Center for Physical Activity and Health in Youth
Promoting Healthy Lifestyles in Young People
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Mission of the Center
Promote childhood physical activity and improve the physical fitness of youth in Tennessee
Specific Aim

- Provide financial support to MTSU faculty and community partners to conduct innovative research and programmatic initiatives aimed at raising physical activity and fitness levels in youth

Examples of Funded Projects

- **A-B-C-1-2-3, Healthy Kids in Tennessee**: Collaboration among MTSU, Tennessee Early Childhood Training Alliance, Tennessee Comprehensive Cancer Coalition, and Meharry Medical College to develop and implement curriculum and education materials to promote physically-active lifestyles and healthy eating habits in preschool children
Examples of Funded Projects

• *New Urbanist Public Housing and Its Impact on Active Living Among Low-Income Urban Children and Youth:* Collaboration between MTSU and UT-Chattanooga to determine how the built environment influences physical activity patterns of low-income children and youth in the Southside neighborhood of Chattanooga.

Examples of Funded Projects

• *Get Fit Kids:* Improve the physical activity and eating habits of children attending two elementary schools in Murfreesboro with a high participation in the free- and reduced-lunch program; the study features health coaching of parents to emphasize family involvement in promoting healthy behaviors.
Specific Aim

• Create a “Distinguished Lecture Series for Youth Fitness and Sport”

• Recent Talks
  – “The Professionalization of Youth Sports”
  – “The Biological Basis of Physical Activity in Youth”
  – “The Identity Crisis: What is Physical Education?”
  – “Physical Activity and the Built Environment”
  – “Social and Moral Education of Youth: Can Sport Really Build Character?”
  – “Obesity and Physical Inactivity Among Youth with Disabilities”

Fall, 2010 Speaker
Dr. Steven Hooker

• Director, Prevention Research Center, Arnold School of Public Health, University of South Carolina
  “Partnering with Communities to Promote Active Living: Accomplishments, Challenges, and Lessons Learned”

• Thursday, November 18, State Farm Lecture Hall S102, Business and Aerospace Building, MTSU
Fall, 2010 Speaker
Dr. David Bassett

- Professor, Department of Exercise, Sport, and Leisure Studies and Co-Director, University of Tennessee Obesity Research Center
  “Packing on the Pounds: Time Trends in Physical Activity and Diet in American Children”
- Thursday, November 4, State Farm Lecture Hall S102, Business and Aerospace Building, MTSU

Specific Aim
- Establish “Camp ENRGY” (“Excellence ‘N’ Recreation and Games for Youth”), a summer sports camp for youth with physical disabilities
Specific Aim

• Create a multimedia campaign promoting the health benefits of physical activity for youth and families

• We are collaborating with faculty affiliated with the MTSU College of Mass Communication and media professionals to develop a campaign that features the use of print, radio, television, and social media to publicize an active lifestyle message to youth and families
Specific Aim

• **Develop a physical activity monitoring program (“KIDSTEP”)** that can be used by local family physicians, pediatricians, and teachers

• The primary objectives of KIDSTEP are to 1) disseminate information and provide guidance to children, parents, physicians, and teachers regarding the types and amounts of physical activity that can result in substantial health benefits, and 2) quantify physical activity levels using validated pedometers
Dear Parent or Guardian,

Thank you for participating in the ACOG/Omron Pedometer Program. Your child's activity level and body composition will be summarized below. A copy of this report should be brought to your doctor or health professional.

Daily step activity

Daily step activity levels are associated with healthy body weight in teens ranging from 6,000 to 11,000 steps per day. In terms of aerobic activity, an average of 1,000 steps per day is recommended for teens to achieve the desired activity level. The steps per day and time spent should be increased gradually, but this level should be achieved within 30 minutes of daily activity.

Daily aerobic moderate activity

Weekly age-appropriate age percentile

Body mass index (BMI) is a tool used to determine weight and height and can be used to identify whether a teen has a healthy weight status. To calculate a teen's BMI, the weight in kg divided by the square of the height in meters. When measured as a percentage, your child's BMI can be compared to other children of the same age and sex. For example, a BMI for age percentile of 50% means that the child's BMI is greater than 50% of other children of the same age and sex.

Healthy BMI for age value of 21.7 kilograms per square meter places him at the 50th percentile for boys aged 14 years, 5 months. This means that 50% of boys of his age value have a lower weight-for-height, while 50% have a higher weight-for-height.

When can kids?

Avoidance of high-calorie foods and fats, and limiting time watching television or playing video games may help improve overall health and weight status. Parents and caregivers should encourage their children to participate in at least 60 minutes of physical activity each day, including 30 minutes of moderate physical activity. It is also important to incorporate physical activity into daily routines to help your children stay active and become more physically active.
KIDSTEP Update

• Pilot testing has been completed at two family physician practices; looking to expand to many more clinical and educational sites
• Elements of KIDSTEP are currently used in two preschools and two elementary schools as part of Center-funded projects
• Large numbers of fitness flyers, brochures, and bookmarks have been distributed to Murfreesboro City and Rutherford County schools
• Contact me at dmorgan@mtsu.edu for more information about the KIDSDTEP program or other Center-sponsored activities, or if you would like to receive fitness promotional materials