

Obesity Prevention & Control in Community Recreation Centers



...TO BE ACTIVE... TO EAT WELL



...PARA SER ACTIVO... PARA COMER SALUDABLE

Presented by:

Noe C. Crespo, PhD, MPH

Project Members

John Elder, PhD (PI)

James Sallis, PhD

Guadalupe Ayala, PhD

Noe Crespo, PhD

Thom McKenzie, PhD

Donald Slymen, PhD

Vinod Sasidharan, PhD

Christine Wood, MD

Michelle Zive, RD

Jamie Moody, MS (PM)



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Background

Public Health Problem

- Childhood obesity: 6-11 yrs increased from **6.5%** in 1980 to **19.6%** in 2008¹
- Currently, **35.5%** of U.S. children aged 6-11 yrs are overweight/obese¹

Consequences

- Obese children are at risk of adult obesity and CVD complications²

Causes

- Poor diet, low physical activity, sedentary behavior

Approach

Individual-Based Approach

- Short-term, intensive, individual interventions are efficacious ¹

Public Health Approach

- Target entire populations
 - E.g., All obese children in a city, county or state
- Target settings
 - E.g., Schools, churches, recreation centers, day care centers
- Target policies
 - E.g., Screen time, availability of unhealthy snacks, physical activity time

Rationale



Why recreation centers?

- Community resource where children engage in physical activity
- Have facilities and space for play and sports
- Low cost or free
- Can implement policies that encourage physical activity and sports participation
- Can implement policies for healthy alternatives in vending machines
- High potential for generalizability
- High potential to reach many children



Primary Study Aim

To evaluate the efficacy of a 2-year multi-level recreation center-based intervention to prevent overweight and obesity in 5-8 year old children.

Primary Outcome:

Child BMI (z-score)

Behavioral Outcomes:

Physical Activity

Sedentary Behavior

Nutrition/Eating Behavior



Secondary Aims

Home

- Setting and enforcement of home rules
- Establish environmental controls for childhood nutrition and sedentary/PA behaviors
- Assess mediation effects of parenting factors on proximal behavioral outcomes

Recreation Centers

- Increase access to- and use of- physical activity programs and healthy foods (vending machines)
- Establish policies that promote PA, reduce sedentary behavior and increase healthy food options

Physical Activity Behaviors


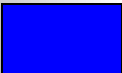
- Increase MVPA: 60 minutes per day on most days of the week
- Increase availability and accessibility of physical activity opportunities in the home
- Increase use of recreation center as a resource for physical activity

Study Design

- Group randomized controlled trial
- Recruited 30 recreation centers in San Diego
 - 15 Intervention Centers
 - 15 Control Centers
- Enrolled 541 parent and child dyads
 - Eighteen families per recreation center
 - Live ≤ 3 miles of recreation center
 - English or Spanish-speaking
 - Child 5-8 yrs. old

Timeline: 2006-2011

	2006		2007		2008		2009		2010	
	Spring	Fall	Spring	Fall	Spring	Fall	Spring	Fall	Spring	Fall
Planning & Pilot Studies		INTERVENTION SITES CONTROL SITES								
Baseline Measures			INTERVENTION SITES CONTROL SITES							
Intervention (Program)					INTERVENTION SITES	INTERVENTION SITES	INTERVENTION SITES	INTERVENTION SITES		
Follow-Up Measures							CONTROL SITES INTERVENTION SITES		CONTROL SITES INTERVENTION SITES	
Final Analysis										

-  INTERVENTION SITES
(Intervention & Measurement)
-  CONTROL SITES
(Measurement Only)

San Diego State University Family Health Program

2008 — 2010



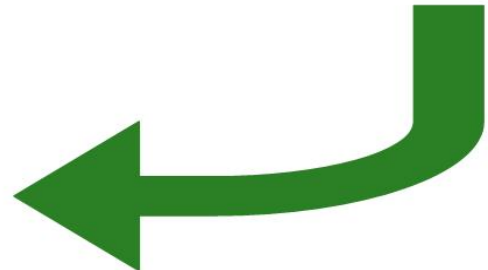
**Yearly
Measurements**



**4 Family Events at the
Recreation Center**



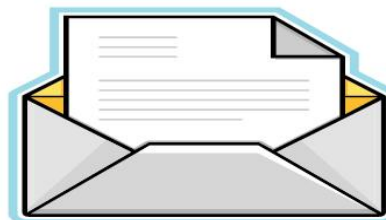
**1 Home Visit with a
Family Health Coach**



www.myspace.com/themoveproject



**Bi-monthly Phone
Consultations**



**Monthly TIPS Sheet
Mailings**



Home Intervention

Family Health Coach

- Two coaches with 135 families each
- Phone consultations
 - Motivational interviewing techniques
 - Track tips attempted/completed
 - Review progress
 - Problem-solve to overcome barriers
- Conduct home visits
 - Conduct food inventory
 - Capitalize on the family's strengths and needs
- Household environment
 - Increase availability and options
- Household rules
 - TV time, fruits & vegetables, sugary drinks
 - Reinforcement strategies (prompts for PA, verbal encouragement, modeling)

Recreation Center Intervention

MOVE Recreation Specialist

- On-site consultation
- Monthly action planning & resource sharing
- Support of staff efforts
- Placement and distribution of signs, fliers, announcements
- Monitor progress & address barriers
- Four family open house events



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Measures

Child: (3 time points):

- BMI, waist circumference, total % fat (BIA)
- Seven-day accelerometry (2 time points)
 - Baseline (n=178)
 - Post-intervention (n=382)

Primary Caregiver:

- BMI & Survey

Incentives:

- Caregivers: \$20, \$10, \$50
- Children toys & pens

Parent-Report Measures (Survey)

- Demographics
- Food frequency
- Child's TV & video viewing
- Rule setting and parenting practices
- Home environment
- Eating out and take out frequency
- Sports participation
- Recreation center use
- Acculturation
- Transport to/from school
- Where child goes after school
- Neighborhood barriers to PA
- Social support
- Parent perceptions of child's weight
- Etc....

Process Evaluation – Rec Centers

Structured Physical Activity Survey (SPAS)

- Director self-report of frequency, type, and duration of structured physical activity programs
- Breakdown by gender

REcreation Facility Audit Tool (REFAT)

- Direct observation of environmental conditions (indoor and outdoor areas)
- Rate availability and condition of amenities and the presence of incivilities

Vending Machine Audit Tool (VMAT)

- Presence of beverage vending machines (indoor and outdoor)
- Identifies types, location, accessibility, advertising, cost, size, position of beverages sold in vending machines

Results: Demographics

Child

- Age: 6.7 ± 0.7 yrs (range 5.2-8.8)
- Gender: 55.1% female
- Ethnicity: 46% Hispanic/Latino
- Place of birth: 92% U.S. born

Caregiver

- Age: 37.6 ± 6.5 (range 23-62)
- Gender: 93.7% female
- Place of birth: 26% Mexico
- Married: 76%
- Employed full-time: 28%

Results

Table 1. Baseline child and caregiver anthropometrics

	Minimum	Maximum	Mean	SD
Child BMI (kg/m ²)	13.80	41.29	17.21	3.02
Child BMI z-score	-1.27	3.54	0.66	0.95
Child BMI %ile	10.29	99.98	67.80	25.50
Child WC (cm)	47.05	93.85	57.37	6.57
Child %body fat	9.9	67.7	29.3	8.5
Caregiver BMI (kg/m ²)	17.04	75.56	28.07	6.47

Results

Table 2. Baseline BMI categories for children and caregivers

Child BMI%ile	N	Percent
Normal	365	67.5
Overweight	94	17.4
Obese	82	15.2
Total	541	
Caregiver BMI		
Underweight	6	1.1
Normal	200	37.2
Overweight	156	29.1
Obese	175	32.6
Total	537	

Retention Rates

Table 3. Overall study retention rates.

	Control	Intervention	Total
Baseline	270	271	541
1yr	252 (93.3%)	239 (88.2%)	491 (90.8%)
2yr	256 (94.8%)	238 (87.8%)	494 (91.3%)

Results

Table 4. Intervention effects on child MVPA (min/day)

Accelerometer	Intervention			Control		
	N	Mean	SE	N	Mean	SE
Pre-Post (M1-M3)¹	52	54.9	3.1	49	58.3	3.2
Post-only (M3)²	137	58.2	2.1	163	58.6	1.9

¹ ANCOVA: $p > 0.05$, adjusted for baseline MVPA, age, gender and ethnicity

² ANCOVA: $p > 0.05$, adjusted for age, gender and ethnicity

Results

Table 5. Intervention effects on child meeting PA guidelines (≥ 60 MVPA minutes per day)

	Intervention		Control	
M1	N	%	N	%
No	23	44%	17	35%
Yes	29	56%	32	65%
Total	52		49	
M3	N	%	N	%
No	34	65%	29	59%
Yes	18	35%	20	41%
Total	52		49	
Difference		-21%		-24%

All Chi-Squares: $p > 0.05$; Logistic Regression analysis $p > 0.05$

Results

Table 6. Intervention effects on parent-report child physical activity.

	Intervention			Control		
	N	Mean	SE	N	Mean	SE
Days/wk of MVPA ≥ 60 min*	237	4.5	0.1	256	4.2	0.1
Days/wk of sports*	238	2.0	0.1	255	1.7	0.1

* $p < 0.05$

ANCOVA: Adjusted for baseline, age, gender and ethnicity

Results

Table 7. Intervention effects on parent-report child frequency of physical activity in recreation/outdoor locations.

Never (0), < 1/wk (1), 1-2/wk (3), 3-4/wk (4), 5-7 (5)	Intervention (n=237)		Control (n=256)	
	Mean	SE	Mean	SE
Public Recreation Center	1.2	0.07	1.0	0.06
Other Recreation Center (YMCA, B&G club)	0.7	0.07	0.6	0.06
Commercial Facilities (Gym)**	0.8	0.06	0.6	0.06
School Grounds (Afterschool)	1.5	0.09	1.5	0.09
School Grounds (Weekends)	0.5	0.05	0.4	0.05
Parks or Playgrounds	1.9	0.06	1.7	0.05
Walking/Hiking/Biking Trails**	1.4	0.06	1.2	0.06
Beach or Lake	1.1	0.05	1.0	0.05
Neighborhood (Field or Lot)**	1.6	0.09	1.1	0.08
Yard or Apartment Complex	2.7	0.08	2.6	0.08
Friend's or Relative's house*	1.6	0.06	1.4	0.06

*p<0.05, **<0.01

ANCOVA: Adjusted for baseline, age, gender and ethnicity

Results: Policy

“...**brochures issued now include** tips for **active lifestyles**, as well as **samples of “healthy” snacks**. Activities that are good for the heart, such as karate, and yoga now include such statements in the activity listing”

“...department management **paid** to have them [study materials] duplicated **so all 54** centers within the City would have access to them”

“The Park and Recreation Department will now provide **training on an annual basis** to recreation leaders who want to **become ACE Exercise Certified** which will provide them the certification to offer aerobics classes in their centers”

Conclusions

- No intervention effects on accelerometer-determined child physical activity.
- Significant increase in parent-reported child MVPA and frequency of sports participation.
- Significant increase in parent-reported child frequency of physical activity in...
 - Commercial facilities
 - Walking/hiking/biking trails
 - Neighborhood locations (lots and fields)
 - Friend's or relative's house
- Important policy changes implemented in recreation centers

Thank You!



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