

An Integrated Approach to Reducing Childhood Obesity and Future Comorbidities in Sheridan, WY

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Hypothesis

An integrated community focused approach to exercise and healthcare will reduce rates of childhood obesity and future sequelae in Sheridan, WY.

Background

- Sheridan, WY is in North Central Wyoming
- Population : ~18,000
- 10% have diabetes
- 25% are obese
- Highest heart disease mortality rate in Wyoming



Sheridan, WY nestled beneath the Big Horn Mountains

Literature Review:

- Physical activity in children continues to decrease
- Exercise has been proven to decrease childhood obesity and improve daily function
- Childhood obesity increases the risk of future heart disease
- Many current interventions have a singular focused approach [child, parent, physician, school, etc.]
- Community focused approaches have shown improved health outcomes

Community Health Project Design

An integrated approach utilizing the community to target obesity and its complexities:

- Partnership with Cloud Peak Crossfit and Sheridan High School for Facilities
- Provide parents with educational resources to improve the home quality of health
- Provide physicians with the necessary materials and encouragement to educate on healthy lifestyle choices
- Urge Schools to implement healthy challenges and healthy rewards

Community Deliverables

- Demographic Analysis
- Literature Review
- “Action Plan” – Detailed next steps that can be taken to see the project come to life
- Presentation outline for public health
- Parent Education presentation
- Research showing the effectiveness of exercise
- “Elevator Pitch” to help describe the project and its goals in a concise manner
- Drafted email for Sheridan primary care practitioners
- Presentation for High school to use facilities to lower cost
- List of contacts for potential partners

Next Steps:

- Present design to local town hall, practitioners, and families
- Apply for private funding
- Motivate the community



Thank you to the Sheridan community and to Seth Larson of Cloud Peak Crossfit