



Eat Smart. Be Active.

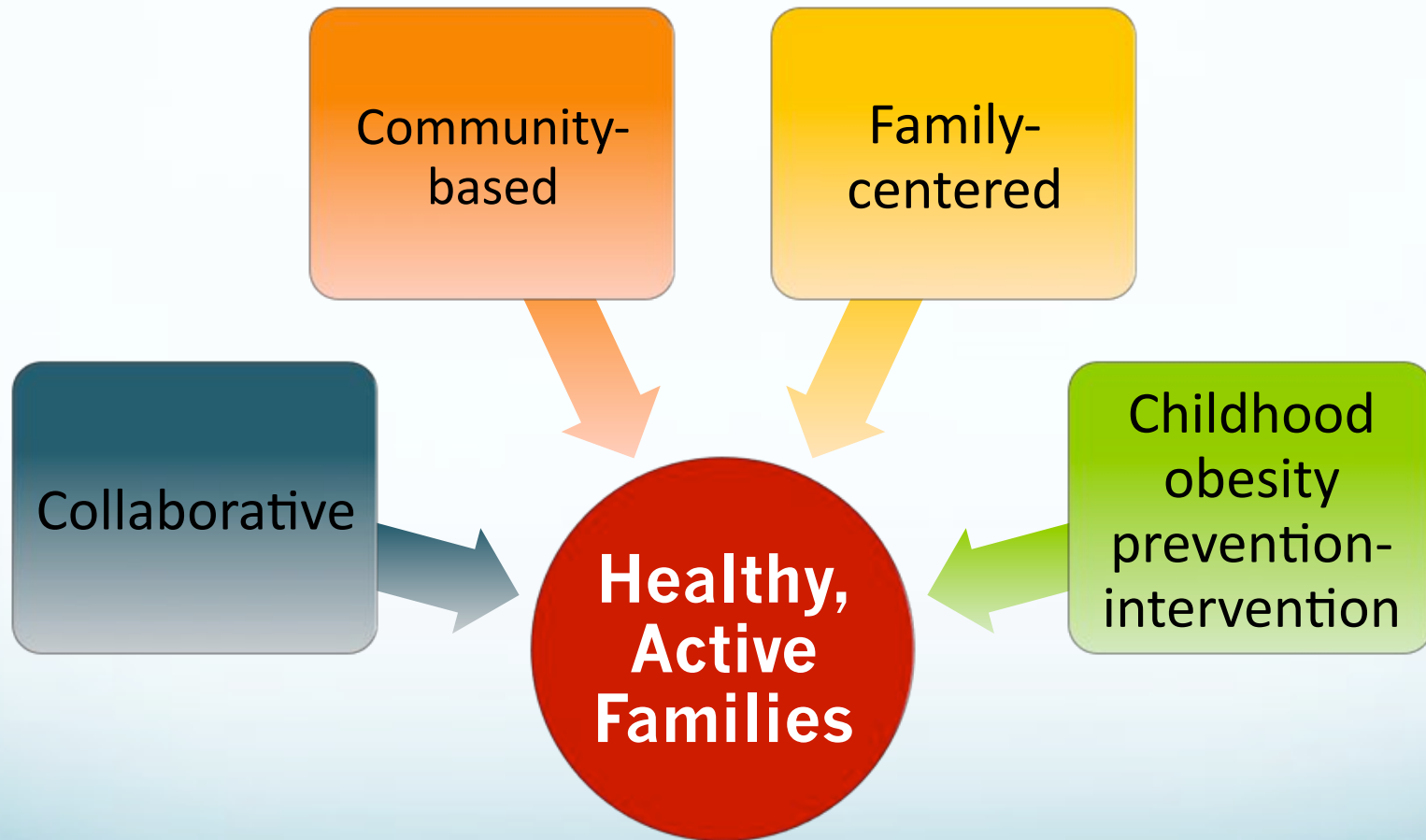
Terri Gibson, MSN RN-BC
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NMDAC Dec 2014

Objectives

- Describe the development of community partnerships in implementing a family-focused lifestyle change program.
- Identify the components of the Live Fit Family Challenge (LFFC) childhood obesity intervention/prevention program.
- Identify the research process as utilized in implementing the LFFC study.



Live Fit Family Challenge



CHILDHOOD OBESITY

1/3

of all children
and adolescents
are overweight
or obese.



Overweight
adolescents
have a

70

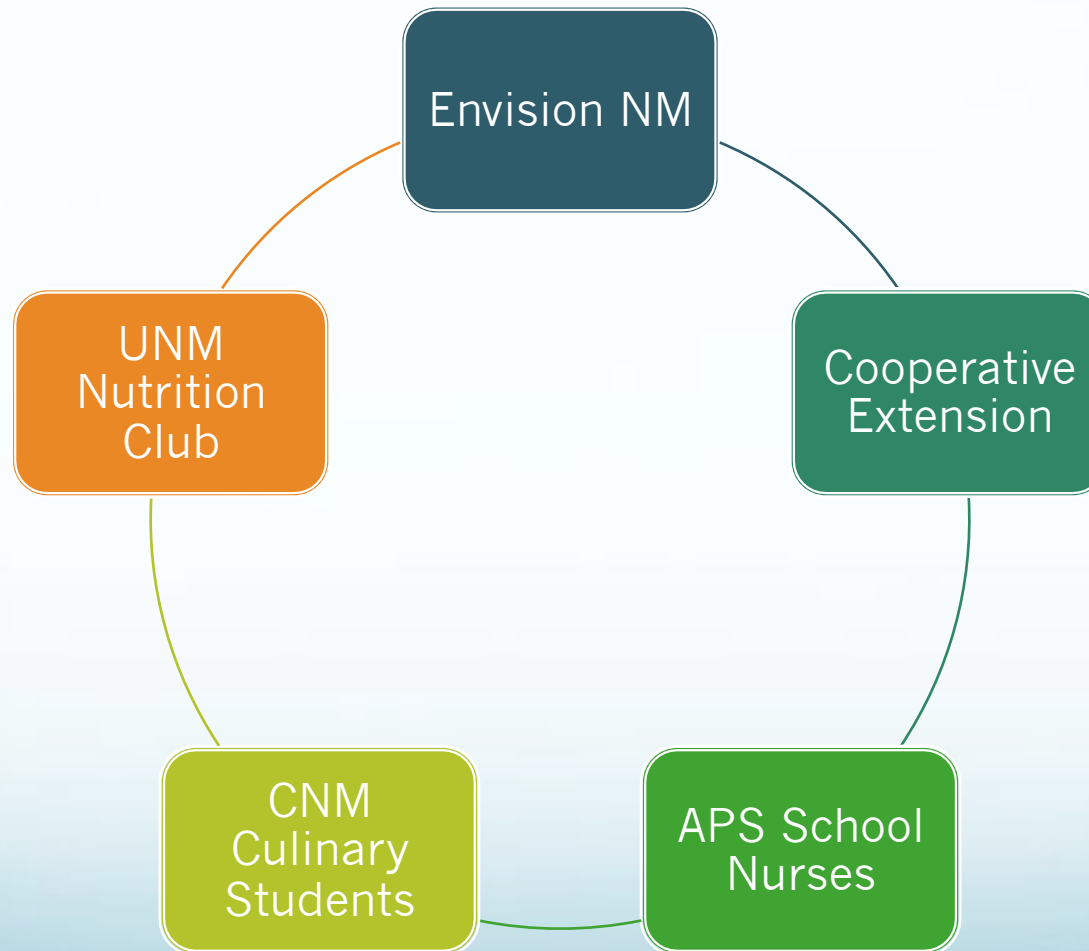
PERCENT
chance of
becoming
overweight
adults.

FAMILY

Program timeline



Community Partnerships



Community Sites

- Community Centers
 - ✓ West Mesa Community Center
 - ✓ Jewish Community Center
 - ✓ Santa Barbara Martinez Town
 - ✓ Mesa Verde Community Center
 - ✓ Horn YMCA
 - ✓ NMSU Bernalillo County Cooperative Extension 4H Center
 - ✓ Los Duranes Community Center

Current Partnership

- University of NM
 - ✓ Dr. Aceves, School of Medicine, Pediatric Department Chair
 - ✓ Dr. Negrete, Healthy and Fit Children's Clinic
 - ✓ Jeanne Dalen, PhD, Psychology, Research Assistant Professor, Pediatric Department
 - ✓ Dr. Deborah Cohen, DCN, RD, Assistant Professor, Nutrition Program
 - ✓ Renee Euler, Nutrition Student

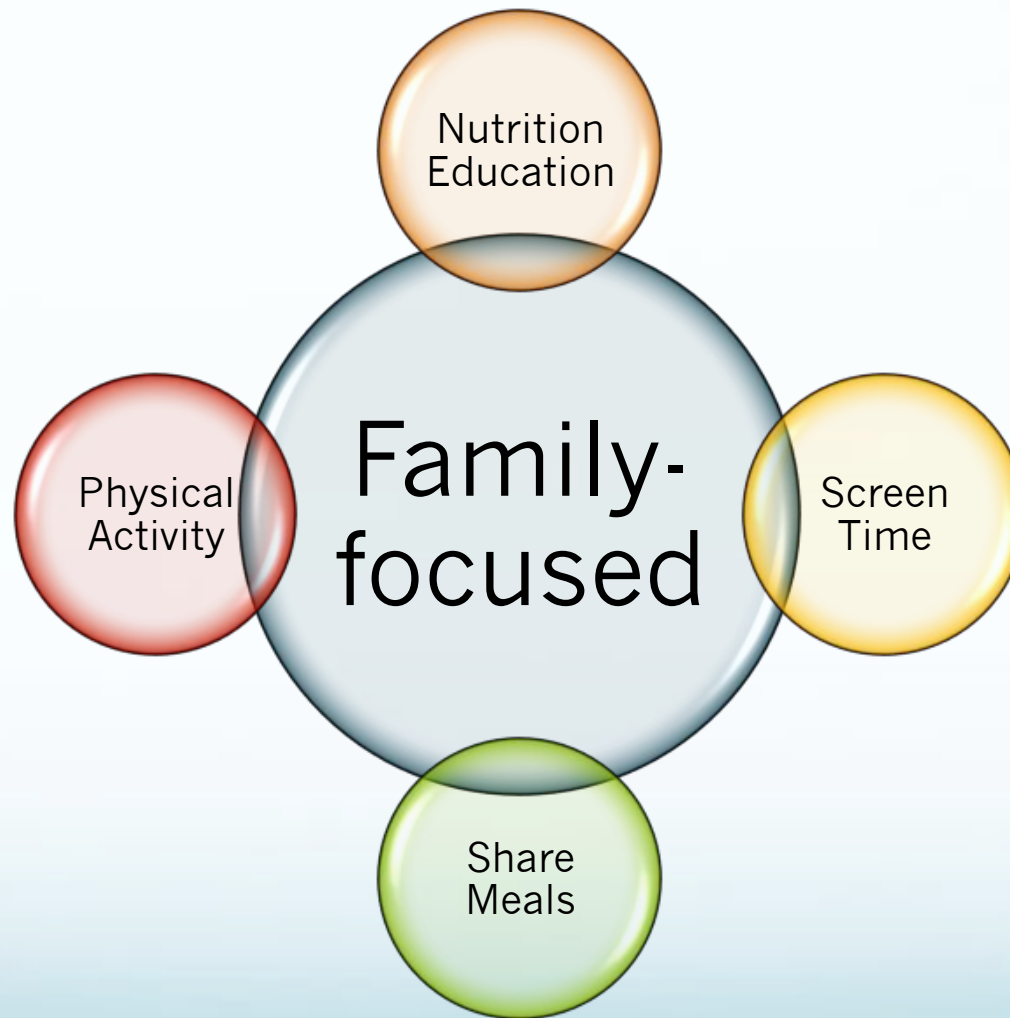


“The greatest challenge in medicine today is to be found in motivating people to assume more responsibility for a health-affirming lifestyle.”

—C Everett Koop, MD former US Surgeon General



PROGRAM COMPONENTS



Weekly Format

6:00-6:30 Group Physical Activity

6:30-6:50 Share a Balanced Meal

6:50-7:50 Weekly Topic

7:50-8:10 Team Time



Physical Activities

- Active Play
- Family Games
- Dance
- Zumba
- Jump rope
- Yoga
- Take home tools



Family Mealtime



Weekly Topic



MyPlate
Go-Slow-Whoa

Energy balance
Portions
Hunger
Kids Cook

Screen Time
Family Meals

Mindful Eating

Meal planning, shopping on a budget
Kids Cook

Label reading





Learning Methods

- Games
- Food demo
- Kids cooking
- Hands-on
- Interactive teaching
- Small group discussion
- Interactive stations
- Coaching



Weekly Challenge





Challenge Log

Name: _____

Date: _____

Lesson 1: Know Your Numbers

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Healthy Eating	Complete a food log for 1 day this week						
	Completed <input type="checkbox"/>						
I Drank Water	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Active Play	List Activities and Minutes each day						
	_____	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____	_____
Family Time	Complete Family Poster						
	Completed <input type="checkbox"/>						
Family Goal	Take time to talk about why your family is taking this challenge.						
	Explain here: _____						

Earn Stars	 Complete Log  Return Family Poster  Complete 1 Day Food Log  Be Present for Activity Next Week						

ZIP CODE TO HEALTH **75210**

Thanks to Volunteers

- UNM Nutrition Club
- UNMH Nurses
- APS Nurses
- Cindy Davies, Bernalillo County Cooperative Extension
- Community volunteers



What families say



I learned how important portion sizes are and to cook healthier foods.

I am glad that I attended this program.

Exercise can be fun!

Because of what we learned, I/we plan to:

Make exercise a priority now that I know how to make it a family activity.

Eat healthy food and drink water instead of junk food and soda.



PROGRAM RESEARCH UPDATE

Program Update

August 2011

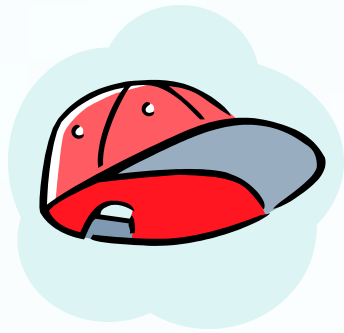
UNM Vision 2020 Grant, HRPO# 11-316

June 2013 Study Complete,
Data input/analysis 2013

December 2013
UNM SOM Partnership begins

September 2014
Finally have IRB & MOU approval

December 2014
IRB Modifications and Program planning



REDCap

- Secure
- Web-based application for
 - Building and
 - Managing online surveys and
 - Databases
 - Allows Statistical Analysis



<https://hsc-ctscapps.health.unm.edu/redcap>

Measurements/Assessments



- Collect data at 1, 8 and 24 weeks
 - Height
 - Weight
 - Waist circumference
 - A1c
 - Acanthosis Nigricans
 - Lifestyle profile
 - Self-esteem/Self-efficacy for teens
- Added 24 week follow-up with research study
- Added waist and A1c measurement
- Added self-esteem and self-efficacy questionnaires

Analysis

- 8 programs (4 in IRB project)
- 2 high school control groups

	N=14	N=14	N=30	N=11
Demographic Item	Control Teens	Experimental Teen	Experimental Adult	Experimental Child
Female	13	12	23	6
Mean Age years	15.79	14.36	42.2	8.82
Ethnicity				
Non-Hispanic white	7	1	7	NR
Hispanic	5	11	13	NR
Native American	1	0	2	NR

Table 2. Significant changes from baseline to 8-week interval measurement.

	N=25	N=14
TLC (Teen Lifestyle Change) Questionnaire:	Experimental Adults	Experimental Teens 12-17 years
Eats less fast food	>0.0098	>0.0313
Gets more daily aerobic activity	>0.004	>0.0137
Gets more daily physical activity		>0.0234
Eats more fruits and veggies daily	>0.0002	

A Pilot Study to Measure the Effect of the Live Fit Family Challenge on Health-Related Outcomes on Adolescents

Terri Gibson, MSN RN-BC, Patricia McCarty, BSN RN CDE, Jennie McCarty, MS RD LD, Kathy Lopez-Bushnell, EdD MPH MSN APRN RN-BC

The Live Fit Family Challenge Program –a 2013 Gage Award “Remarkable Project”

Problem:

According to the World Health Organization global overweight and obesity rates across all populations have increased significantly in the last 30 years.¹ The literature provides a plethora of proposed interventions designed to address the problem, yet the numbers of obese individuals continues to increase.² The cost of obesity is enormous and the associated co-morbidities that result are of significant concern³.

Literature Review:

According to the CDC one third of the U.S. population is overweight or obese.⁴ In New Mexico, there is a combined rate of 38.5% of children and youth with overweight/obesity issues.⁵

The American Nurses Association suggests that given the major threat childhood obesity poses in terms of health and financial concerns, an imperative of the nursing profession is to address the epidemic through health promotion and disease prevention.⁶ This can be done through educating families in the community, advocating for support through policy and wellness initiatives, and partnering with stakeholders, including parents and health care providers to address the obesity problem.⁶

Specific Aims and Goals:

The goal of this evidence-based research project was to:

1. Pilot the effect of a health promotion program and peer education program on overweight, under-served adolescents.

2. Measure the effect of a health promotion program and peer education program on adolescents' health knowledge, activity levels, nutrition patterns, lifestyle changes, self-esteem, and self-efficacy.

Hypothesis:

Adolescents that participated in this program would have greater health promotion in the areas of physical activity, nutrition, self-efficacy and self-esteem, than those not participating in the program.

Methodology and Intervention:

This was a quasi-experimental, evidence-based community participatory and family-focused intervention program. It was designed to include interactive teaching, physical activity sessions, nutritious meals, kids cooking, and small group break-out sessions. The experimental subjects attended weekly meetings lasting 2.5 hours, over the course of 8 consecutive weeks. The target audience was families with school-age children, including teenagers, located in a southwestern urban community. Teen control subjects were recruited from two separate high schools and were measured with the same tools at the same time intervals and did not attend the program. Data collection included anthropometric measurements and Likert scale questionnaires relating to lifestyle habits. Data collection took place at 1-, 8-, and 24-week intervals.

Findings:

This 2013 IRB- approved study resulted in significant changes in the lifestyle habits of adults and teens. See Table 1.

	N=25	N=14
TLC (Teen Lifestyle Change) Questionnaire:	Experimental Adults	Experimental Teens 12-17 years
Eats less fast food	>0.0098	>0.0313
Gets more daily aerobic activity	>0.004	>0.0137
Gets more daily physical activity	NS	>0.0234
Eats more fruits and veggies daily	>0.0002	>0.0469

	N=14	N=14	N=30	N=11
Demographic Item	Control	Teens	Experi	Experi
Female	13	12	23	6
Mean Age years	15.79	14.36	42.2	8.82
Ethnicity				
White	7	1	7	NR
Hispanic	5	11	13	NR
Native American	1	0	2	NR

Conclusions:

The Live Fit Family Challenge Obesity Intervention shows promise of positively impacting the lifestyle habits of families. Activity habits, fast food, fresh fruits & veggie consumption, family meals, and screen time results indicate positive improvement for some study participants. Qualitative results indicate families are delighted with the format and educational interaction. Individuals report that they learned how to make healthier foods, the meals were tasty, they learned how to read labels and will use that information for future shopping. They also expressed appreciation for the introduction to fun ways to be active as a family and that they plan to continue to be more active in the future.

Recommendations:

Continue this program to refine data collection and promote attendance and retention of families. Continue interprofessional collaboration and community participatory engagement to make this type of program more available and accessible to all community families. Identify additional support structures to help families complete lifestyle modification programs such as this.

References

Please see attached sheet for a list of References.

Research Challenges

- Control group
- Long-term commitment from families
- Volunteers
- Measuring lifestyle changes



Live Fit Family Challenge Tackling Obesity One Family at a Time

New Mexico, 8000, 8000, 8000
Patricia McCarthy, RN, AN, CDE
Patricia McCarthy, RN, AN, CDE

Obesity rates across the globe continue to rise, reaching epidemic levels in the United States, with a resulting 325 million obese children. The "Obesity" epidemic and its associated increase in chronic diseases such as cardiovascular disease, type 2 diabetes, asthma, cancer, kidney disease, and other problems of great concern to the United States (U.S.) government requires action to this effect to combat obesity-related health problems. The National Health Institute (NHI) Center for Disease Control and Prevention states that the childhood obesity rate has doubled, and the adolescent rate has tripled in those under 19 years. This places over 15% of the U.S. child and youth population in the overweight or obese category.

In New Mexico, almost 25% of adolescents are overweight and 12.5% are obese. The American Nurses Association suggests that given the rising threat childhood obesity poses to health and financial resources, an imperative of the nursing profession is to address the epidemic through health promotion and disease prevention. The purpose of this piece is to inform New Mexico nurses about a local program that has been implemented to address this problem and also provide some tips that can be utilized to promote or personally.

Background
There is a growing concern nationwide for obesity, sedentary, programs, programs



Each session a nutritionist used to provide which exemplifies the principles of healthy eating presented throughout the program. Attendees often comment that they had not heard a food or recipe before, and also to add it to their home menu. They are often very grateful for the opportunity to learn and see what healthy food is like and how making it is not out of their price range or ability to serve the same food item in their households. Over the years, a variety of individuals and families have taken on the responsibility of shopping and preparing the food, and the program leaders are very grateful for their efforts.

Once monthly, the University of New Mexico Hospital also has volunteered their services and served the meals each week. Two sessions out of the night, these sessions usually come with much support and supplies to manage the situation and with the most appropriate use of the meals the kids helped prepare was a consultant.

Results and Implications

Families and individuals who have "graduated" from the program express appreciation for the positive impact the intervention has had on their lives. Comments include "I am so glad I came to your program and I want to continue the change [home meals] "Give me healthy, low fat recipes!" "We learned useful tips for kids activities, and food!" Although program leaders and staff continue to volunteer their time, they are willing to do so because of the positive impact that healthy food helps individuals learn to prepare meals that are not change a few healthy recipes, a commitment to what they eat, their exercise goals, and how they feel. Although food does not solve all health problems, it is a very important factor in health. Individuals that come to the program have learned that eating healthy food is not only good for their health, but also for their family's health. Individuals that eat healthy food have learned that eating healthy food is not only good for their health, but also for their family's health.

The Live Fit Family Challenge Program is based on the 10,000 step goal. Incorporating these simple changes into your morning routine can have a positive impact on the children and families in your care. There is a great review of each month's program on the program's website.

Fast Facts

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*The New Mexico Nurse,
Jan-Feb-Mar 2014*

- NAPH 2013 Gage Awards-
“Remarkable Project”
- NMNA Presentation Sept 2013
- WIN Conference Poster April 2014

Where are we now?



- Recent IRB Approval for continued research
 - Added FFQ and Knowledge questionnaire
- Jan 2015 Program at Los Duranes CC
- Mindfulness training
- Bilingual cookbook



Ongoing Challenges

- Reaching busy families
- Varying ages
- Need for interpreter
- Need a home
- Rely on volunteers
- Equipment
- Funding



Video



Questions or comments?



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