

# Small Solutions for Big Problems: Promoting Activity and Healthier Eating Habits for Children in Evanston, WY through an App Format

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**Hypothesis:** Education about participation in community/school exercise programs and following dietary guidelines will result in a lower incidence of childhood obesity.

## Background

- Evanston, located in Southwest Wyoming, is part of Uinta County and has a population of 11,866 people
- The obesity rate in Uinta County is 32%
- 57% of the patients seen at the Arrowhead Family Medicine clinic are obese
- 15% of the population report having access to exercise opportunities in Uinta County (Wyoming state average is 65%)



*Map & Picture of Evanston, Wyoming City Boundaries*

## Literature Review

- In the U.S., 36% of children are overweight or obese and 70% of obese adolescents will become obese adults
- Web-based devices or programs could play a potential role in preventing early childhood obesity
- Where households shop for food is not crucial if they are buying the correct foods (USDA Thrifty Food Plans)
- Exercise programs that followed minimum physical activity guidelines of 150 min/week of moderate intensity, along with a healthy diet, led to the best results

## Community Health Project Design

- Prevent childhood obesity by designing an app format to address pertinent community health topics. Components of this app include:
  - Dietary guidelines through the USDA Thrifty Food Plan and access to the MyPlate Plan (caloric restriction)
  - Exercise guidelines of 150 min/week of moderate intensity exercise along with a tracking component for exercise goals
  - Access to a park scavenger hunt for children in the community
- My community partner for this health project plan is Kim Proffit, who is head of the local public health department

**Explore all of the 18 parks in Evanston!  
It'll be fun, and if you answer a unique question  
about each one, you can win an award!**



*Evanston Park Scavenger Hunt Sample Brochure Pictures*

## Deliverables to the Community

- Presentation of my project to the public health department
- Demographic analysis
- Literature review
- Meeting with Kim Proffit to discuss project details and the implementation of this project in the Evanston community

## Next Steps

- Find a way to develop the app format to reach the community and pediatric population (app developers, college students, etc.)
- Establish the ability to track health outcome progress through the app design (websites, fitbit monitoring, etc.)
- Provide possible incentives in the community for reaching app goals (t-shirts, recreation center access, exercise class enrollment)
- Apply for funding through various grants, community scholarships, local school funding, and fundraisers

*Special Thank You to  
the Weston Family,  
Arrowhead Family  
Medicine Clinic, and  
Evanston Public  
Health!*

