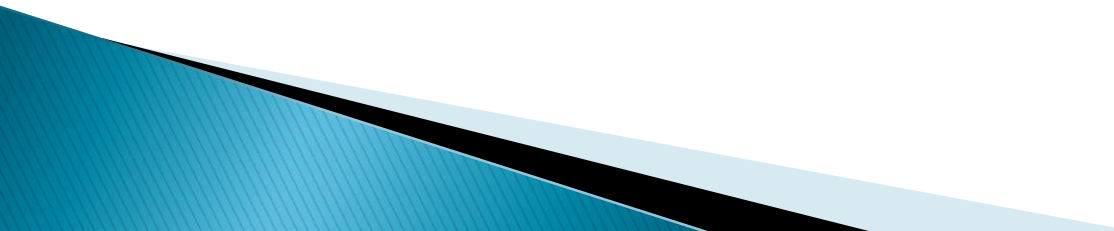


Measuring and Impacting the Physical Activity and Food Choices of Chinatown Youth

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Boston Chinatown Neighborhood Center
Leaders in Health
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Project Background

- ▶ This longitudinal study will measure and attempt to positively impact the time spent being physically active of youth in Chinatown (ages 9–13) on a daily basis. Additionally, the healthy, informed food choices of youth of Chinatown will also be measured and impacted.
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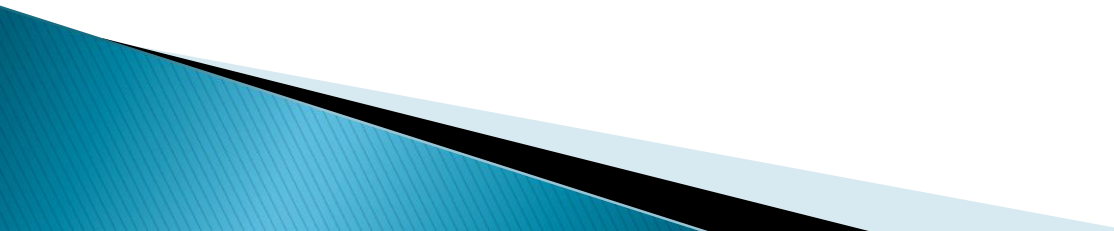
Project Background

- ▶ Obesity is an often-overlooked problem in the AAPI community and according to the Asian American Network for Cancer Awareness, Research and Training (AANCART), AAPIs have the fastest-growing rate of overweight children. Research has also found that Asian American youth consume fewer fruits/vegetables, have the lowest rates of physical activity, and the highest consumption of fast foods. (Asian Health Coalition)

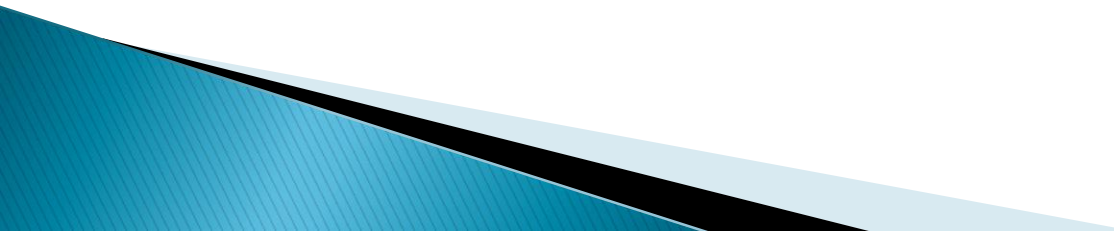
Project Background

- ▶ According to data collected in the 2010 U.S. Census and the National Vital Statistics System (NVSS), the leading causes of death for Asian Americans are:
 - 1. Cancer
 - 2. Heart Disease
 - 3. Stroke
 - 4. Unintentional Injuries
 - 5. Diabetes

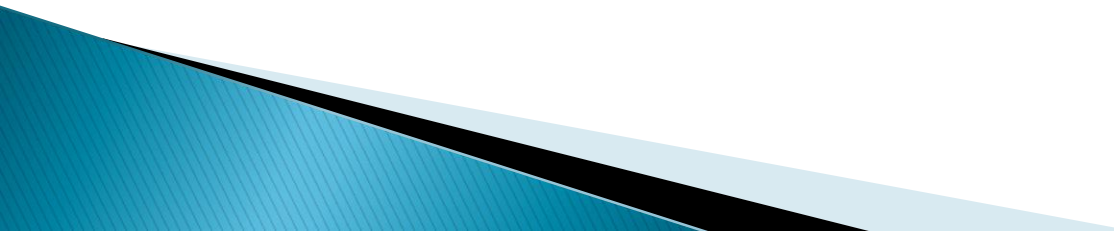
My Role

- ▶ As the Program Director of the Red Oak After School and Summer Program of the Boston Chinatown Neighborhood Center, my academic and extracurricular programs annually serve over 200 youth.
 - ▶ During the school year, these youth spend approximately 13 hours/week and during the summer, 50 hours/week in my programs.
 - ▶ Approximately 85% of the youth served live in Chinatown in Boston.
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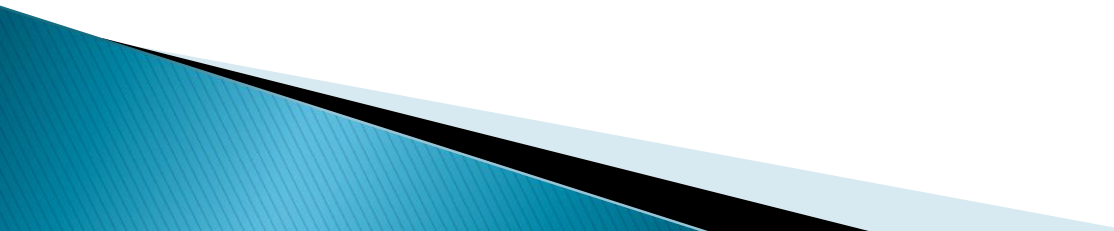
Aims & target population

- ▶ Short term – this project will increase the basic understanding and awareness of the benefits of increase physical activity for youth of Chinatown. Additionally, youth will have an increased awareness of how the choices they make in what they eat can impact their immediate and long term health.
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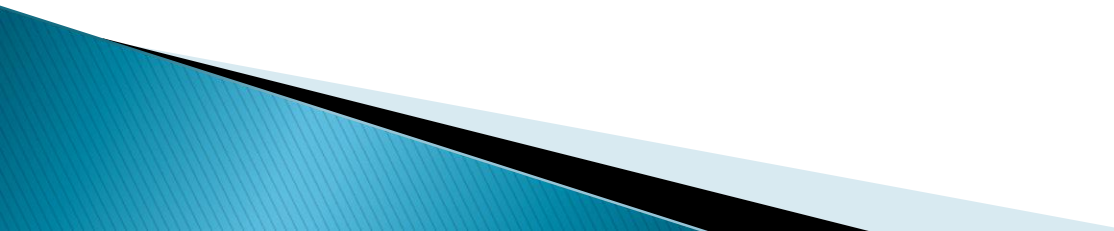
Aims & target population

- ▶ Long term- this project will positively impact the ongoing participation in organized and informal physical activities as the youth begin and complete high school. Regarding food choices, participants in this project will report sustained improvements in the amount of healthy foods they consume during their high school years and decrease in consumption of unhealthy food options.
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Key activities & outcomes

- ▶ Youth participants in this project will engage in a series of interactive workshops during which they will be exposed to various physical activities that are available to them in school and independently.
 - ▶ Additionally, youth will be taught and will have the opportunity to sample healthy food alternatives and will be educated about the impact of unhealthy foods.
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Key activities & outcomes

- ▶ Youth participants will complete a series of surveys that will capture their understanding and application of physical activities and healthy eating choices before, during, and after the project.
 - ▶ Both youth and parents will be contacted on an annual basis to conduct follow up surveys.
 - ▶ Parents of participants will also be offered interactive workshops about the benefits of physical activity and healthy food choices.
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Initiative 1 – Increased Daily Physical Activity

- ▶ Education & Communication, Participation & Involvement, Facilitation & Support.
- ▶ Key strategies:
 - Interactive workshops for youth and parents
 - Ongoing follow up and support in the form of resources and opportunities
- ▶ Short term action steps:
 - Increase in daily physical activity offered at the Red Oak After School and Summer Programs
- ▶ Long term action steps:
 - Sustained participation in organized and individual physical activity through high school.

Initiative 2 – Improved Food Choices and Consumption

- ▶ Education & Communication, Participation & Involvement, Facilitation & Support.
- ▶ Key strategies:
 - Interactive workshops for youth and parents
 - Ongoing follow up and support in the form of resources and opportunities
- ▶ Short term action steps:
 - Increase in healthy food choices by students and parents.
 - Decrease in unhealthy food choices.
- ▶ Long term action steps:
 - Sustained application to diets of youth through high school.

Conclusion

- ▶ Through improved understanding and support of the benefits of physical activity and healthy eating habits, the youth of Chinatown will benefit by living long, healthy lives, and will hopefully positively impact their friends and families as well.
 - ▶ Parents of youth participants will also hopefully apply the shared knowledge to their families and their peers.
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