

KIN 4601
Literature Abstract
Cover Sheet

Abstract

The FitKids Program will be a modernized version of the previously run program by Health BR – Fitness Rocks. The FitKids Program will result in the stressing of appropriate information, skills, and behaviors regarding healthy eating, fitness, and community involvement. This will be achieved through proper guidance and activity sessions.

Tulane University School of Public Health and Tropical Medicine came out with an article in 2019 stating that, “Louisiana has one of the highest rates of childhood obesity in the country.” Thus, this notion stresses the importance for an effective intervention to reduce these rates.

Participants of The FitKids Program will have the opportunity to attend activity sessions, lasting up to three hours, every Saturday for 6 months. In each month a different set of healthier and better skills will be introduced for eating and fitness. The events will stress the following during the three-hour time period: consuming healthier meals/snacks, learning nutritional/fitness facts, learning new sports, and engaging in a variety of exercises and marathons, all while meeting new people in the community.

The FitKids Program will be held downtown in Baton Rouge at Galvez Plaza. There will be a special guest-speaker appearance from LSU athletes every week to share their stories and stress the importance of exercise and nutrition, and they will be utilized as an incentive. The goals entail to reduce obesity in children by implementing effective strategies to allow for easier access for healthier eating and living. The prevalence of childhood obesity has existed for centuries, affecting the health of many youth. Obesity is also linked to a greater risk of other health diseases and other detrimental conditions. The target population is children from the ages of 8 to 12 in the Baton Rouge area.

The effectiveness of the Program will be evaluated based on monthly progress reports to describe the overview of each participant. Weekly meal logs will also be used to track the overall healthy eating done. The children engaging in the FitKids Program will be given a workbook to be completed by the end of the Program. The workbook’s purpose is to act as homework for the participant to learn and apply his or her knowledge of the aspects of fitness. The Presidential Fitness Test will be implemented as a means to assess the fitness of each child.

Side note: I, Calli Nguyen, have known Jansen Mayea for 3 years which is how long he has been with LSU football. His experience and the connections he made hold dear to his heart, and the impact may be as rewarding for the children participating in The FitKids Program. The six-month timespan would allow for a variety of other sports/sports teams to be involved when the LSU football team is out of season. With Jansen’s connections to football and my connections with Student Government and leadership, I believe we could have many passionate individuals to help make a difference with childhood obesity.

Permission would be needed from each individual stakeholder, due to liability purposes. However, it would be an idea to utilize as an incentive for the participants.



New FitKids Program

*Where? Galvez Plaza
Who? Children ages 8-12y/o
Time? 10:00am-1:00pm*

DETAILS:

The FitKids Program will be a modernized version of the previously run program by Health BR - Fitness Rocks. The FitKids Program will result in the stressing of appropriate information, skills, and behaviors regarding healthy eating, fitness, and community involvement. This will be achieved through proper guidance and activity sessions.

With special appearances from a variety of LSU athletes EVERY week!!!!

Call 225-***-**** to RSVP your child's spot today!!



Works Cited

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