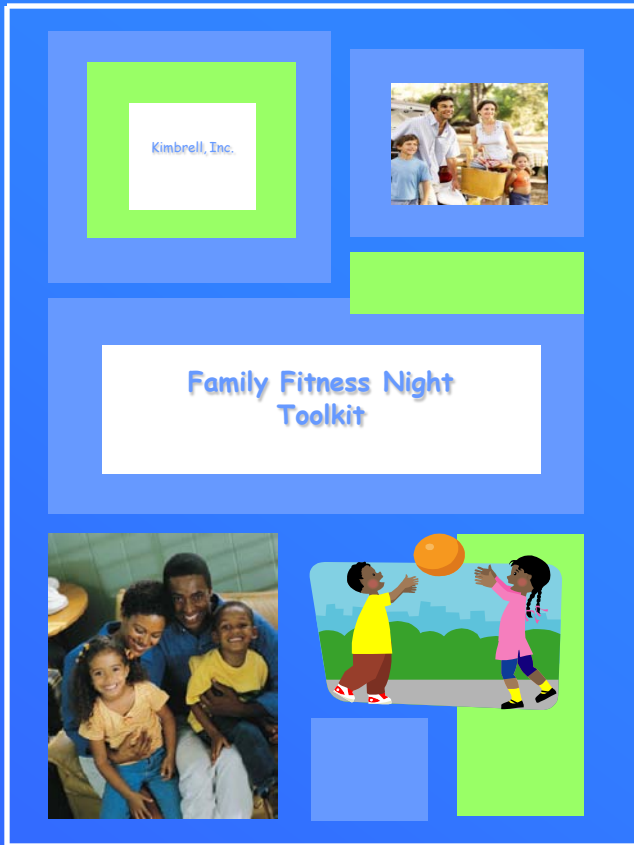


## Turtleback Elementary

Sponsored by Turtleback PTA



# The Toolkit!



**Section 1: Planning Tools**

**Section 2: Presentation Tools**

**Section 3: Station Activities**

**Section 4: Resources**

**Section 5: Appendix**

**Every Toolkit includes a CD for reproducible handouts and a Power Point presentation for your evening of fun.**

# Family Fitness Nights

*Help the community to be active  
and healthy in a **FUN** way!*

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