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Amazefest Summer 2015: Nutrition Education and Body Mass Index (BMI) Assessment

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Introduction

Over the past 30 years, obesity in children has more than doubled in the United States. Problems arise when the caregiver is not aware of the weight status of their child: the nutrition may be missed or overlooked, or over-weight or underweight. There is a belief that children need to be at a healthy weight, but this is not always the case. The caregivers need to be aware of the importance of nutrition and physical activity to prevent obesity and related health problems. This study was conducted to educate children and caregivers about the importance of nutrition and physical activity education at home. Prevention of obesity in childhood is critical to the future health and well-being of children. The study aimed to educate children and caregivers about the importance of nutrition and physical activity education at home.

Methods

Mozartfest Summer was conducted in cooperation with Peake Rosenwald, Fun Time, Perritt Primary, Boys & Girls Club, and Arkadelphia Kids Club summer programs. One hundred and forty-one children were enrolled in the program. The treatment group had 86 children and the control group had 55 children. The program was designed to last for seven weeks, and lesson plans for nutrition and exercise-themed lessons were created. The study aimed to educate children and caregivers about the importance of nutrition and physical activity education at home. The study also evaluated the effectiveness of the summer nutrition research program by calculating the weight status of the children at the beginning and end of the program.

Results

In the control group, there were 25 children (10 males and 15 females). Eight were Caucasian, sixteen were African American, and one was Indian. Seventeen were present for pre-assessments and post-assessments. The program succeeded in educating children and caregivers about the importance of nutrition and physical activity education at home. The study evaluated the effectiveness of the summer nutrition research program by calculating the weight status of the children at the beginning and end of the program.

Conclusion

The goal of the summer was to teach children in Arkadelphia, Arkansas about nutrition and physical activity to reduce the risk of obesity in childhood. The study evaluated the effectiveness of the summer nutrition research program by calculating the weight status of the children at the beginning and end of the program.

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References