

# Promoting Healthy Habits to Reduce Childhood Obesity in Thermopolis, Wyoming



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## Hypothesis

Teacher distribution of educational materials promoting healthy habits for elementary age kids will prevent the development of childhood obesity.



Hot Springs State Park in Thermopolis, WY

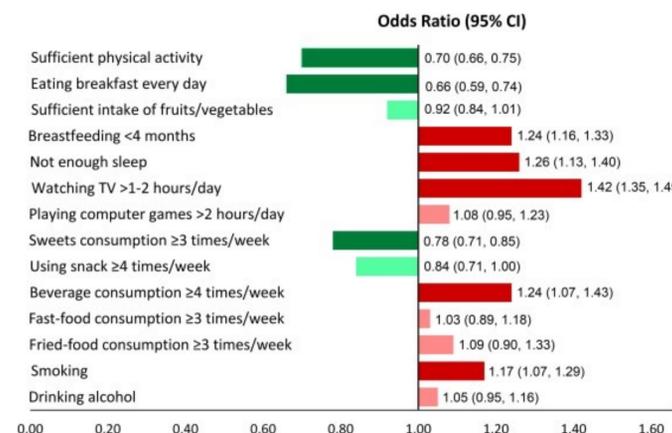
## Background

- Hot Springs County Memorial Hospital serves 4,696 people as of 2017 (a decrease from 2010)
- Out of 23 counties in Wyoming, Hot Springs County ranked 21<sup>st</sup> in overall health and 22<sup>nd</sup> in length of life
- 64.9% of the adult population is overweight or obese

## Literature Review

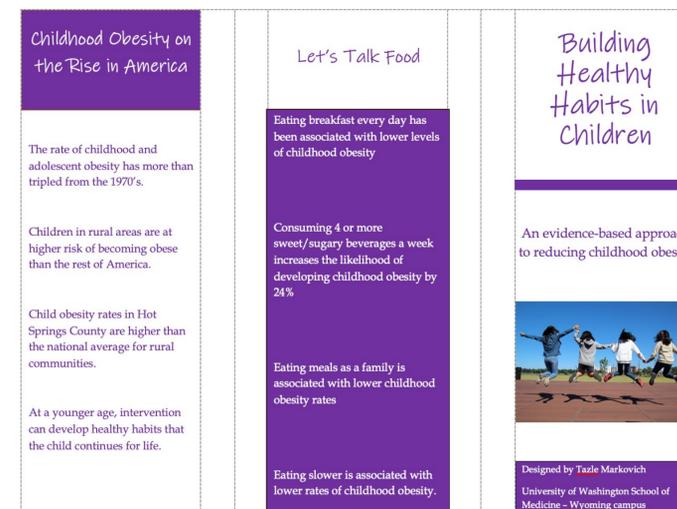
- The most effective way to reduce childhood obesity is a comprehensive program including all aspects of a child's life in and out of the home
- Many studies have identified behaviors associated with developing or being protective against developing obesity in childhood
- Meta-analyses provide most of the data on the topic

### Association Between Specific Behaviors and Risk of Developing Childhood Obesity



## Deliverables to Community

- The community partner is the school nurse, who works at the elementary, middle, and high school in Thermopolis
- Efforts currently being made including PE classes that include more Wyoming based activities rather than sports with a ball and a grant for healthy foods in the schools
- The goal of the brochure was to provide information on various healthy habits that can be implemented to reduce risk of developing childhood obesity without repeating 'eat healthier and exercise'



## Possible Next Steps

- Distribution plan is for the school nurse to distribute to the teachers at the elementary school, who then can pass them along to parents at parent-teacher conferences
- Parents can then use the brochure to learn about habits that contribute to or are protective from developing childhood obesity and pick habits that seem feasible for implementation in their home
- Ideally, children will develop healthy habits that carry into adulthood

