

Getting Active for Prizes (GAP): Increasing Youth Physical Activity in Sheridan, WY

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Purpose

I have designed a school-based intervention targeting physical activity in junior high school aged children in Sheridan, Wyoming based on community and scholarly research.



Methods

- Community conversation revealed lack of youth involvement in physical activity
- Literature review showed three potential aspects of a successful plan aiming to augment physical activity in people
 - School-based
 - Incentive-driven
 - Pedometer utilizing
- Proposal was presented to students and staff of Sheridan Junior High School



Discussion

- School-based intervention has positives
 - Target population easily reached and monitored
 - Sheridan school districts have disposable funds
- School-based intervention has negatives
 - Difficult to gain approval
 - Many students = more money
- Many details require budget considerations

To help combat obesity, establishing good exercise habits early is necessary. Self-motivation for continued exercise may result from the early intervention I propose. At minimum, students will likely increase their physical activity for the duration of the study.

Background

- Sheridan is a rural town with ~17,000 people
 - ~4,000 are under 18 years old
- 26% of adults are obese; same as state average
 - Demonstrates a need for intervention
- High accessibility to exercise resources currently, yet obesity persists
 - Novel approach must be considered

Results

- To reach CDC recommended 60 min. of exercise, junior high students will:
 - Receive fitness trackers to document activity
 - Receive rewards for completing goals
- Sheridan Junior High School will be integral to the integration, initiation, and maintenance of the program
- On presentation, students and staff acknowledged novelty and potential for success
 - Staff were concerned about cost and integration



Acknowledgement: I would like to thank the community of Sheridan and those involved from the Junior High School for their involvement in this project.