

Navigating Adolescent Health: A Multi-faceted Approach to Improve Health Habits of Minority and Low-income Students

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Purpose

- Low-income, Black Indigenous People of Color (BIPOC) communities experience higher rates of overweight and obesity within the U.S.
- Adolescence is foundational in building life-long health habits.
- PICO Question
P: Adolescents at Proviso East High School with BMI >85th%
I: Implementation of a health habits intervention
C: Current health habits
O: Improved health habits

Evidence-Based Initiative

- Duncanson et al. (2021)- outcome measures such as increased physical activity, increased produce consumption, etc. more successful than anthropometrics
- Gill, et al. (2018) found that perceived peer, community, and family support increased number of physical activity hours in teens.
- Social Cognitive Theory proposes that behavior is based on personal, behavioral and environmental factors.

This project focuses on changing health habits and attitudes by utilizing community and peer support as well as education in a school setting.

Project Plan

- Objective: Change in health habits based on Adolescent Lifestyle Profile-Revised 2 (ALPR2)
- Pirate SNAPA (Supporting Nutrition and Physical Activity): 12-week feasibility assessment with three interventions:
 - Nutrition education during lunch by Registered Dietitian and Dietetic Interns
 - Weekly 1-hour Physical Activity (PA) sessions with local BIPOC community fitness leaders
 - 2 Family/Social involvement with remote sessions addressing nutrition, stress reduction, and movement
- Pre and post ALPR2 scores will be blinded, using last four numbers of participants' phone numbers



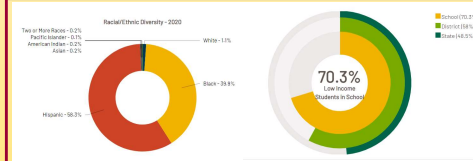
Practice Implications

Focus on health habits: This study suggests that focusing on attitudes and health habits is more effective than the traditional approach of measuring success via weight loss and body changes.

Inclusion of BIPOC community role models: Emphasis on the need for representation and role models in inspiring students to change health habits.

Multi-disciplined approach: Because this study includes both nutrition and physical activity education, success would confirm the benefits of multidisciplinary health interventions.

Participant Demographics



Illinois School Report, 2021

Table 5. Summary of Healthy vs Unhealthy Weight of Study Participants by Gender, Ethnicity, Race

| | Total n (%) | Male n (%) | Female n (%) | Hispanic n (%) | Non-Hispanic n (%) | Black n (%) | Multi-Racial n (%) | White n (%) |
|------------------|-------------|-------------|--------------|----------------|--------------------|-------------|--------------------|-------------|
| Healthy | 191 (56.4) | 98 (59.8) | 73 (62.5) | 105 (54.7) | 56 (65.3) | 60 (62.9) | 47 (51.6) | 34 (54.0) |
| Unhealthy Weight | 132 (43.6) | 66 (40.2) | 66 (47.5) | 87 (45.3) | 30 (34.9) | 37 (38.1) | 44 (48.4) | 29 (46.1) |
| Total | 303 (100) | 164 (100.0) | 139 (100.0) | 192 (100.0) | 86 (100) | 97 (100) | 91 (100) | 63 (100) |

Kouba et al., 2018

Evaluation

- To assess Health Habits (primary)
 - ALP(R2)
 - 44 questions using Likert scale
 - 8 subscales (Adolescent Lifestyle, Health Responsibility, Physical Activity, Nutrition, Positive Life Perspective, Interpersonal Relations, Stress Management, Spiritual Health)
- To engage community (secondary)
 - Fitness role models
 - Local organizations donating prizes

Bibliography

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