

# We FIT Together: A Community Centered Approach to Reducing Childhood Obesity in Evanston, Wyoming

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**Hypothesis:** A community centered approach involving children, parents, educators, and physicians will reduce childhood obesity in Evanston, Wyoming

## Background

- 30% of the population is under the age of 18 years old
- Uinta county, Wyoming, is ranked 21 out of 23 counties in health outcomes
  - High rates of diabetes, heart disease, and obesity among adults
- High rate of physical inactivity in Uinta county
- Extremely low access to exercise opportunities paired with long winters



Map of Wyoming (Evanston shown by red star)

## Community Health Project Design

Childhood obesity is a complex disease and should be targeted through interventions involving:

- **Children**
  - The following interventions are in conjunction with the health education program provided by Uinta County School District
  - Classroom based exercise program
  - Daily health tip or challenge of the day
- **Parents**
  - Provide parents with the knowledge and resources needed to make decisions regarding the health of their child
- **Physicians**
  - Urged physicians to speak to all patients about healthy lifestyle choices, including diet and exercise
  - Stressed the effectiveness of motivational interviewing and the need to provide their patients with the resources needed to be successful

## Community Deliverables

- Literature Review
- Research showing the effectiveness of in class exercise
- List of example in class exercises
- Calendar of healthy tips and challenges
- Parent Education Presentation
- Email to all Evanston primary care practitioners
- Presentation material for community health town hall

## Next Steps

- We FIT Together will be presented in a community health town hall meeting with local practitioners, educators, public health officials, etc.
- The community will come together and work as a team to improve the health of children in Evanston, Wyoming



Uinta County School District #1

## Literature Review

- Most interventions for childhood obesity are targeted to a single group (child, parent, school, physician, etc.)
- Educating parents and children about living a healthy lifestyle can improve health outcomes
- Exercise before or after class has been proven to:
  - decrease childhood obesity
  - improves attention, retention, and mood

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