
Our Youth:

Health for Today, Wellness for
Tomorrow

Gene Mattingly

Barbara Williams

Focus

- The youth of today are less healthy than in past generations.

Areas of Impact

- Nutrition
 - Fitness
 - Children Ergonomics
 - Drug Awareness
-

Supporting Data

- Obesity is the second most preventable death in America
 - About 15% of youth are obese
 - Estimated \$100 billion per year spent on obesity issues
 - Obese children between the ages of 10 and 13 have 80% chance of being obese adults
-

Additional Supporting Data - Ergonomics

Incorrectly packing a backpack can lead to musculoskeletal health related issues.

- Weakened shoulder/back
 - Pinched nerves
 - Chronic pain
-

Reported Drug Use by High School Seniors in 2006

Drug	% of use within last 12 months	% of use within last 30 days
Alcohol	66.5	45.3
Marijuana	31.5	18.3
Other Opiates	9.0	3.8
Stimulants	8.1	3.7
Sedatives	6.6	3.0
Tranquilizers	6.6	2.7
Cocaine	5.7	2.5
Hallucinogens	4.9	1.5
Inhalants	4.5	1.5
Steroids	1.8	1.1
Heroin	0.8	0.4

Strengths

- Resources
 - USI Graduate Students
 - Experience
 - Communication
-

Opportunities

- Influence changes in wellness behaviors
 - Combat increasing rate of obesity and overall declining health of nation's youth
 - Increase awareness/knowledge on health lifestyles
-

Weaknesses

- Duplication of Services
 - Financial Resources
 - Time
-

Threats

- Cooperation of schools and parents
Acknowledgement of the need to address these issues
-

Stakeholder Analysis

+/- University of Southern Indiana

Faculty, Graduate Students, Administration

+/- Elementary Schools

School Board, Principals, Teachers, Students

+/- Parents of participants

+/- Health Care Facilities

SMART Statement

Develop and implement a health and wellness program for elementary school children by utilizing students at the University of Southern Indiana starting the pilot group by January 2009.

Milestones / Objectives

- Potential pilot schools identified by August 15, 2008
 - Pilot schools contacted by September 15, 2008
 - Approval for project proposal gained by October 31, 2008
 - Program implemented by February 2009.
-

Critical Thinking Process

- Purpose of Thinking
 - Question at Issue
 - Assumptions
 - Information
 - Interpretation & Inference
 - Concepts
 - Implications & Consequences
 - Points of View
-

References

- American Occupational Therapy Association. *Backpack awareness. One of the many ways that occupational therapists service students*. Retrieved May 14, 2008 from <http://www.aota.org/News/Consumer/40569.aspx>
- Anderson-Butcher, D., Stetler, E.G., & Midle, T. (2006). A case for expanded school-community partnerships in support of positive youth development. *Children & Schools, 28*, 155-163. .
- Blake, C. & Hamrin, V. (2007). Current approaches to the assessment and management of anger and aggression in youth: A review. *Journal of Child and Adolescent Psychiatric Nursing, 20*, 209-221.
- Bureau of Justice Statistics on Drug Use. (2006). *Drug use in high school seniors 2006*. Retrieved May 28, 2008 from <http://ojp.usdoj.gov/bjs/dcf/du.htm#use>
- Butryn, M. & Wadden, T. (2005). Treatment of overweight in children and adolescents: Does dieting increase the risk of eating disorders? *International Journal of Eating Disorders, 37*, 285-293.
- Eaton, K., Kann, L., Kinchen, S., Ross, J., Hawkins, J., Harris, W., Lowry, R., McManus, T., Chyen, D., Shanklin, S., Lim, C., Grunbaum, J., & Wechsler, H. (2005). Youth risk behavior surveillance – United States, 2005. *Center for Disease Control Surveillance Summaries, 55*, 1-108.
- Epstein, L., Paluch, R., Roemmich, J., & Beecher, M. (2007). Family-based obesity treatment, then and now: Twenty-five years of pediatric obesity treatment. *Health Psychology, 26*, 381-391.
- Fulton, J., Gard, M., Galuska, D., Rattay, K., & Caspersen, C. (2004). Public Health and clinical recommendations for physical activity and physical fitness. Special focus on overweight youth. *Sports Medicine, 34*, 581-599.
- Henry, L. (2005). Childhood obesity: What can be done to help today's youth? *Pediatric Nursing, 31*, 13-25.
- Rowland, R. (2007). Promoting physical activity for children's health. Rationale and strategies. *Sports Medicine, 37*, 929-936.
- Scott, A. (2005). Wellness works: Community service health promotion groups led by occupational therapy students. *American Journal of Occupational Therapy, 53*, 566-574.
-

THANKS TO:

- Charmaine McDowell
 - Bobbie Brown
 - Dr. Linda Bennett & Dr. Ed Jones
 - The University of Southern Indiana
 - Connect with Southern Indiana Board of Directors and Presenters
 - ALL OF THE PARTICIPANTS! IT'S BEEN GREAT!
-