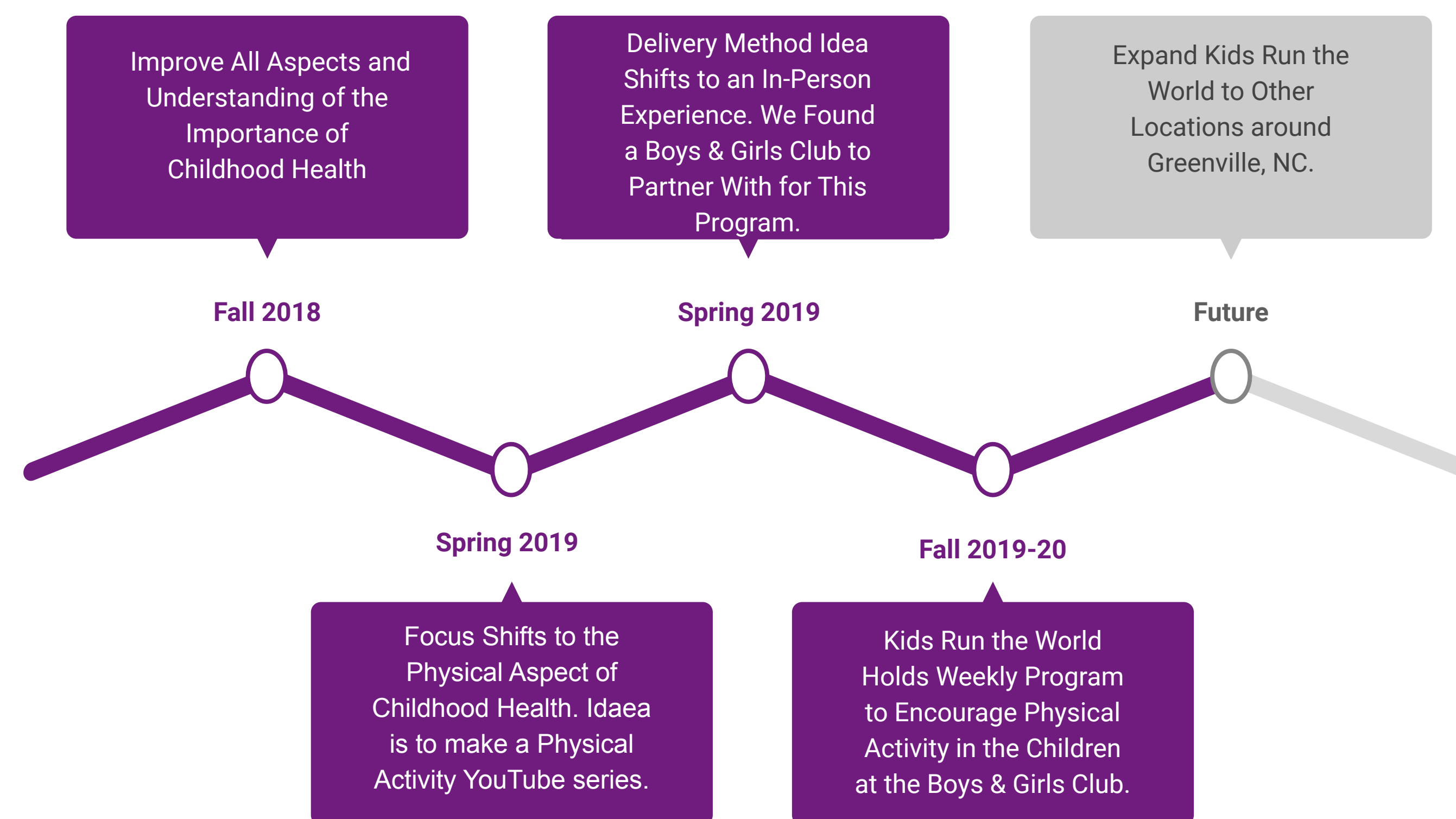




Kids Run the World: Boys & Girls Club Partnership

Wicked Problem

Our goal is to improve childhood physical health by informing children about how to be physically healthy at a young age and to encourage them to maintain their health when they are older. We wanted to create a weekly program at the local Boys & Girls Club to teach children easy and fun exercises they can do at home. We also tried to incorporate ECU athletes to inspire and help teach the children as much as possible.



Purpose

- Physical activity is a key factor in maintaining health; children are impressionable and easily able to pick up healthy habits.
- Children do not always have unlimited resources; therefore, we focused on exercises that could be done at home.
- The Boys & Girls Club was chosen because it was a familiar program with a regularly attending group of children.



Framework

- When designing our program, we looked at similar programs such as Let's Move Program and National Coalition for promoting physical activity. From them we learned from their strength and weaknesses.
- Our group also utilized Division 1 athletes in an effort to motivate kids to participate and work harder.



Program

- Kids Run the World works with the Boys & Girls Club in order to promote physical activity and healthy living in children.
- There are five units located around the Greenville area, and we chose to work with the Jack Minges Unit.
- We Created lesson plans that consist of workouts and active games to teach and play with the children.
- Once a week, we would attend the club to get the most out of our program and spend 1 hour with fifth graders and another hour with middle schoolers.

Acknowledgements

- Kids Run the World Members
- Boys and Girls Club
- Dr. Tim Christensen
- Dr. Bhibha Das
- ECU Honors College
- Dr. Thomas L. McKenzie (SOPLAY)
- "Physical Activity and Health: A Report of the Surgeon General." *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, www.cdc.gov/nccdphp/sgr/adoles.htm.

Impact

- Public Health
 - We offered not only exercise encouragement to children at the Boys & Girls Club, but also offered motivation through the attendance of athletes.
- We learned a lot about the impressionable nature of children and the benefits of exercise.
 - Children showed visible excitement to see our group members and athletes.
 - Our data showed improvement from national averages.

Program Metrics

- Kids Run the World worked with up to 119 children per weekly session with an average of 79% of them being active.
 - On average 69% of them were very active which is much greater than the national average of just over half performing vigorous activity regularly. ("Physical Activity and Health")
 - The CDC reports that about 14% of our youth population report no recent physical activity.
- Over 275 hours of service completed from our group members.
- We used the System for Observing Play and Leisure Activity in Youth (SOPLAY) to observe how active the Children were during our sessions
 - This was strictly used for to see how the program was working and future avenues of improvement.

