

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

Craig Luplow ✦ University of Washington School of Medicine ✦ 2014

## 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.