



PROBLEM

- Despite increased awareness of the pediatric obesity epidemic, statistics continue to prove that the problem is far from rectification. According to the Centers for Disease Control, “the pediatric obesity prevalence is 18.5% which translates to roughly 13.7 million children affected nationwide (2019).”
- Children are not being as active as they should be and have poor food choices and selection of food. Children and parents are not as educated as they should be regarding health, nutrition and physical activity.



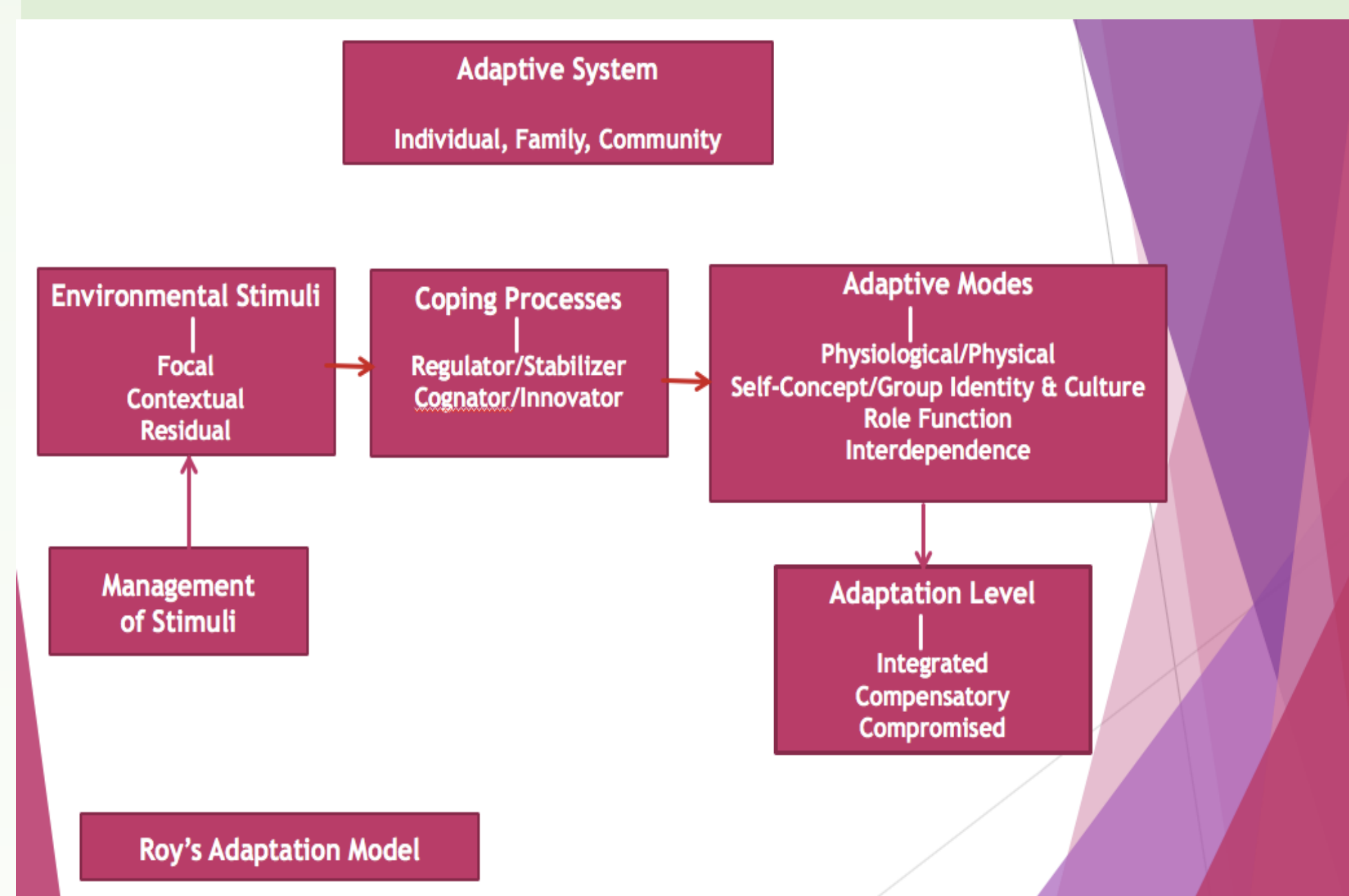
OBJECTIVES

- To conduct a systematic assessment to determine social determinants and culture that affect the health status of the pediatric population at the Word of Faith Church.
- Determine health related lifestyle activities and socio-demographic characteristics of the pediatric population ages 7-12 at the Word of Faith Church.
- Utilize Callista Roy's Adaptation Model to develop a virtual pediatric camp that will promote the adaptation of healthy eating habits, physical activity and nutrition.
- Utilize pre-camp and post camp surveys to evaluate camp effectiveness.

METHODOLOGY

Callista Roy Adaptation Model (RAM)

- RAM emphasizes that in order for one to become successful, they must first adapt and adopt recommended guidelines and recommendations.
- Address both behavioral and sociocultural aspects in order to promote sustainable changes to ensure an optimal outcome.
- RAM emphasizes adaptation and promotion of a healthy environment to obtain a healthy life. The model also promotes an active physical life as opposed to living a sedentary lifestyle with negatively impacts health and wellness.



MATERIALS

- 15 Pedometer/ fitness trackers
- 15 Chef hats and aprons
- 15 Journals
- 15 folders
- 15 food packages



METHODS

- Weekly virtual education session, activities and nutrition counseling x 1 month
- Weekly journaling on diet and exercise
- Fitness tracker/ pedometer for daily exercise tracking
- Pre-camp and post camp surveys
- Initial follow up, 1 week follow up and 4 week follow up post camp

EVALUATION

- The one-week camp follow up revealed that 86% of campers were exercising daily and 100% reported eating more fruits and vegetables daily.
- The four-week camp follow up revealed that 100% of campers that completed surveys continued to exercise 30 or more minutes daily and eating more fruits and vegetables.
- 15 participants volunteered
- 3 participants (33%) reported that their fitness trackers/ pedometers were not working due to the following:
 - (1) Pedometer battery unable to charge
 - (2) pedometer malfunction
- The malfunction of 3 of 15 pedometers was a disruption in some of the camper's involvement and decreased their enthusiasm.



CONCLUSIONS

- The DNP project was implemented virtually in setting of the COVID-19 pandemic utilizing zoom as the primary source of participation.
- >50 of participants noted improvement in physical activity and eating more fruits and vegetables.
- 100% of participants reported eating healthier meals at 1 week and 4 week follow ups.
- 100% of stakeholders agreed that camp was appropriate and effective. Stakeholders are interested in hosting another wellness camp for the pediatric population.
- Stakeholders are also interested in developing a yearly wellness camp for the adult population.
- Parents had confusion with keeping up with which surveys they had completed.
- 1/3 of fitness trackers/ pedometers were inoperable causing an interruption in camper physical activity participation.



Implications for Practice

- Consider grant acquisition and/or fitness companies/programs to potentially fund greater number of participants.
- Potentially provide a yearly summer pediatric wellness camp for children in the rural setting to promote pediatric wellness and health.
- Promote more parent participation in camp dietary and nutrition counseling.
- Implementation of the Mississippi Obesity Action Plan in the rural community setting:
 - Partnering with local churches, communities and schools to expand the participation of camp to increase education on pediatric health and wellness.
 - Encouragement from local clinics, hospitals and health care providers to educate parents and children on pediatric obesity and wellness.

Acknowledgments

LaTisha Copeland- Youth Minister
Co-Pastor Kathy Smith
Word of Faith Church
K's Health Ministry
Houston Family Pharmacy
Pearsons Pharmacy
Houston Wal-Mart
Factory Connection
Unique Designs

REFERENCES

Available on request

CONTACT

Kathyrn_bsn@yahoo.com

Cell: (662) 542-0986

