



Community Grant Outcome Report

Name: Fit Kids Fit Families Project in Washington County

Grantee: Aurora Medical Center of Washington County

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Academic Partner: Paul Hartlaub, MD, MSPH, Associate Professor, Department of Family Medicine

Program: Implementation

Grant Duration: 02-01-2005 to 1-31-09 (48 months)

Expenditures: \$288,892 (91%)

Use of Funds: Pilot child obesity prevention program

► **Description:** Fit Kids Fit Families project aimed to reduce and prevent childhood obesity in Washington County. It sought to accomplish this by piloting a new 12-week curriculum that combined education, physical activity and improving family health through healthy lifestyle changes. Staff developed the pilot curriculum program on two national evidence-based programs. The goals of Fit Kids Fit Families were to increase knowledge of nutrition, exercise and behaviors that support health, decrease body mass index, increase physical activity and improve child self image.

► **Results:** Sixty-eight Washington County children and their families participated in the 12-week program. Evaluators collected pre- and post-intervention on age, height, weight, body mass index (BMI), body circumference measurements, child and family habits, and child self-esteem. A weekly nutrition, activity and behavioral log captured behaviors. Weekly 2-hour meetings in a community setting using a multidisciplinary team including a dietitian, behaviorist, and exercise specialist addressed each of these areas.

Fit Kids Fit Families served 68 children between 5 and 17 years and their families. Preliminary results suggest Fit Kids Fit Families had a positive effect on healthier nutritional choices, increased physical activity, decreased sedentary activity, overall healthier behaviors, and body circumference and BMI reductions.

Both parents and children demonstrated improved knowledge and attitudes regarding healthy lifestyle changes. Logs reported that 59% of the children increased their physical activity and 32% reduced their sedentary activity. While 81% improved and 13% maintained BMI, 74% of the children showed decreased total body circumferences. Nearly two-thirds demonstrated improved self-esteem on the Rosenberg Self-Esteem Scale.

► **Met Objectives:** Project completed

► **Baseline Progress on State Health Plan Objectives:** Not measured. The project addressed overweight, obesity and lack of physical activity.

► **Academic Partner Role:** Consultation and technical assistance

► **Matched Dollars (cash or in-kind):** \$63,546

► **Dissemination:** A 2008 article in the Wisconsin Medical Journal "*Fit Kids/Fit Families: a report on a countywide effort to promote healthy behaviors*". A poster presentation to the UW Milwaukee Nursing Research Conference.

► **Sustained:** The Fit Kids Fit Families project in Washington County continues and currently supported by Aurora Health Care.