

A decorative graphic featuring various colored circles (teal, blue, green, yellow, orange, pink) and dashed lines of different colors (teal, green, yellow) arranged in a circular pattern around the central text.

Family Gym: Roslindale

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What is Family Gym?

- ◎ Boston Center for Youth and Families (BCYF)
Menino Community Center
 - ◎ Family-centered organization
 - ◎ Safe place for anyone in the community
- ◎ Obesity prevention in at-risk communities through education of health topics and modeling of active behavior





November 16th, 2019





The Childhood Obesity Epidemic

“One of the most serious public health challenges of the 21st century” - WHO

- ⦿ Differentially affects different socioeconomic statuses and races
- ⦿ 18.5% children and adolescents are obese
- ⦿ Increases risk of other diseases and adult obesity
- ⦿ Can affect child’s physical, social, emotional, and mental health and academic performance
- ⦿ A largely preventable problem

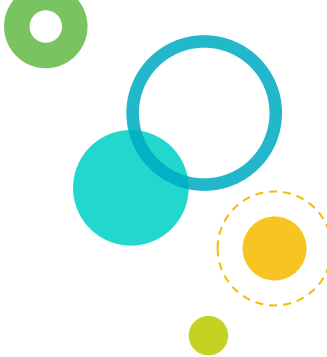


Discipline perspectives

Matthew

- ◎ Biochemistry major
- ◎ Math minor
- ◎ Pre-med
- ◎ Co-ops at Pfizer, Shriners Hospital, and BIDMC
- ◎ Factors that contribute to obesity (zip code and genetic code)

Haley

- ◎ Biology major
 - ◎ Spanish minor
 - ◎ Pre-PA
 - ◎ BIDMC oncology unit co-op
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Discipline perspectives

Kayla:

- ⦿ Chemistry major
- ⦿ Math and Spanish minors
- ⦿ Microbiome company co-op
- ⦿ Pre-med

Aileen

- ⦿ Biology major
- ⦿ Spanish and Healthcare System Operations minors
- ⦿ Pre-med
- ⦿ Finding the root cause of a problem

A decorative graphic featuring a large, light blue dashed circle that frames the central text. Various solid-colored circles in shades of teal, green, yellow, orange, and pink are scattered around the page. Some circles are solid, while others are dashed outlines. The overall style is modern and vibrant.

Community Analysis & Action

Family Gym Mission Statement

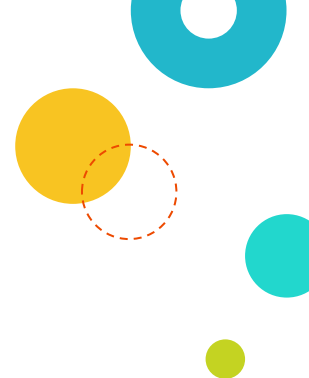
- To prevent obesity among children ages 3-8 living in vulnerable Boston neighborhoods by engaging families in the places children learn and live/play
- To promote healthy living habits for the whole family
 - Engaging the community in activity and nutritional health





Root Causes of the Childhood Obesity

Where we live, learn, work, and play greatly impacts our health and wellbeing

- ◎ Related to cost, quality, and access
 - ◎ Areas of lower SES
 - ◎ Restricted access to healthy/affordable foods
 - ◎ Limited/unsafe recreational spaces
- 

Roslindale Community Needs

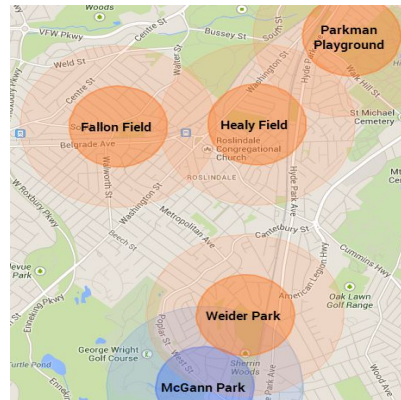
Health of Boston reports:

- ⦿ Roslindale scores low in safety, exercise, and obesity

Community problems:

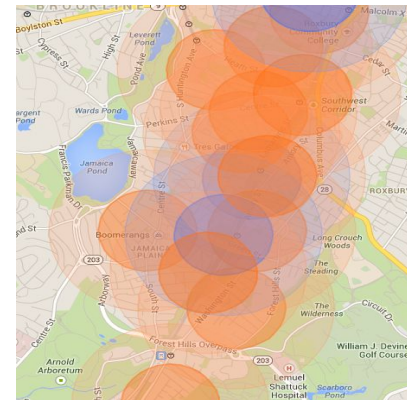
- ⦿ Lack of playgrounds and play spaces compared to other Boston neighborhoods

Roslindale

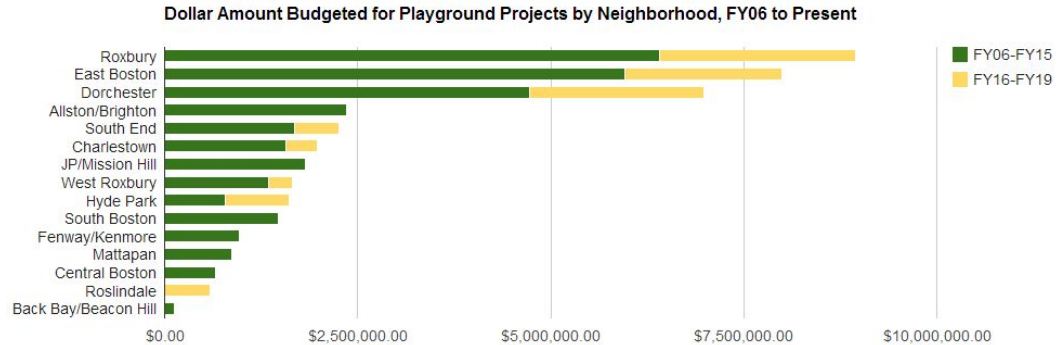
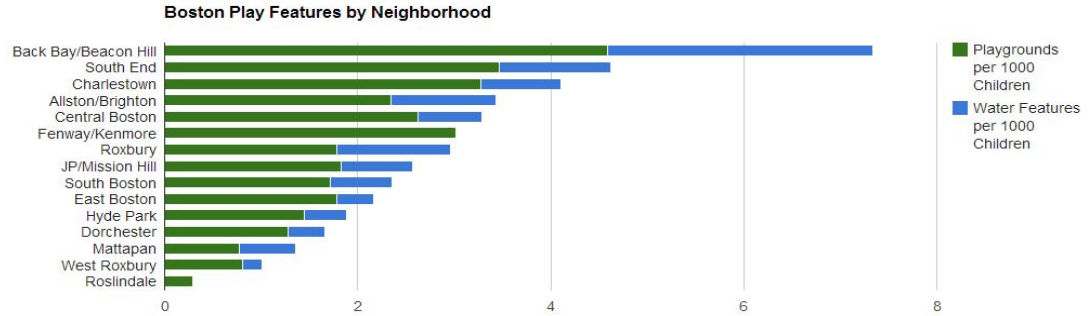


vs.

Jamaica Plain



Roslindale has just two playgrounds to serve over 6,000 children aged 14 and under.



Health-Related Behaviors

Figure 3.12 Walk Score by Zip Code, 2017

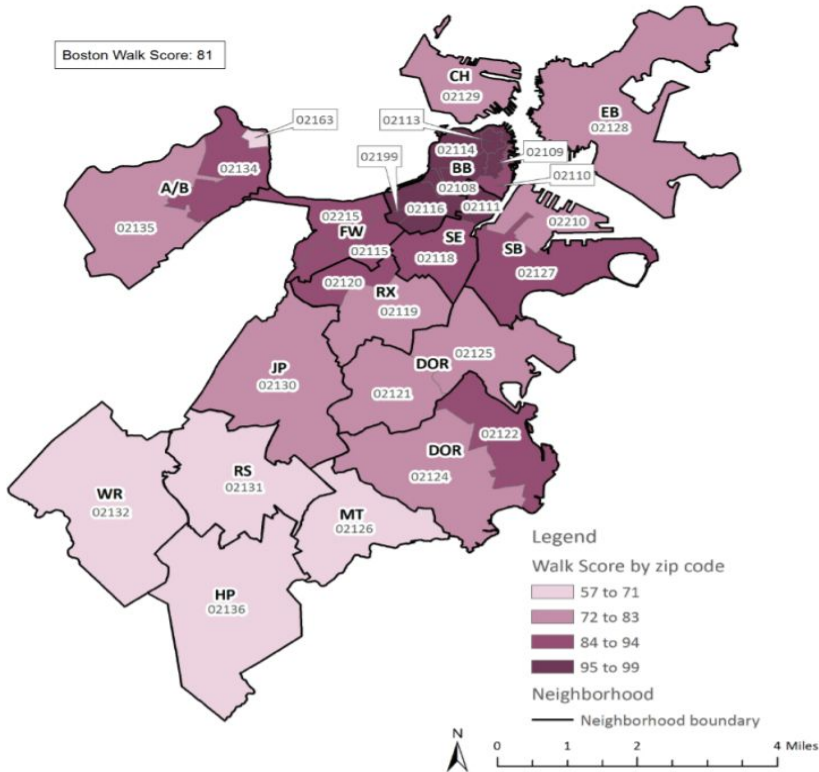
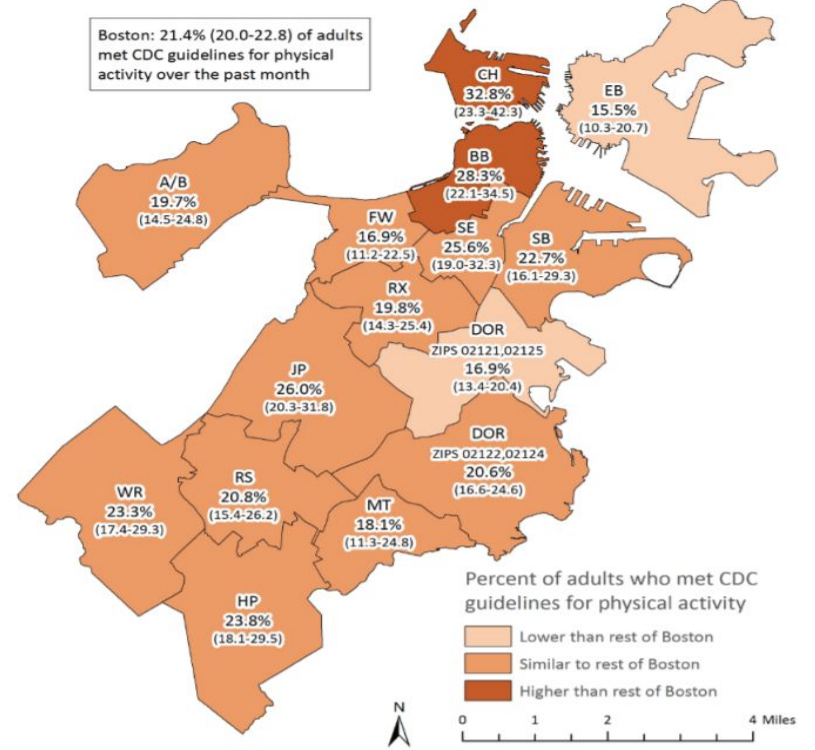


Figure 7.21 Adults Who Met CDC Guidelines for Physical Activity by Neighborhood, 2013 and 2015 Combined



Chronic Diseases- Diabetes and Obesity

Figure 8.26 Diabetes Among Adults by Neighborhood, 2010, 2013, and 2015 Combined

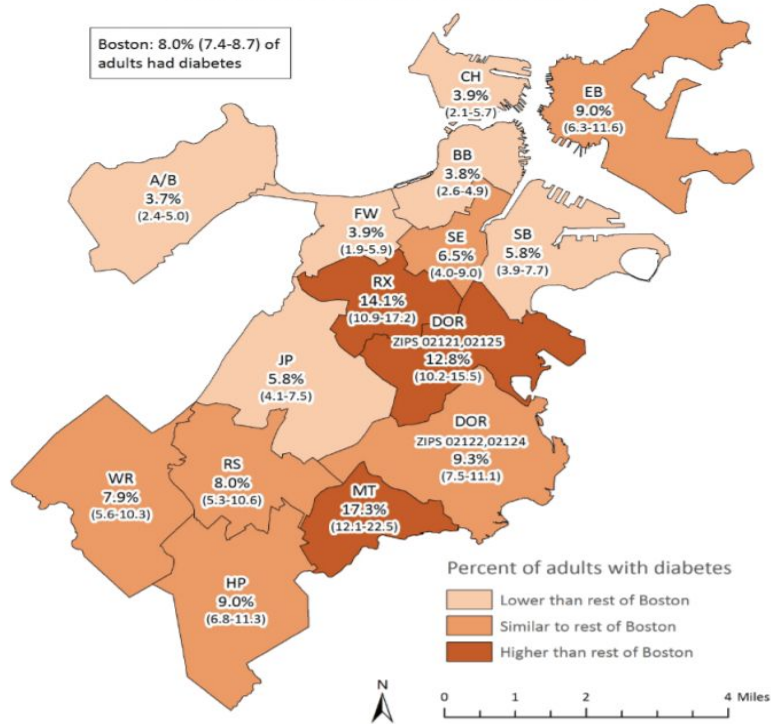
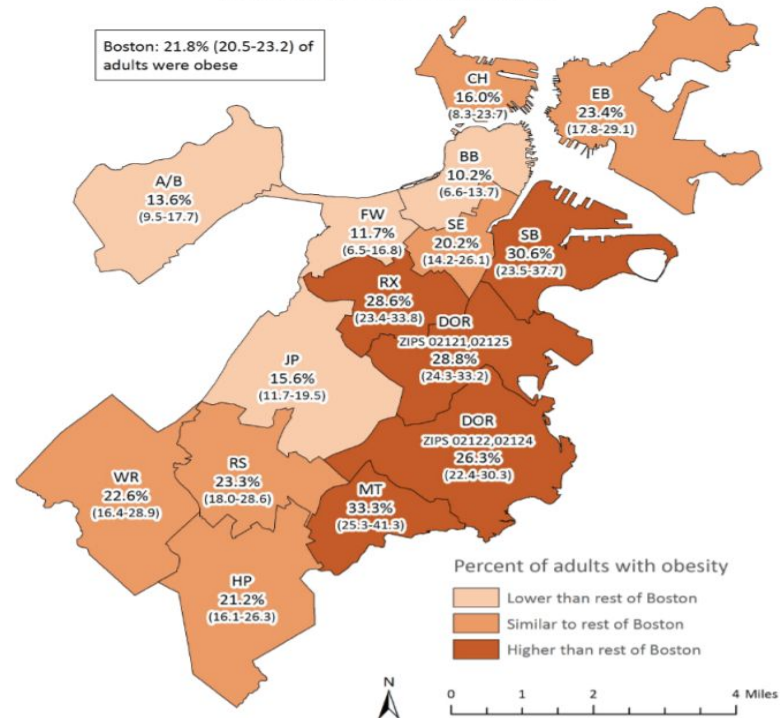


Figure 8.53 Obesity Among Adults by Neighborhood, 2013 and 2015 Combined



Safety Indicators

Figure 12.11 Injury-Related Emergency Department (ED) Visits† by Neighborhood, 2015

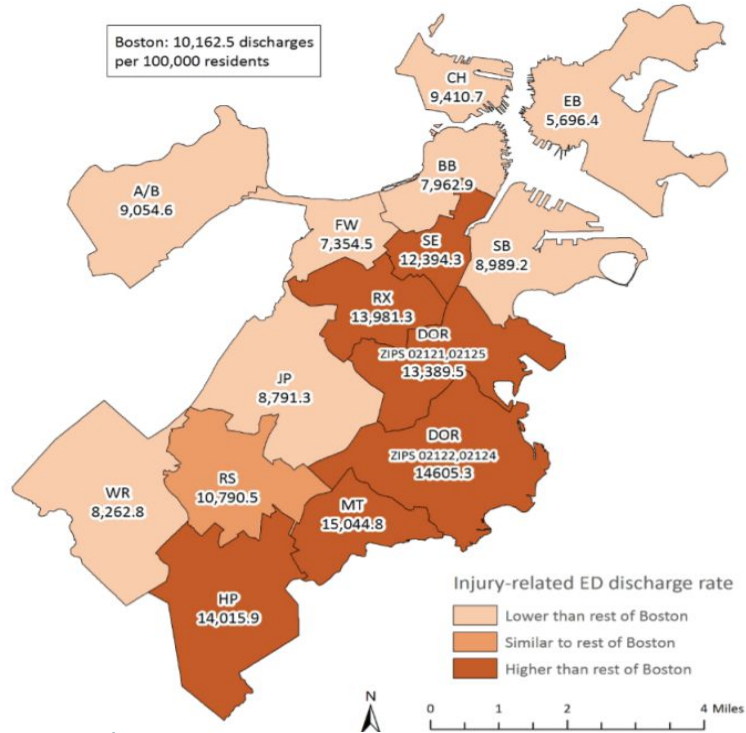
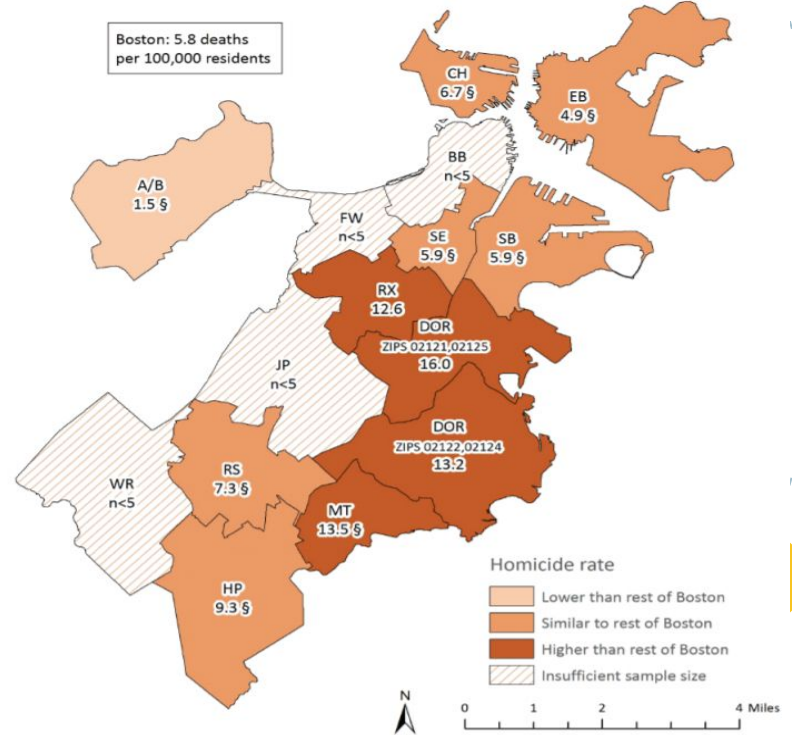


Figure 12.58 Homicide† by Neighborhood, 2011-2015



Student Activity Leader Responsibilities

How we help:

- ◎ Setup and breakdown gym space
- ◎ Assist with registration
- ◎ Supervise games and activity stations
- ◎ Lead group structured activities
- ◎ Support nutrition education sessions



More play → more activity → healthier lifestyles

Community Based Assets

Assets

- ◎ Access to a gym facility
 - ◎ Equipment and toys
- ◎ Committed volunteers/staff
- ◎ Support from major institutions
 - ◎ Northeastern University
 - ◎ Boston Children's Hospital



Community Based Constraints



Constraints

- ⊙ Outreach
 - ⊙ Advertising to targeted populations
 - ⊙ Need more city-level outreach efforts
- ⊙ Community buy in/retention
- ⊙ Partner institutions
- ⊙ Staffing model

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Impact & Plan for Sustaining

Proposed Health Action Plan

- ◎ Increase awareness and attendance
 - Why are families not coming?
- ◎ Find out how other locations have worked to increase attendance in the past



How to Increase Attendance

Past efforts include:

- ① Connecting with schools and housing developments
- ① Reaching out to health centers, libraries, neighborhood developments
- ① Posting flyers at surrounding areas
- ① Efforts from Northeastern to connect with partner organizations
- ① Mass advertising
- ① Word of mouth from families



Flexible Lesson Plans

- ◎ Create flexible lesson plans that are adaptable to different ages and capabilities
 - ◎ Children on the autism spectrum
- ◎ Make activities more inclusive
 - ◎ Prepare alternate games/plans with varying difficulty levels for everyone to enjoy
- ◎ Adapt nutrition plans to better fit needs of the actual population
 - ◎ Make lessons engaging and easy to understand for young children



Measuring Impact

Recording attendance every week to measure:


- Growth:
 - Low attendance for the majority of the semester
 - Last week: 3 families, 5 children attended
- Retention:
 - 2 families came back multiple weeks
 - 1 family had previously gone to a different Family Gym site
 - Families largely changed from week to week

Date	5-Oct	12-Oct	19-Oct	26-Oct	2-Nov	9-Nov	16-Nov	23-Nov	30-Nov
Number of children	1	2	0	2	1	1	2	5	TBD



Measuring Impact- Interviews



- ◎ Family Gym program coordinator
 - Not as much growth with the program as in the past but hopeful for the future
 - ◎ Roslindale Community Center employee
 - Believes the program is effective and hopeful that attendance will increase in the future
 - ◎ Family Gym attending parent
 - Sees the program as a space where she can bring her kids during the colder winter months
 - Not necessarily for the health and wellness programs
- 



Plan for Sustaining

- ◎ Develop a program evaluation survey for parents
- ◎ Ask questions such as:
 - ◎ Is this program meeting your needs?
 - ◎ What do you like about the program?
 - ◎ What do you think we could do better so that the program can be more effective?
 - ◎ Are there any health topics that you want to learn more about or feel that your child could benefit from?
 - ◎ What type of games or activities does your child like and what are their strengths and weaknesses?

Conclusion

- Problem: childhood obesity
- Roslindale: low socioeconomic neighborhood → at a high risk for childhood obesity
- Family Gym: encourages active play and teaches nutrition to promote healthy lifestyles for families
- Need to increase the availability of safe and adequate play spaces and increase access to affordable food to combat childhood obesity
 - Can work towards increasing attendance at the Family Gym Roslindale site





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