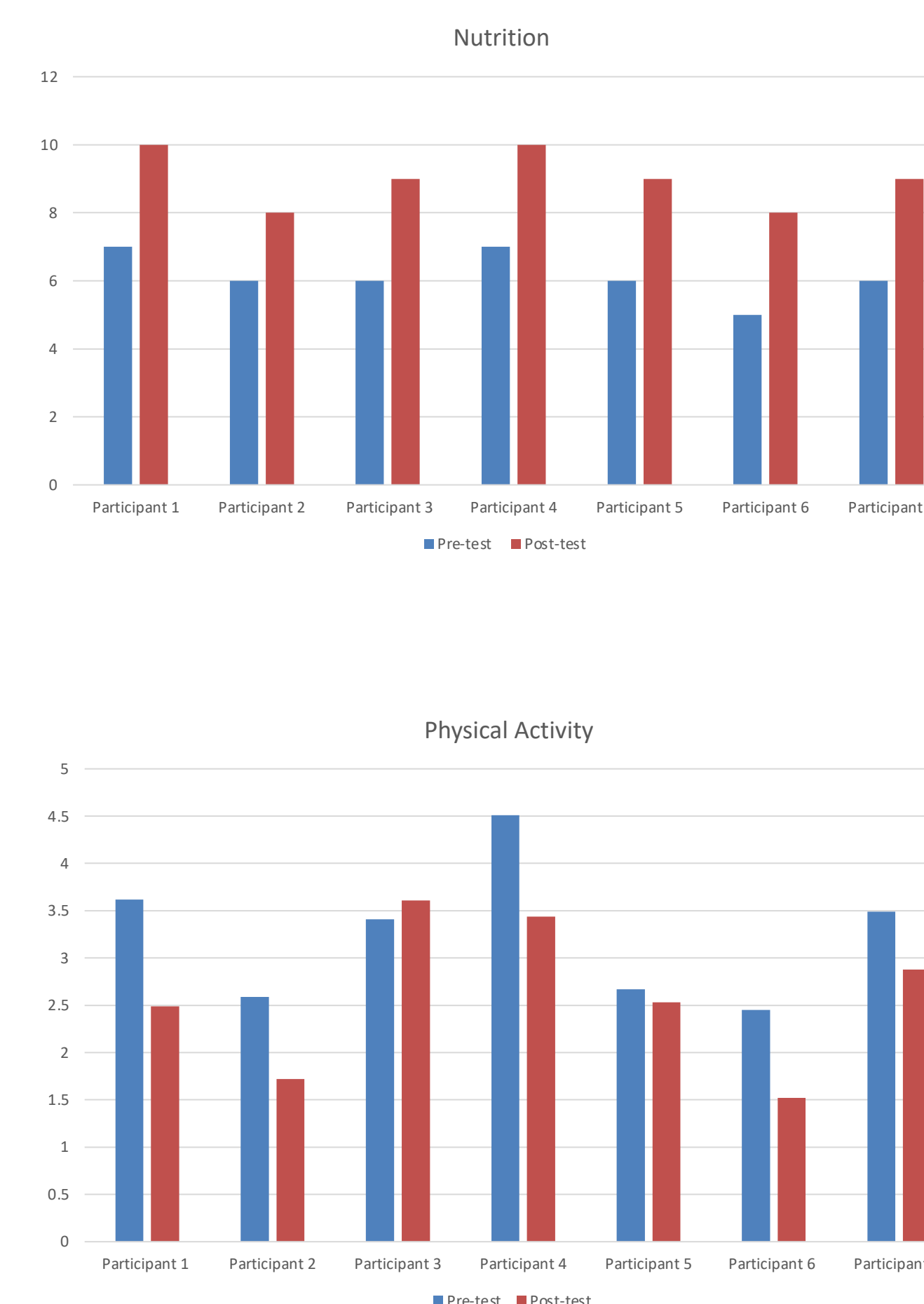


Introduction

- Childhood obesity is one of the most prevalent dilemmas in the United States.
- Childhood obesity is preventable
- It is essential to implement obesity prevention programs to prevent childhood obesity.

Background and Significance

- About 1 in 5 children are obese
- Obesity can lead to emotional, social, and health problems.
- These health consequences include chronic illnesses, such as cardiovascular disease, diabetes, musculoskeletal disorders, and specific types of cancer.
- \$14.3 billion US dollars spent annually on childhood obesity.
- Essential causes of obesity include:
 - A diet high in fats and sugars
 - Decreased levels of physical activity



Methods

- Design of Project: Pre- and post-test one group interventional design
- Setting: Palestinian American Community Center in Clifton, NJ
- Study Population: Arab-American children ages 8 – 11 years who speak English. A total of 7 participants.
- Project Intervention: *Just for Kids!* five-week program focused on diet and physical activity
- Statistical Package for Social Sciences (SPSS) was used to analyze the data of the pre and post questionnaires.
- A paired-sample t-test was used to compare pre- to post-intervention changes in dietary choices and physical activity levels.
- A significance level of 0.05 was used in analyzing the data.

Results

- All participants showed an increased score on the post-nutrition questionnaire compared to the pre-nutrition questionnaire score.
- There was a statistical significance between pre-nutrition and post- nutrition interventions.
- All participants but one showed a decrease in score for post-physical activity questionnaire compared to the pre-physical activity questionnaire score.
- There was a no statistical significance between pre-physical activity and post- physical activity interventions.

Discussion

- Increase awareness of evidence-based guidelines
- Vital for health care quality and safety: Prevention
- Educational programs implemented in variety of settings
- Availability of health policies to ensure success

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