‘Fit Kids At School’: 2-year findings

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Learning Objective

• Understand the evaluation process and 2-year outcomes on attendance and BMI percentile scores of a large at-school physical activity program implemented in 10 elementary schools in Arizona in 2012-2014.
Fit Kids at School Program components

• Health aides located at the schools
  – Rotating health activity once/week
  – Pre-school activities
  – Lunch Recess
  – After-school activities

• Middle school and high school programming

• Summer activities
Minutes of Activity Offered and Number of Children Participating

- All schools participated
- All schools engaged in all three types of activities

1) Health Activity Class: mandatory
   All children participate every week

2) Lunch Recess: 200 children participated every week

3) Prior to school: 100 children participated every week
BMI Percentiles over time across entire district

Proportion students overweight/obese in the school district

Fall 2012  Spring 2013

Proportion

Obese
Overweight
Cohort: Changes in % overweight/obese in school year & summer

- School year: 2 children worse in 8 months
- Summer: 39 children worse in 4 months

Change in overweight/obesity prevalence

Proportion

School year 1
Summer
Incident Obesity

Fall 2012 Proportion Children Overweight/Obese by age in FUSD

<table>
<thead>
<tr>
<th>Age</th>
<th>Proportion At-risk</th>
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<tbody>
<tr>
<td>5</td>
<td>20%</td>
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<tr>
<td>6</td>
<td>18.9%</td>
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<td>7</td>
<td>19.8%</td>
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<td>8</td>
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<td>9</td>
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<td>10</td>
<td>34.8%</td>
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Reductions in incident obesity among ‘Cohort’ of 2,349 children

Cohort % children overweight/obese:

Proportion change

Age

The cohort
Expected
BMI Percentiles of high risk students

- 9 of 10 schools reduced average percentile of overweight/obese children from Fall 2012-Spring 2014

Average BMI Percentile over time among overweight/obese children

<table>
<thead>
<tr>
<th>Average Percentile</th>
<th>Fall 2012</th>
<th>Spring 2013</th>
<th>Fall 2013</th>
<th>Spring 2014</th>
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Summary Fit Kids At School

1. The program was implemented as intended:
   - Number of minutes of activity offered 260
   - Every school implemented all three activities
2. Slower increases in overweight/obesity than expected
3. Very strong increases during the summer
4. BMI percentile reduced among overweight/obese children
5. Data have some limitations