

REATIVE: ID# 99240

Title:

Promoting Healthy Outcomes Among a Diverse Urban Population by Engaging Parents and Families

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ACCEPTED

Session Title:

Creative Arts in Nursing Posters (Saturday/Sunday, 16 & 17 November)

Slot:

CA PST1: Sunday, 17 November 2019: 11:45 AM-12:15 PM

Applicable Category:

Clinical, Academic, Students, Researchers

Keywords:

childhood obesity, culture and nutrition

References:

Investing in America's Health: A State-by-State Look at Public Health Funding and Key Health

Facts. Trust for America's Health. <http://healthyamericans.org/>. Accessed August 24, 2016.

Murray, R., & Ramstetter, C. (2013). The Crucial Role of Recess in School. *Pediatrics*, 131 (1), 183-188.

Robert Wood Johnson Foundation (2013). *New Study: Does Better Recess Equal a Better School Day?* Retrieved from: <http://www.rwjf.org>

Rodrigues L.P., Stodden D.F., & Lopes V.P. (2016). Developmental pathways of change in fitness and motor competence are related to overweight and obesity status at the end of primary school. *Journal of Science and Medicine in Sport*. 19(1):87-92. doi:10.1016/j.jsams.2015.01.002.

Wright K, Norris K, Giger J.N., & Suro Z. (2012). Improving healthy dietary behaviors, nutrition knowledge, and self-efficacy among underserved school children with parent and community involvement. *Childhood Obesity* 8(4):347-356. doi:10.1089/chi.2012.0045.

Abstract Summary:

The Recess Exercise Communities for Education in Smart Schools (RECESS) program was designed to improve health outcomes among a culturally diverse population with increased rates of childhood obesity. A family's culture affects their children's eating habits and food preferences and dietary choices are also influenced by cost, availability and method of preparation.

Content Outline:

A family's culture affects their children's eating habits and food preferences. Dietary choices are also influenced by cost, availability of culturally traditional foods, and method of preparation.

The RECESS program used an interdisciplinary and community team approach; including interactive educational strategies, hands on learning and physical activity. Children followed a prescribed activities program known as the Coordinated Approach to Child Health (CATCH) to "get moving" that is based on the CDC's Whole School, Whole Community, Whole Child (WSCC) model. CATCH promotes a healthy lifestyle; regular physical activity and healthy food choices, using a collaborative approach between health education, school environment, family and community. The CATCH program includes grade appropriate nutritional knowledge surveys used to assess the students' nutritional knowledge and healthy food choices pre and post intervention.

Implementation of the RECESS program included: CATCH physical activities during recess and CATCH nutrition education twice weekly. Parents viewed videos based on nutrition education offered to their children via the schools' parents' portal.

Evaluation of the RECESS program is ongoing. Measurements include engagement of teachers, children, and parents; changes in lifestyle, eating choices, portion control, and knowledge of risk factors leading to childhood obesity and type 2 diabetes in children grades 2-3. Our program incorporates the cultural nutritional preferences of children in the RECESS program, primarily African American and Hispanic American children. After attending this session, participants will have an understanding of national and regional trends and the cultural factors impacting children's risks for childhood obesity.

Topic Selection:

Creative Arts in Nursing Posters (Saturday/Sunday, 16 & 17 November) (25747)

The Recess Exercise Communities for Education in Smart Schools (RECESS) program was designed to improve health outcomes among a culturally diverse population of elementary school aged children with increased rates of childhood obesity. Factors contributing to this population health issue are: unhealthy food choices, food deserts, lack of physical activity and safe play areas. A family's culture affects their children's eating habits and food preferences. Dietary choices are also influenced by cost, availability of culturally traditional foods, and method of preparation. The RECESS program used an interdisciplinary and community team approach; including interactive educational strategies, hands on learning and physical activity. Our program incorporates the cultural nutritional preferences of children in the RECESS program, primarily African American and Hispanic American children.