

# Barriers to Achieving a Healthy Weight

## Parental Concerns for Poorly Designed Neighborhoods

### Solutions:

- Walk together as a family after dinner
- Reserve at least one half day each weekend for family physical activities

### Scientific Support:

- Ginsberg and AAP, Pediatrics, 2007; Brender, et al, J Am Med Assoc, 2005; Kuo & Taylor, Am J Public Health, 2004; Taylor & Kuo, J Atten Disord, 2009; Donnelly & Lambourne, 2011

# Park Density Impacts Weight Change in Overweight Rural Youth

- The built environment has been previously implicated in poor weight control, specifically the proximity to parks in those involved in family lifestyle intervention (Epstein et al., 2012).
- Overweight and obese children (n=93) were recruited from four rural southeastern counties to participate in a RCT to evaluate the effectiveness of a behavioral family weight management intervention; 20% of the participants did not live within 10 miles of a park.
- Park density was related to a decrease in BMI-z score among those participating in the family behavioral intervention but not among those who were in the control group.

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## Lack of Opportunities to Build Strength

### Solutions:

- Provide opportunities for young children to safely climb, pull and jump to encourage the development of muscular strength and endurance.



### Scientific Support:

Strong, Malina, Blimkie, et al, J Pediatrics, 2005; U. S. Guidelines, 2008 ;  
Sothorn, Safe and Effective Exercise for Overweight Youth, 2014;  
Behringer, et al, 2011; Faigenbaum & Myer, 2010; Ganley, 2011

# Barriers to Engaging in Physical Activity

## Restricted Play Spaces

### Solutions:

- Create an imagination station indoors with safe, active toys
- Turn on the stereo, not the TV and teach your children to dance.
  - Think Dancing with the Stars!
- Create outdoor areas to promote active play with moveables such as pull toys, scooters, balls, wagons etc.
- The 30-minute Rule

### Scientific Support:

- Guddemi & Eriksen, 1992; Singer & Singer, 2000; Bergen, 2002, Perry, 2003; Strong, Malina, Blimkie, et al, J Pediatrics, 2005; 2008 U.S. guidelines; Sothorn, Safe and Effective Exercise for Overweight Youth, 2014; Priest, et al, 2004



# Barriers to Achieving a Healthy Weight

## Excess Media Time

### Strategies:

- Drop the media devices in a box by the door and go outside and play before homework
- Interactive computer games

### Scientific Support:

- Myers, et al, 1998; Strauss, 2000; Barlow & Dietz, 1998; Cleland, et al, Inter J of Obesity, 2008; Russ, et al, Acad Pediatr, 2009; Staino, et al, 2013; Sothorn, 2014

# Play Now! Homework Later!

- When children get home after school, their brains are tired, but not their bodies.
- They've had a long day in a sedentary environment and need to be active to let off steam.
- Instead of a snack, hand your child a glass of water and send him outside to ride a bike, skate, play ball or tag for about 30 minutes. Indoors he can dance, shoot hoops with foam balls or skip rope.
- Then when he does homework, he'll concentrate better.



Sothorn, M. Safe and Effective Exercise for Overweight Youth, 2014; Sothorn et al, Trim Kids, Harper Collins, 2001

# Safe and Effective Exercise for Overweight Youth



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*(Sothorn, M., [Taylor and Francis Publishers, Boca Raton, FL, 2014])*

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