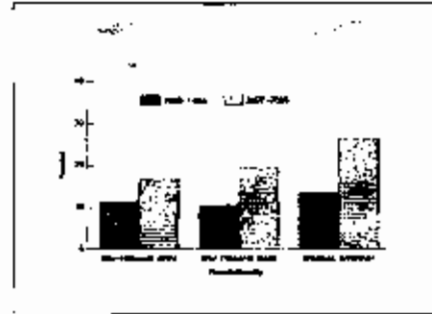
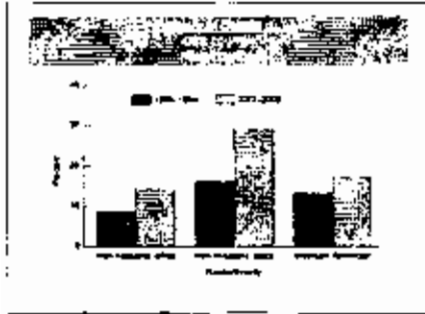
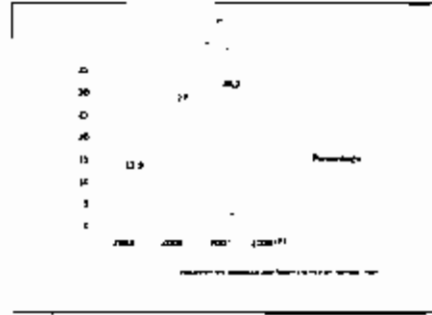
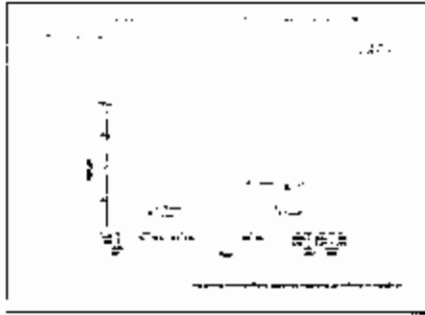
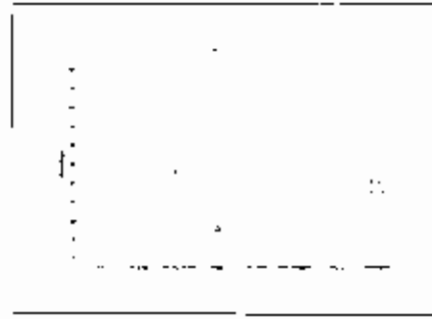


HED 303 – Data Project

Scoring Rubric

Criteria/Score	4= Exceeds the Standard	3= Meets the Standard	2= Nearly Achieves the Standard	1= Does not Meet the Standard	0= Non-Responsive
<b>Data collection</b> (AAHE Standard #1, Elements A, B)	Collects all data asked for and goes beyond to collect additional relevant data 4	Collects all data asked for in the task directions	Omits data or inaccuracies in data collected	Omission of most of data	Omission of data collection
<b>Presentation</b> (AAHE Standard #7, Element C)	Creates a presentation with multiple visual aids and handouts 4	Creates a presentation with visual aids and handout	Omission of one element of the presentation	Omission of two elements of the presentation	Omission of most elements
<b>Interpretation of data</b> (AAHE Standard #1, Element C, AAHE Standard #7, Element B)	Presentation includes additional health recommendations or identifies additional health needs 4	Organizes the data to present key findings based on the health issue.	Omits or inaccuracies in making key points based on the data	Major omission or off-task in making key points based on the data or off-task	Omission of key findings section
<b>Paper</b> (AAHE Standard #1, Element A)	Completed executive summary and provides additional feedback on process and data needs	Completed executive summary including challenges of data collection (data needs feedback)	Omits 1-2 parts of executive summary. 2	Omits entire feedback section And /or executive summary is very weak.	Omission of executive summary.

- Excellent presentation!
  - Power Point presentation was very effective including slides addressing racial/ethnic disparities, consequences of obesity and physical activity
  - Executive summary was missing your discussion regarding collection + interpretation of data.
- $14 \times 5 = 70$   
 Presentation 100
- (90/100)



**Consequences of obesity in children.**

- Psychosocial (stigmatization, low self-esteem, depression, suicidal, etc.)
- Cardiovascular disease (high cholesterol, high blood pressure, abnormal glucose tolerance) 70% have at least one risk factor
- Asthma
- Sleep apnea
- Type 2 diabetes (23% high cases)
- Hepatic steatosis (fatty degeneration of liver)

**Economics!!!**

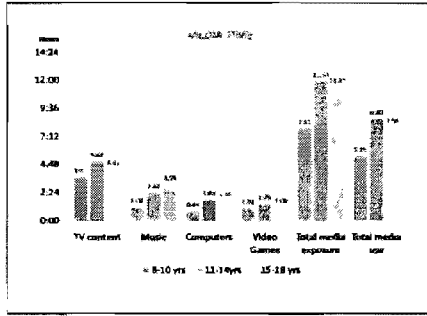
**FAST-FOOD**

**Within 10 miles of 75%**

- 33 Locations
- 10 Locations
- 10 Locations
- 10 Locations

**Multimedia**

- Cell phones, i-pods, computers, video games and TV's are prevalent in a high percentage of households.
- Children spend almost half a day multitasking with all forms of media.
- How can we help children embrace the outdoors once more??



### Physical Activity

30% of high school students, 78% of middle school students, and 25% of upper elementary school students watch a phone or use a television on a school day.

### Health and Physical Education

- In the state of Rhode Island:
  - Students should receive an average of 100 minutes per week of health and physical education.

### School Nutrition

- Student participation in School Lunch Program in Rhode Island is 84,101, of which 48,074 (57.2%) received free or reduced-priced meals.
- Student participation in School Breakfast Program in Rhode Island is 25,974, of which 20,949 (80.6%) received free or reduced-priced meals.

### School Related Topics

State of Rhode Island Department of Education  
 2010-2011 School Year  
 School Nutrition Program  
 School Lunch Program  
 School Breakfast Program





## Childhood Obesity



Before we start our presentation, we would like you to imagine that you are an obese middle school student. Imagine getting up in the morning to take care of your diabetes issues, going to school with no breakfast, and dealing with bullies on the school bus before you even reach your destination. Now add some low self-esteem as you prepare to enter your physical education class with the bullies ready to make fun of you as you do your best to complete all the activities.

Today we are giving you the opportunity of a lifetime to lose weight. For every question you answer correctly you will lose 10lbs. Here is an opportunity to easily lose 100lbs just by following our presentation. Good luck!!!

1. What is the latest childhood obesity rate in Rhode Island?
2. What percentage of children with obesity has at least one cardiovascular disease risk factor?
3. How many cases of type 2 diabetes are there in children in the U.S.?
4. What is the most current cost of treatment for obesity associated hospital costs?
5. Name two reasons for the popularity of fast food?
6. How many hours a day are 11-14yr olds multitasking with multimedia devices?
7. True or False: More than 50% of high school students have sufficient levels of physical activity.
8. How many minutes of physical education and health education are R.I. students supposed to receive?
9. What percent of students receive free or reduced lunch?
10. What will the safe routes to school program enable students to do?

Give one suggestion as to how you would combat the fight with childhood obesity:

Congratulations on your success! It would be wonderful if overcoming childhood obesity was that simple. Although the task may sound daunting, we must now come together as a community and create new ways to reduce the ever rising numbers that could eventually destroy health care because of the gargantuan costs. This is our time to save the lives of our future generations. Please support our cause.

## Childhood Obesity

In the past decade, there has been a tremendous increase in childhood obesity within the United States. Since 2003 when the childhood obesity rate was 11.9% in RI, ~~then~~ the percentage of obese children four years later was an astounding 30.1%. ([www.ncsl.org](http://www.ncsl.org)) This was almost a twenty percent increase in obese children in Rhode Island within four years! Rhode Island has the highest percentage of obese children among the states in the New England region. ([www.ncsl.org](http://www.ncsl.org))

Many people believe that the cause of the recent spike in obesity is from technology and lack of physical activity. Around 27% of children watch three or more hours ~~watching~~ <sup>of</sup> the television per day in Rhode Island. (RIDH 2007) This is not even including the time that they play video games or surf the internet on their computers. In the schools, children are only getting one hundred ~~hours~~ <sup>minutes</sup> of physical education and health education combined per week. If the children are sitting around in school for most of the week, then how are they supposed to lose weight?

It was found that physical inactivity contributes to 300,000 preventable deaths a year in the United States. (CDC) These preventable deaths include type 2 Diabetes, heart disease, and Hepatic Steatosis. It was found that recommendations for total dietary fat intake are met by only 10 percent of youth with diabetes and recommendations for saturated fat intake by only 7 percent. (RIDH 2007) Less than twenty percent of youths eat fruits and vegetables five or more times per day which is the recommended amount. (RIDH 2007) The inability of the parents of schools to provide the children with healthy foods is causing the steep incline of obese children in the United States. ✓

*Nice  
Additional Info.*

We have found that within ten miles of the Rhode Island College campus, there are twenty three McDonalds, ten Kentucky Fried Chickens, ten Burger Kings, eight Taco Bells and ten Wendy's. As you may be able to tell, getting fast food is very convenient and cheap for Americans. Many families that are below the poverty line are choosing the cheap and easy option of fast food to feed their families. Since that food is high in fat and calories, it is causing those families to gain weight and maybe become obese.

From 1979-1999, the cost of obesity-associated hospital costs had tripled in the United States. The cost of treatment of children from the ages of six and seventeen years alone was around 35 million dollars in 1979.(CDC) Right before the turn of the millennium, the cost of treatment for children from those ages went from 35 million dollars to 127 million dollars in 1999.(CDC) The costs are still going up in the United States.

There are a few things that we have to think about when we are looking at children who are obese. First, we have to think about their mental state. It has been found that obese children are discriminated upon by their peers, have a lower self esteem, and are have a higher risk of depression and suicide. Most children that are obese also acquire cardiovascular problems such as; high blood pressure, high cholesterol, and an abnormal glucose tolerance. Obese children may also have problems with asthma, sleep apnea, type II Diabetes, and Hepatic Steatosis. We cannot just look at the children and see that they are obese, we should all think about what they are going through and what could happen to them if they do not control their diets. ✓



## References

<http://www.health.ri.gov>

<http://www.rikidscount.org/matriarch/default.asp>

<http://www.statehealthfacts.org>

<http://www.cdc.gov>