



**NORTHERN  
ARIZONA  
UNIVERSITY**



**fit kids**  
OF ARIZONA

# **‘Fit Kids At School’: 2-year findings**

**Hendrik ‘Dirk’ de Heer**

**Katrina Swan**

**Rich Henn**

**Hiliary Smith**

# 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.

# What is Fit Kids?

## What is Fit Kids at School?

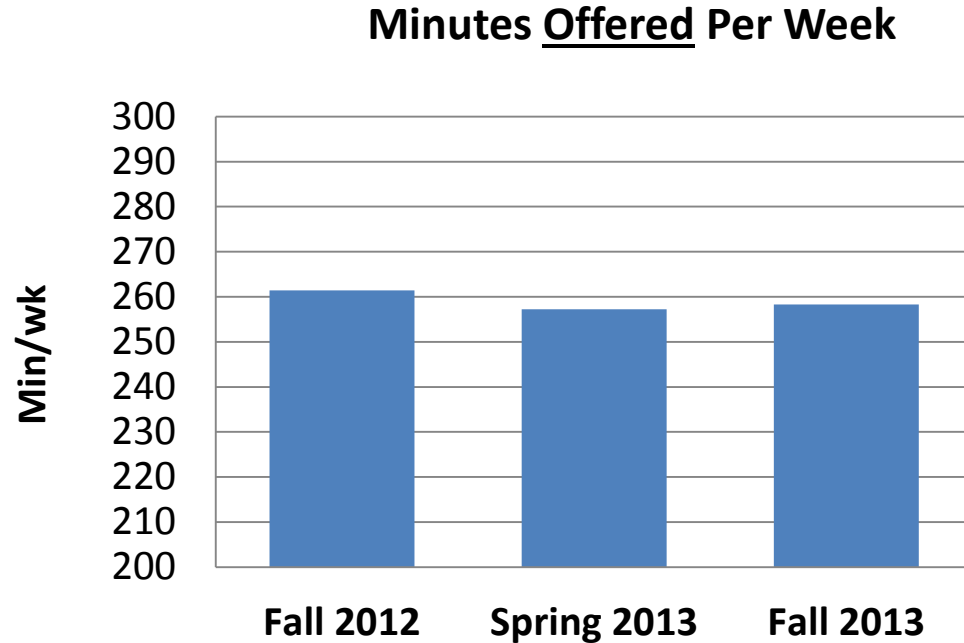


# Fit Kids at School Program components

- **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

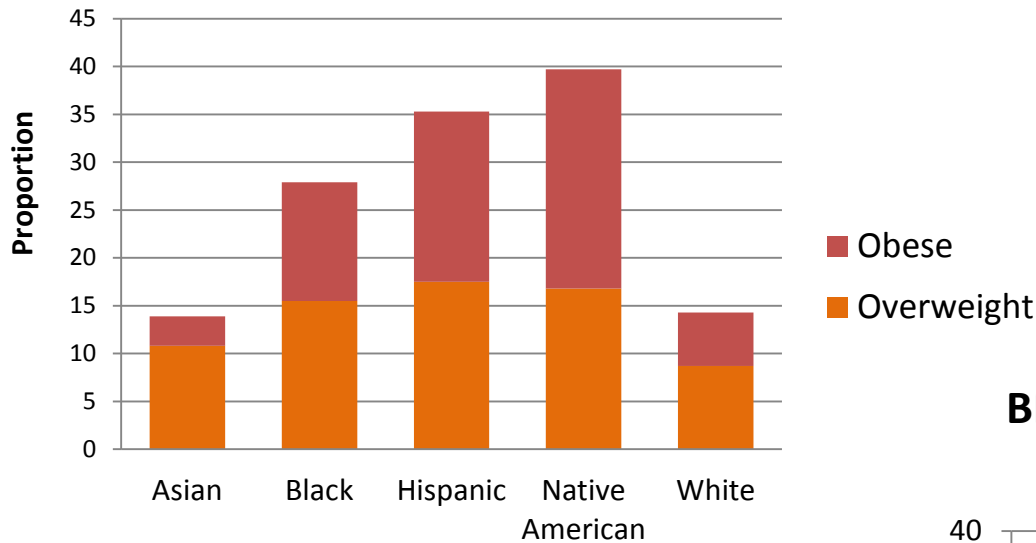
**All children participate every week**

2) Lunch Recess: 200 children participated every week

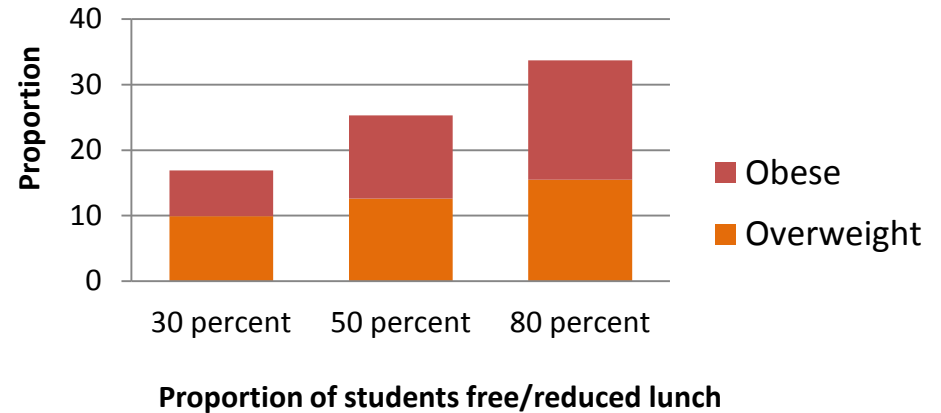
3) Prior to school: 100 children participated every week

# BMI Percentiles

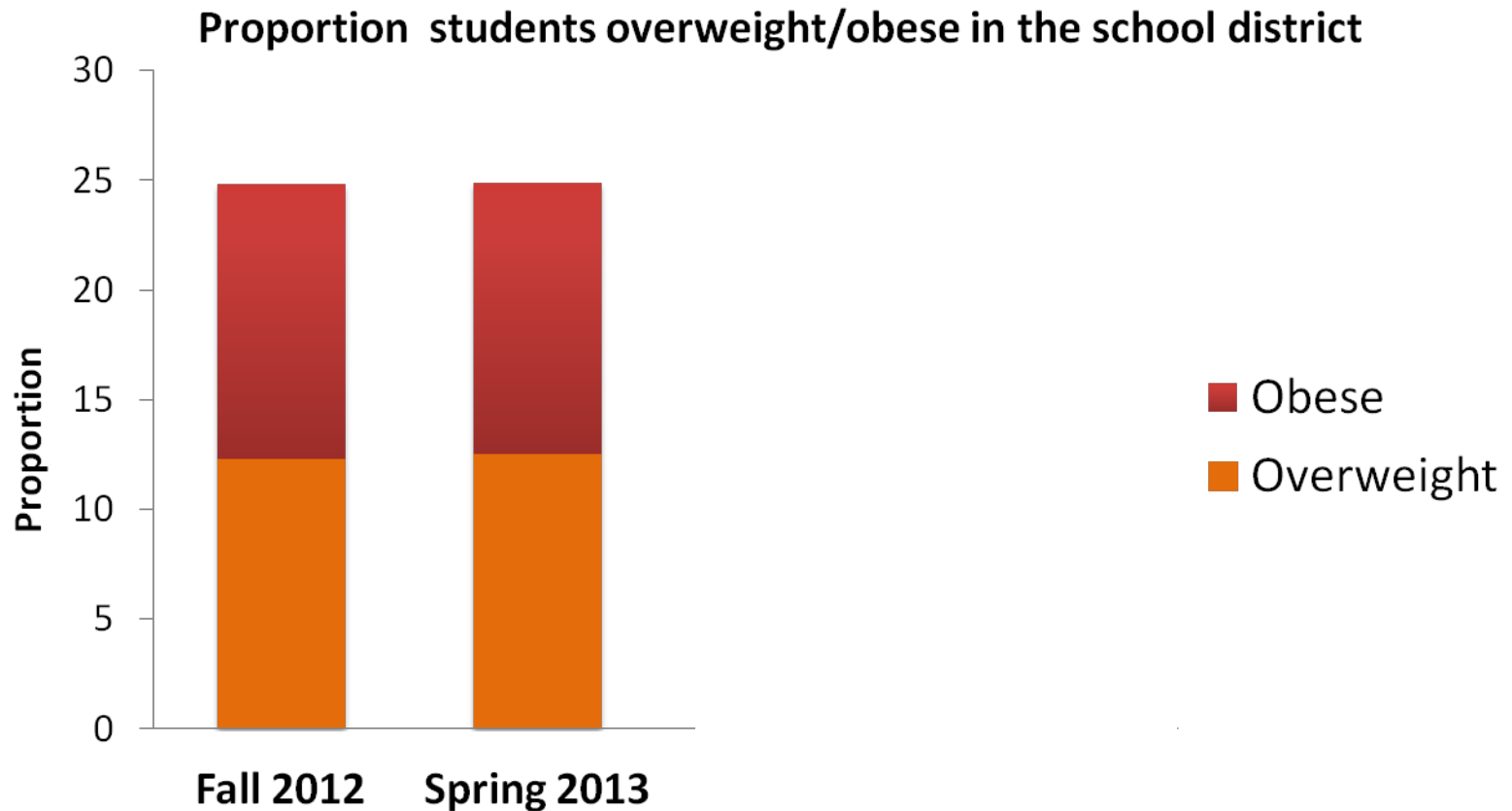
## Proportion Overweight/Obese by Ethnicity Fall 2012



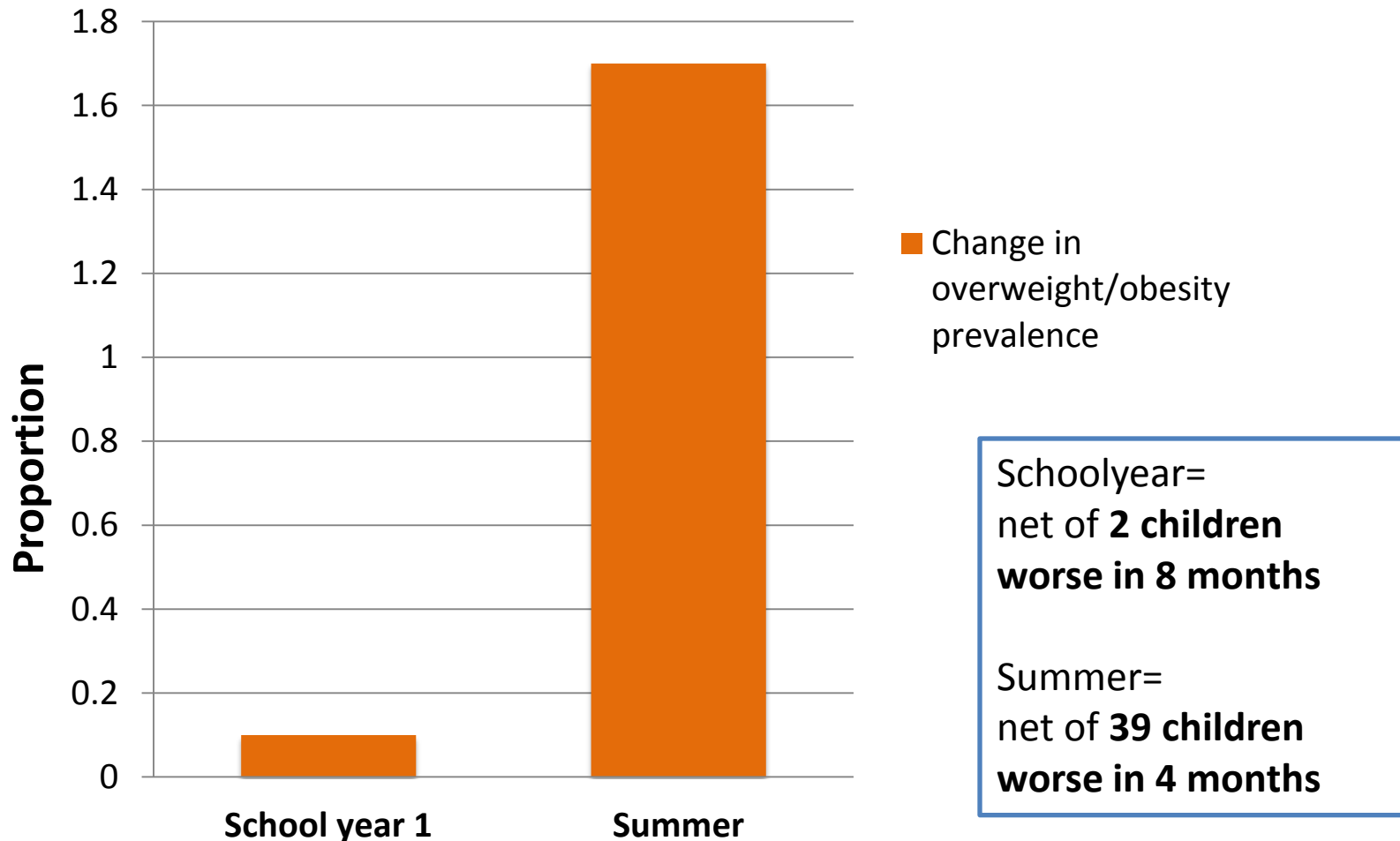
## BMI and Socio-economic Status Fall 2012



# BMI Percentiles over time across entire district



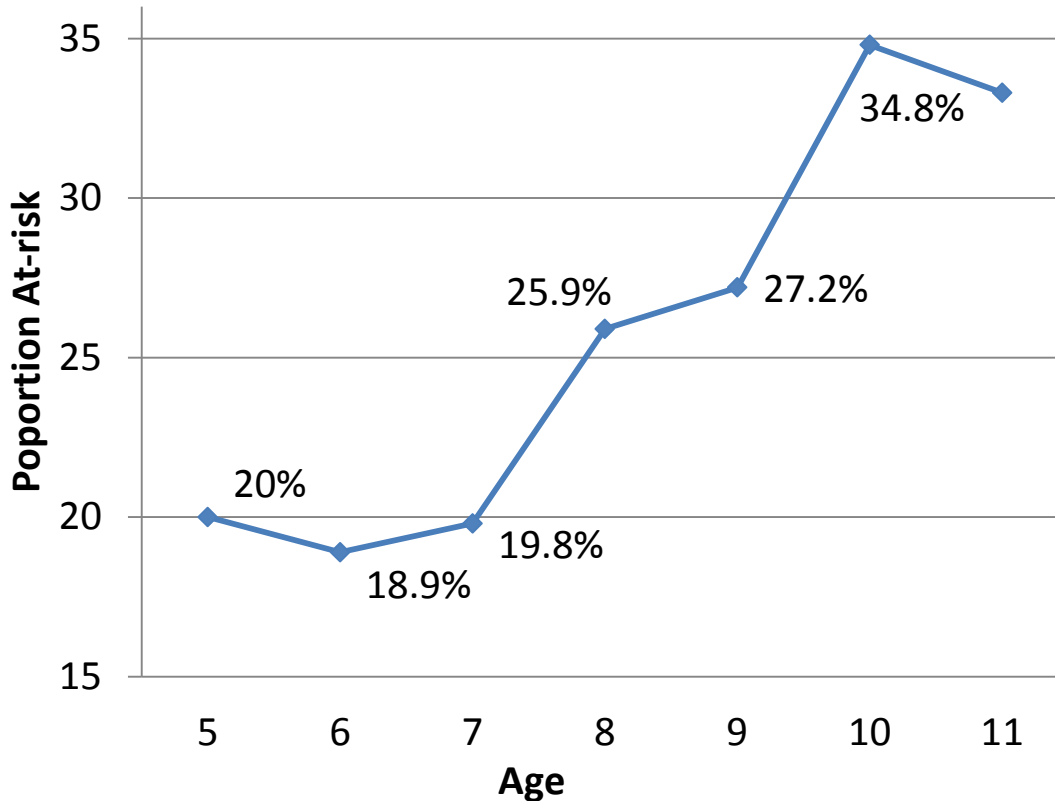
# Cohort: Changes in % overweight/obese in school year & summer





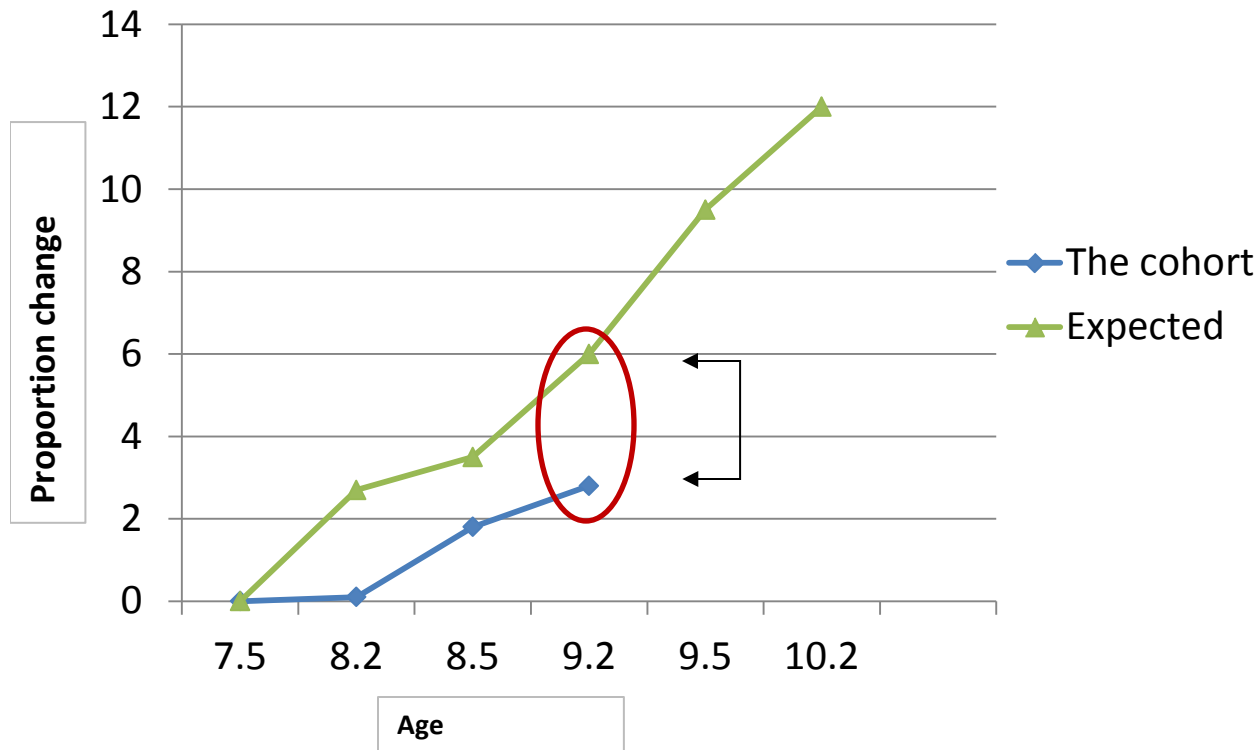
# Incident Obesity

Fall 2012 Proportion Children Overweight/Obese by age in FUSD



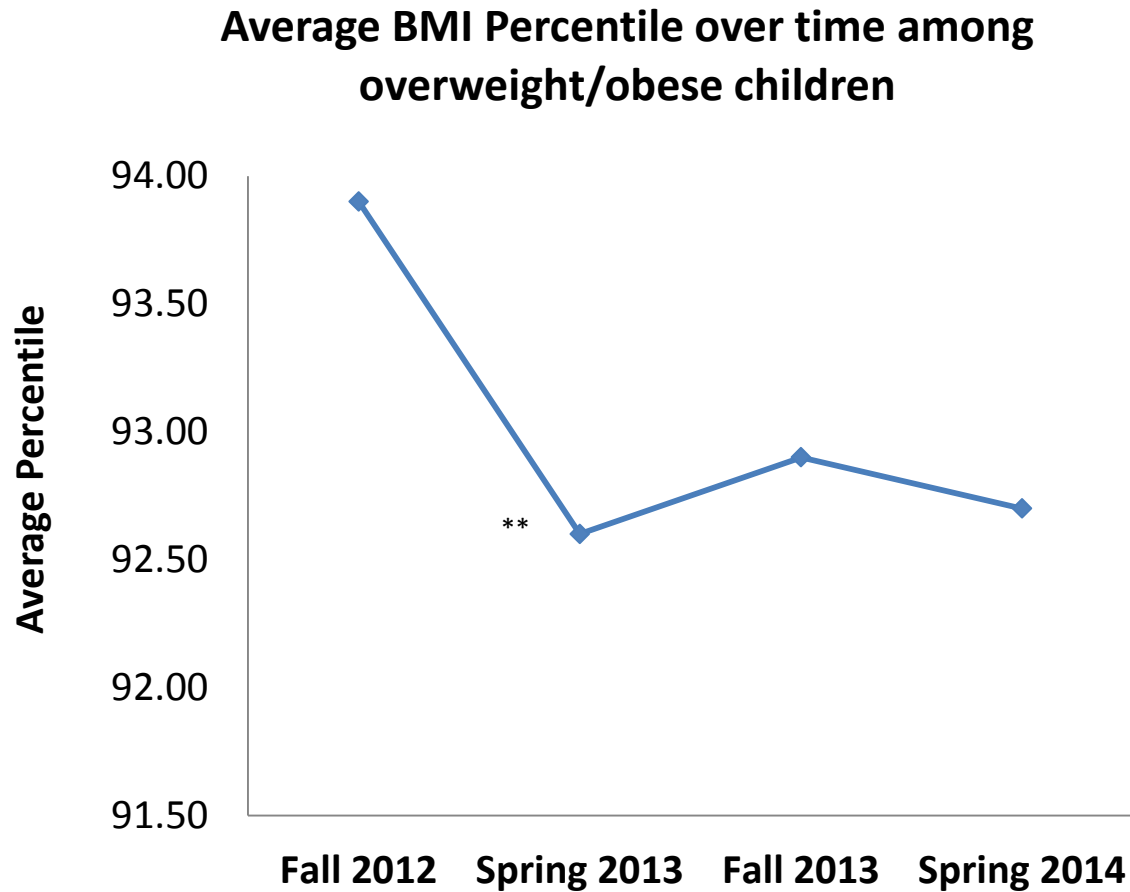
# Reductions in incident obesity among 'Cohort' of 2,349 children

Cohort % children overweight/obese:



# BMI Percentiles of high risk students

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



# 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