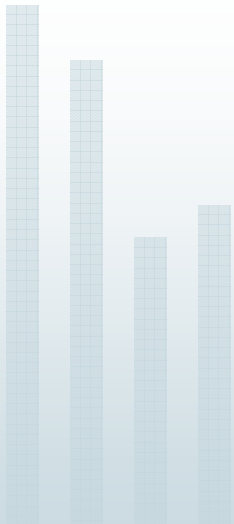




The Benefits of Recreation

A Statewide Approach to Combat
Childhood Obesity





Problem

- Obesity in children is at epidemic proportions
- Over the past 30 yrs, the obesity rate has nearly tripled for children ages 2 to 5, 12 to 19 and quadrupled for kids ages 6 to 11
- The NYS Health Department has declared childhood obesity a major health problem
- According to the CDC, 28% of NY high school students are overweight or at risk of becoming overweight



According to the Center for Disease Control...

- **Obesity and overweight are currently the second leading preventable cause of death in the United States and may soon overtake tobacco as the leading cause of death.** Failing to win the battle against obesity will mean premature death and disability for an increasingly large segment of New York residents. **Without strong action to reverse the obesity epidemic, for the first time in our history children may face a shorter lifespan than their parents.**



According to the ...

OFFICE OF THE STATE COMPTROLLER

Thomas P. DiNapoli, State Comptroller

Preventing and Reducing Childhood Obesity

in New York

October 2008

- New York State has a childhood obesity crisis. The New York State Department of Health estimates that one in four New Yorkers under the age of 18, or approximately 1.1 million young people, is obese.¹ This childhood obesity crisis, in turn, is fueling a health care *cost* crisis, with an estimated annual \$242 million in medical costs attributed to these children, which is putting even greater strain on the New York State budget.²



Overweight and obesity cause serious health problems, including:

- Type 2 diabetes
 - Heart disease
 - High cholesterol
 - High blood pressure
 - Several forms of cancer
 - Asthma
- Increasingly, many of these diseases, previously associated only with adulthood, are also being seen in overweight and obese children. Along with the risks for life-shortening chronic diseases, being overweight in a society that stigmatizes this condition contributes to poor mental health associated with serious shame, self-blame, low self-esteem and depression.

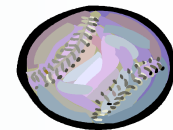
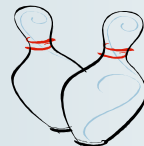


The US Department of Health and Human Services

Role in Obesity Prevention

Established exercise guidelines for schools and general exercise guidelines for children and adolescents

- Elementary school students should participate in 150 minutes per week of physical education
- Middle and high school students should participate in 225 minutes per week of physical education





Key Exercise Guidelines for Children and Adolescents (aged 6-17)

- **Goals:** Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily
- **Aerobic:** most of the 60 or more minutes should be either moderate or vigorous-intensity aerobic physical activity and should include vigorous-intensity physical activity at least 3 days per week.
- **Muscle- Strengthening:** as part of their 60 minutes, children and adolescents should include muscle strengthening physical activity three days of the week
- **Bone-Strengthening:** as part of their 60 or more minutes of physical activity the



NYS Department of Education's Role in Obesity Prevention

Established exercise and nutritional requirements for schools

- All students K-12 must attend and participate in a physical education program.
- All students K-3 must attend and participate in a physical education program on a daily basis.
- All students in grades 4-6 shall attend and participate in physical education not less than three times a week
- All Students in grades 7-12 shall attend and participate in physical education for not less than three times per week in one semester, and not less than



Schools Role in Prevention

- Schools play a key role in preventing and addressing the problem of obesity in children by providing regular physical education classes and nutritional lunches (***The Healthy, Hunger Free Act of 2010***)
- Numerous studies have shown a direct link between good nutrition, regular vigorous physical exercise and increased academic performance among children



How can recreation programs play a role in the fight against childhood obesity?

BMI Study- Salem Lunch and Learn

- 42 youth participated in the study
- Total Weight: Beginning 2,885 lbs
End 2,892 lbs
(+ 7lbs)
- Average BMI: Beginning 18.365
End 18.245
(-.120)



Collateral Outcomes

- Children were safe
- Children learned about nutrition
- 4 youth leaders were provided college internship opportunities
- 17 high school students became counselors in training



THE HISTORIC SALEM COURTHOUSE
PRESERVATION ASSOCIATION, INC.

Welcomes You

to the Old Washington County Courthouse in Salem, NY



Program Overview

Budget: \$18,000

Youth Bureau Funding- \$642.00

Schedule: July 2, 2012-August 10, 2012

Monday-Friday 11:30-5:30pm

Attendance: Flexible

107 children were registered

55 average daily attendance

Free and open to all children K-6

Activities

- Free educational workshops
- Free Lunch
- 2 structured activities per day:
 - art classes, sign language-brain exercises, genealogy, theater, puppets music, nutrition classes

Plus...

- 1 Hour community walks
- Active play- playground/games





Fort Edward Recreation Program

Program Overview

Budget: \$48,000

YDDP REC- \$1,041.00

Schedule: Monday-Friday 9am-4:30pm

Attendance: Average 90 youth for field trips

Free Lunch provided!

Activities



- Daily activities

basketball, softball, tennis, golf, weight lifting (2x week), volleyball, baseball, dodge ball, wiffle ball, bike riding, arts/crafts

- Field Trips

horseback riding, bowling, hiking
roller skating





BMI Study- Fort Edward Recreation Program

- 38 youth participated in the study
- Total Weight: Beginning 3,985.4 lbs
End 3,983.1 lbs
(- 2.3 lbs)
- Average BMI: Beginning Not available
End Not available

3 Low activity youth gained 5 lbs!



Conclusions

- **ALL** Recreation Programs in NYS **could** have an impact on childhood obesity
- Youth and children who participate in recreation programs are more likely to engage in physical activities
- Without recreation programs children and youth would be less physically active



Path Forward

- Establish a work group to look at developing a simple way for recreation programs across the state to measure their impact on childhood obesity
- Explore potential funding streams to support further study re: childhood obesity