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AN INVESTIGATION OF PHYSICAL ACTIVITY AT BOYS AND GIRLS CLUB

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PURPOSE

National statistics and trends show an increase in childhood obesity, and lack of physical activity (PA) among children may contribute to these trends. The overall purpose of this study was to observe and collect data on the PA of children grades K-6 attending two local Boys and Girls Club (BCG) after school programs.

METHODS

The two BCG sites were each observed for one week at baseline. Children’s physical activity data were collected using accelerometers. The research team recorded setting characteristics (physical activities offered, performed, and duration of those activities during sessions), and the behaviors of the BCG staff, including leadership and physical and verbal PA encouragement or discouragement.



Figure 1. Child wearing accelerometer

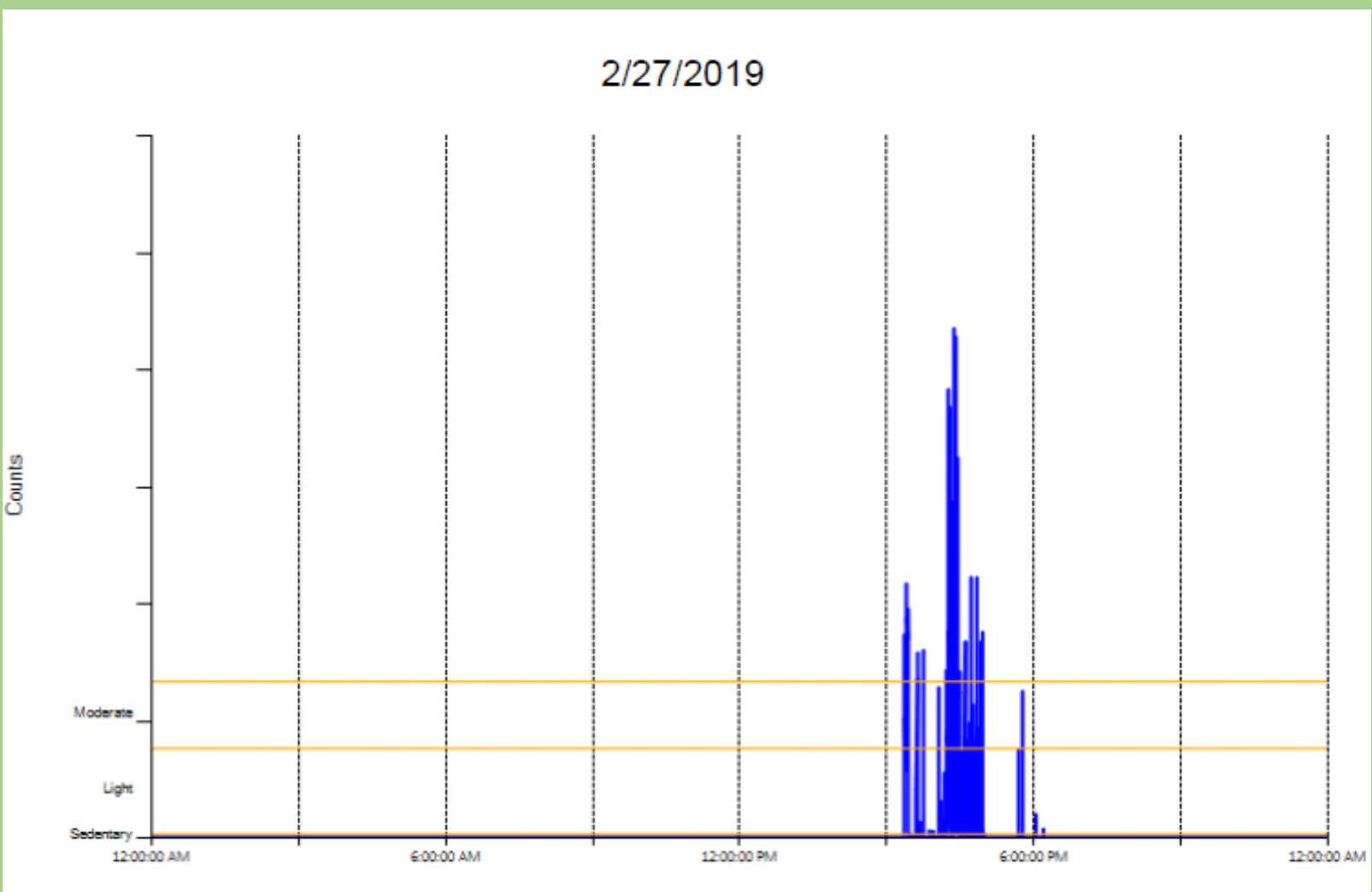


Figure 2. Participant’s accelerometer data from one session

INTERVENTION STRATEGY METHODS

Following baseline observations, one site will receive a brief training intervention introducing several options to promote and encourage PA in their program. Subsequently, the research team will observe and collect follow-up data from both sites for an additional week.

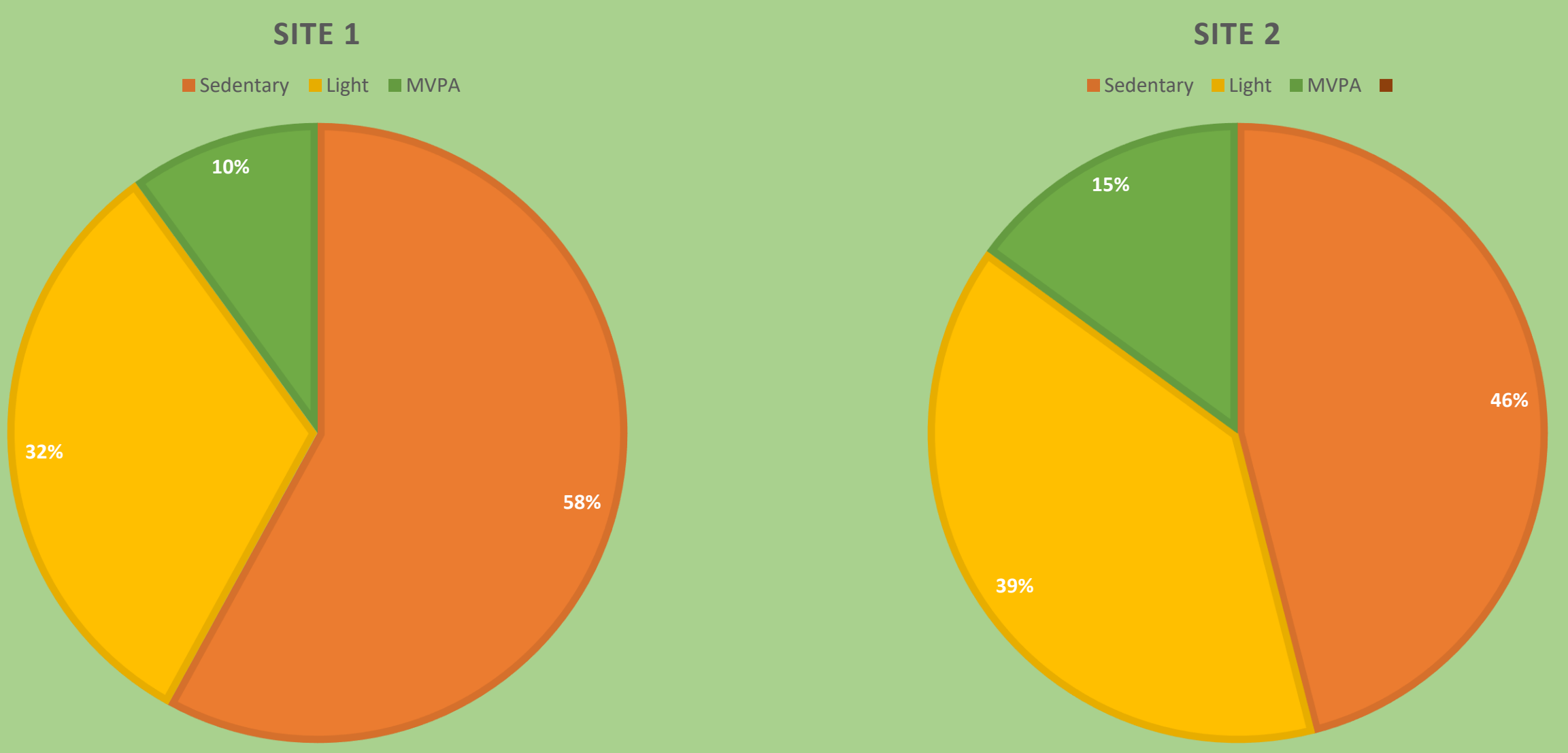
INTERVENTION STRATEGY METHODS



Figure 3. Guiding Principles to Increasing Children’s PA brochure

RESULTS

Baseline results showed children at Site 1 averaged 58% of the session in sedentary time, 32% in light activity, and 10% in moderate to vigorous physical activity (MVPA). Children at Site 2 averaged 46% in sedentary time, 39% in light activity, and 15% in MVPA. Site 1 offered an average of 29 minutes of active recreation time a day, and Site 2 offered an average of 43 minutes per day.



RESULTS

At Site 1, researchers recorded 9 instances of PA encouragement and 6 instances of discouragement, compared to 20 PA encouragement and 19 discouragement instances at Site 2.



CONCLUSION

For the one week follow-up observation, we expect to see a reduction in average sedentary time per session, increases in the children’s MVPA, more positive PA promotion from BGC staff leaders, and provision of more PA opportunities in the Boys and Girls Club after school program.

ACKNOWLEDGEMENTS

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