

# Body Works

teaches healthier lifestyles to youths, adults



## Situation

Being overweight and obese increases risk among children to develop type 2 diabetes, elevated blood pressure, non-alcoholic fatty liver disease, elevated cholesterol, and being overweight and/or obese entering adulthood. According to the Robert Wood Johnson Foundation, health expenses related to childhood obesity are approximately \$14 billion per year.

The rate of Wyoming high school students overweight and obese increased from 17.4 percent in 2001 to 23.5 percent in 2013. In 2013, 64.4 percent of adults in Wyoming were overweight and/or obese as reflected in the Behavior Risk Factor Surveillance System. As obesity rates rise for adults, the risk increases for developing type 2 diabetes, coronary heart disease, stroke, hypertension, arthritis, and obesity-related cancer.

The *BodyWorks* program, developed by the Office on Women's Health, U.S. Department of Health and Human Services, teaches healthier lifestyle options in a family-centered approach. Parents and youths learn to make small, specific behavior changes to help them achieve and/or maintain a healthier weight. Three pilot programs were in Laramie 2012-2014. Instructors were one University of Wyoming (UW) Extension area nutrition and food safety educator, one 4-H youth development educator, and volunteer community nutrition students from the Department of Family and Consumer Sciences at



<http://www.uwyo.edu/foods/>

University of Wyoming Extension Nutrition and Food Safety

- Healthy Lifestyles/Healthy Youth
- Dining with Diabetes
- Nutrition and Food Safety
- Cent\$ible Nutrition Program
- Eat Wyoming

the University of Wyoming. Five weekly classes consisted of 90 minutes lifestyle education and 30 minutes group discussion while eating a healthy meal prepared by the youths. Topics were: Tools for Changing Habits; Basics of Healthy Eating; Portions, Plate and Planning; Move, Shop, Cook and Eat Together; and Your Environment and Media Influences.

In 2012, two *BodyWorks* trainers from Seattle, Washington, provided a train-the-trainer program to extension's nutrition and food safety extension educators. The program can now be offered throughout Wyoming.

## Impacts

Ten adults and seven youths participated in the *BodyWorks in Wyoming* program.

Adults were given pre- and post-program questionnaires prior to the first session and after the fifth session. Adults and youths completed a one-page post survey after the fifth session. Weekly check-in cards collected at the beginning of the second through fifth class documented lifestyle behaviors participants set as goals during the week.

Parental agreement increased significantly from pre- to post-program on the following statements:

- I know how to make changes in my home that will support my child's health.
- I know how I can help my child change their eating habits.
- I know how to set realistic physical activity goals for myself.

- I know how to set realistic nutrition goals for my family.
- I know how to plan weekly meals for my family.
- I am able to plan physical activities for the week for my family.

The greatest increase in knowledge as reflected in the post-surveys:

### Adults

- The division of responsibility with feeding
- My Plate

### Youths

- Making healthy food choices.

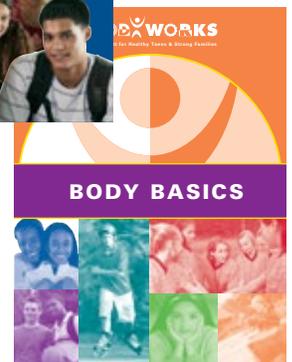
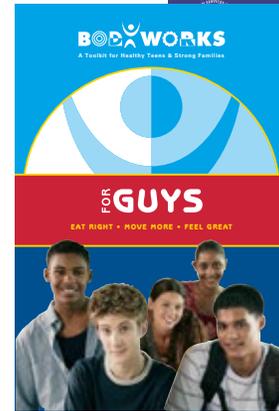
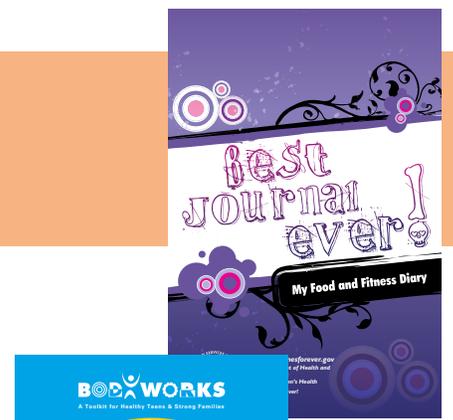
Reported intention to behavior change as reflected in the post surveys as a result of attending the *BodyWorks in Wyoming* program:

### Adults

- 88 percent reported intention to increase physical activity
- 63 percent reported intention to exercise more with their child
- 75 percent reported intention to eat more healthy foods

### Youth

- 71 percent reported intention to eat more healthy foods
- 57 percent reported intention to exercise more with their parent



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