

Health Intervention 2018/19

Introduction

It is really important that we try to prevent and manage obesity while children are still young so they can learn good habits in their lifetime. By doing this we are teaching them a way of life rather than a short term 'diet'. Reducing obesity levels will save lives as obesity doubles the risk of dying prematurely. Long term, sustainable change will only be achieved through the active engagement of schools, communities, families and individuals.

Obesity in children has been an issue for a while however recently it is getting worse. To make this intervention a successful one, we need to really educate the children on a healthy, balanced diet and teach them that exercise is fun so they want to partake and it does not feel like a burden. This was my top priority when delivering this intervention, getting them to enjoy sports and exercise so they can become more active.

Below is an overview of content of sessions along with dates and timings:

Date	Activities	Duration
30/12/18	Introduction of purpose of sessions. Weight, height and waist measurements. Introduce diet and healthy eating – give out food diaries. Fun games to introduce exercise.	1 hour
07/12/18	Use gym equipment. Demo how to use correctly and safely – circuit where they use each piece of equipment. Check food diaries.	1 hour
14/12/18	Games based around stamina using long distance running. Check food diaries.	1 hour
18/01/19	Games based around speed and agility. Check food diaries.	1 hour
25/01/19	Circuit training, exercises that can be done with no equipment. Check food diaries	1 hour
01/02/19	Boxercise – a session on non contact boxing fitness. Check food diaries.	1 hour
08/02/19	Sprints and short distance running. Check food diaries.	1 hour
15/02/19	Athletics, using jumping. Check food diaries.	1 hour
01/03/19	Four children planned a session, delivered in pairs the next 2 weeks. Check food diaries.	1 hour
08/03/19	2 girls delivered a session. Check food diaries.	1 hour
29/03/19	2 boys delivered a session. Check food diaries.	1 hour
05/03/19	Final measurements, reflection and mini sports day.	1 hour

Results before intervention:

Year	Name	Before (weight)	After (weight)	Before (waist)	After (waist)	Height	BMI
		10st	10st 7	96cm	98cm		
		7st 6	7st 6	79cm	77cm		
		6st 7	6st 9	73cm	75cm		
		8s	8st 3	87cm	85cm		
		6st 8	6st 8	79cm	77cm		
		6st 3	6st 2	74cm	71cm		
		5st 11	5st 10	78cm	76cm		
		6st 4	6st 3	79cm	77cm		
		5st 6	5st 5	65cm	65cm		
		5st	5st	60cm	58.5cm		
		8st 8	8st 9	91cm	90cm		
		6st 4	6st 3	62cm	62cm		
		8st	8st 2	81cm	81cm		
		5st 12	5st 10	76cm	72cm		
		11st 3	11st 4	95cm	92cm		
		15st 12	16st	110cm	104cm		
		11st 6	11st 3	97cm	96cm		

Lost weight = 7
 Gained weight = 7
 No change = 3

Smaller waist = 12
 Larger waist = 2
 No change = 3

As you can see from the results, seven children lost weight from the program. Seven children also gained weight however of the seven, four of them lost centimetres from their waist. One of these children stayed the same and two added centimetres to their waist. This could be because they have grown taller or because they have put muscle mass on and muscle weighs more than fat. This shows that we have had an impact and the intervention we ran had some sort of affect. This proves that with the right diet and regular exercise, we can keep our children healthy. We are disappointed that we could not impact all the children; however of the two who did not lose any weight or a decrease in waist size, one of them missed the last three sessions due to illness and being on holiday.

Summary:

We really enjoyed delivering this healthy lifestyle programme – seeing the children enjoying themselves, working hard and supporting each other was really pleasing and it looked like they were having fun. As I said above one of my main priorities was to make sport and exercise fun so they would become more active and based on feedback from the children I think I achieved that. Another thing which supports this is the fact these particular children were getting involved during break and lunchtime sports whether that be basketball, football, gym or skipping. We also made sure we used a variety of different sports and activities to cater to all the children as different children like different things. We also let the year 5 and 6 children lead their own session which was fun to see as got them even more interested in exercise. If I was to do this again next year I would definitely involved external companies like the NHS and I would do more to involve parents so we could have a long lasting effect at home too.