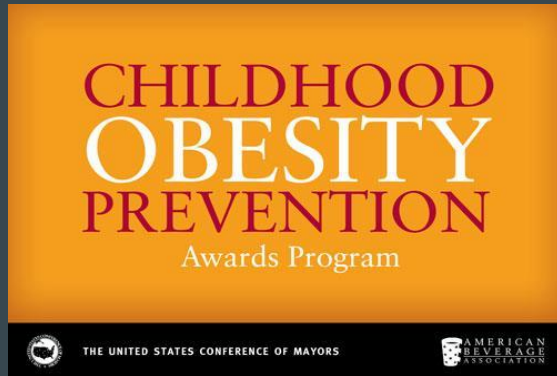


Childhood Obesity Prevention

Youth City Council Big Idea 2018



Statistics

- According to the 2015 Youth Risk behavior survey, 15.3% of Oklahoma adolescents are overweight and 17.3% are considered obese (Oklahoma State Department of Health).
- The percentage of adolescents in Oklahoma that are physically active seven days a week is a mere 32.2% (Oklahoma State Department of Health).

Causes

- Inactivity, diet, screen time, living in food deserts (NewsOK.com)
- Community Environment: It can be difficult for kids to make healthy choices and get enough exercise when they are in environments that do not actively support healthy lifestyles
- Accessibility: Healthy food is often more expensive, so many choose cheaper options which resorts in junk food consumption

Results

- Obesity can have serious effects on the body both mentally and physically. Adolescents with obesity have a higher risk of depression, anxiety, low self esteem, breathing problems, high blood pressure, and heart burn

Partnership Opportunities

- Local farms (Pick your own; farm-to-table)
- Broken Arrow Neighbors (WIC program)
- Broken Arrow Schools Nutrition Coordinator
- Rose District Farmers Market
- Broken Arrow Public Schools
- Tulsa Tech & TCC: Nutrition Sciences
- Local businesses and churches
- Senior Center
- Gardening club
- Hospitals/Medical community



Resources

Funding and Staffing

- Current Staff: Three Permanent employees
- Propose to hire two additional seasonal employees next summer
- Volunteer Ideas: High school students (16+ yrs old); National Honors Society
- Transportation Ideas: Buses could be hired by BA schools
- Future Funding Needs: Healthy snacks, field trips, and guest speakers

Timeline/Plan

This Summer

- 4 one week camps (1:00 pm-5:00 pm)
- Age Groups: 6-8yrs and 9-11yrs
- Total of 30 students
- 3-4 high school student volunteers per group
- Collect data for grant application

The main goal is to create an environment for kids to learn about healthy living in a fun and interactive way.

The Future

- Remodel Kitchen
- Full day camp
- Feed children on site
- Total of 60+ students per week possible
- 3 staff members per group instead of 1 staff
- Public Awareness: Film camp 2018 to use as a promotional video for years of camps to come
- Greenhouse: Partner with Broken Arrow Neighbors



Planning For The Future

- With The United States Conference of Mayors Childhood Obesity Prevention grant, our program would have the means to grow exponentially
- With the growth of the program we can extend it to other community centers in Broken Arrow
- Eventually introduce fresh, farm-to-table nutrition into the camp
- Increase nutrition education
- Possibly work field trips into the program
- Bring in more partners

The goal is to reach more of Broken Arrow's growing population every year.

Recommendation

We are asking council to allow staff members to collect data from this summer's camp to accurately measure what funding is needed per student in order to expand the program in the future and to collect the data needed to apply for The United States Conference of Mayors Childhood Obesity Prevention Grant in order to aid and develop the program further in the following summers. We also request that after the data has been collected it is immediately used to apply for the grant.