

# Presenter Disclosure

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- **Presenters:** [Coraine Wray]
- **Relationships with commercial interests:**
  - **Grants/Research Support:** Boeringer Ingelheim funding of \$1000 for 1.5 RD hours for 16 weeks
  - **Other:** Healthy Communities Super Kids CK Grant Funding: \$1000

# Disclosure of Commercial Support

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- **This program has received financial support from [Boehringer Ingelheim] in the form of [\$1000 for RD hours for 16 weeks] and [Healthy Communities Super Kids CK] in the form of [\$1000 for equipment/utensils used in Cooking Club program.**
- **This program has received in-kind support from [Chatham Kent Community Health Centre and Maple City Mile Club] in the form of [running group support personnel– e.g. Certified Youth Worker and Maple City Mile Club Coordinator for 5 km run and weekly practice runs].**
- **Potential for conflict(s) of interest:**

None

# Mitigating Potential Bias

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- Funding from Boehringer Ingelheim was gifted to Thamesview Family Health Team's Cooking Club and Fitness Program to be used for the purchase of equipment decided by the Principal and Vice Principal of Victor Lauriston Public School.
- Funding from Healthy Communities Super Kids CK: The FHT completed a Super Kids CK "Increase Consumption of Vegetable and Fruit" campaign application and was awarded \$1000 for the cooking club program to purchase equipment and other supplies under the food skills funding category.
- Expected to provide Healthy Communities Super Kids CK funding program coordinator with our program objectives, ongoing performance measures, program outcomes and milestones achieved.

# Lion's Food Club (Financial Disclosure)

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## Funding

Boehringer Ingelheim Funding of \$1000 for 1.5 hour RD services for 16 weeks: Gifted to FHT's-Lion's Food and Fitness Club Program

Healthy Communities Super Kids Grant Funding (\$1000): Increase consumption of vegetables and fruit theme campaign

Used to purchase equipment: blenders, bowls, knives, peelers, cutting boards, measuring utensils, mixers, running shoes.

# Genesis of Food and Fitness Program

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- High needs school
- Children unlikely to attend after school programming because of the responsibilities of taking care of younger siblings. Or parents do not see the benefits of sending their children to after school programming. Parents often didn't enjoy school themselves.
- Many children are from lower income families.

# Genesis of Food and Fitness Program

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- Little opportunity to develop food skills as parents or guardians are not providing this life skill.
- Lunches are low in vegetables and fruit
- More processed foods in order to comply to nut free lunches; lack of food skills; lack of food accessibility (food desert) and/or food insecurity
- No nuts or peanuts at most schools due to food allergies.
- Low income area – many families do not have funds or access to fitness programs/sports
- Opportunity to increase physical literacy in students and their families

# Childhood Obesity

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- 12% of children in Canada are considered obese
- Developing a positive relationship around food is a learned behaviour (mindful eating)
- Incorporating regular physical fitness daily is also a learned behaviour
- Cooking and fitness programs are one way to address above

# Childhood Activity Levels

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- Health Canada recommends 90 minutes of physical activity daily.
- Only 12% of children are getting the recommended daily amount of activity.
- Large discrepancies between physical education time mandated by government and the actual programs implemented in schools.
- Rare for families to undertake activities together, fewer than 1/3 of children walk or bike to school, and only 27% of parents know what Canada's physical activity guidelines are

# Lion's Cooking Club

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- Target Audience: Grades 5 and 6
- Two groups: 6 children each session (randomly picked)
- Sessions: 40 minutes
- Length: 8 weeks
- A new recipe each week (alternate between sweet and savory)
- All recipes incorporated either a fruit, vegetable or both
- Food was purchased through funding from CKSNP

# Lions Fitness Club

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- 16 students randomly selected for the program (8 in am, 8 in pm group)
- 8 week session
- Learn to run program – finished with 5 k fun run
- Discussion about fitness, health and lifestyle choices
- Met once weekly for 40 minutes, students also had at home packet with additional activity options
- Collaboration with Thamesview FHT, CKCHC
- RN/CPT, CYW/CPT and assistance from two teachers/principal as needed

# Objectives of Cooking Club

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1. Increase individual student's food competency skills
2. Ability to read and execute simple food recipes
3. Increase knowledge of the different components found in food
4. Pre and post questionnaire to survey their pre food knowledge/food skills and post food knowledge/food skills development translation.
5. Number of students who repeated recipes from cooking club

# Objectives of Fitness Program

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- Increase physical literacy
- Engage students in fitness in a supportive and fun environment
- Encourage physical activity on a daily basis
- Involve peers and family
- Complete 5 k fun run

# Performance Measures

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1. Students demonstrating their skills in peeling, cutting, slicing, measuring and using stove or oven.
2. Each child demonstrating the ability to read and execute weekly recipe.
3. Keep a tally of the number of children who repeated recipe at home either alone or with parental supervision.

# Performance Measures

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- Understand importance of physical activity
- Learn ways to incorporate fitness in day to day life
- Understand the importance of cardiovascular fitness, strength training and flexibility
- Develop an appreciation of their bodies abilities

# Food Skills Knowledge Survey

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Pre-Post Surveys

10 Questions:

Survey food knowledge and food skills questions:

Safest way to clean fresh fruit and vegetables

Least healthy way to cook vegetables

Which food groups do these foods belong (rice, banana, cheese, yogurt, chicken, bread, carrots, celery)? How often are you involved in preparing/cooking food?

Who does most of planning/preparing of meals in your house?

# Fitness survey

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- 9 questions
- Evaluating current activity level
- Questions regarding types of activity:
  - How many days per week they were active?
  - Extracurricular activity?
  - Reasons why they were not participating in activity.

# Data Collection(Cooking Club)

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- Keeping track of weekly attendance
- Demonstrating food preparation and food execution skills as witnessed by Dietitian
- Pre-survey: 10 people (4 males; 6 females)
- Post-survey: 8 people
- Ages (7 - 10 year olds, 3 - 11 year olds, 1 - 12 year old)

# Data Collection (Fitness Program)

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- Weekly attendance
- Pre and post surveys
- Demonstration of greater physical literacy and confidence in their bodies abilities to complete weekly running program
- Pre survey: 16 students
- Post : 9 students
- Ages: 12/13 (grades 7/8)

# Data Collection

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- 70% correct answer for safest way to clean vegetables and fruit-pre
- 25% correct answer for safest way to clean vegetable and fruit-post 
- 88% correct answer for least healthy way to cook vegetables-pre
- 25% correct answer for least healthy way to cook vegetables-post 
- 100% highest (banana) pre and post for which food group does each belong to lowest 27% almond-pre and 37.5% post

# Data Collection

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- Foods high and low in fibre:
  - Lowest food knowledge: 36% pre (rice)
  - Highest food knowledge: 46% post (whole grain bread)
- Do you think foods are high or low in salt?
  - Lowest 27% pre (broccoli) and highest 88% post (yogurt)
- 54% of children's reported that their mothers do most of the planning and food preparation

# Data Collection

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- Questions on Food Skills:

Cutting: 80% pre (yes) and 88% post (yes) 

Peeling: 90% pre (no) and 75% post (no) 

Measuring ingredients: 20% pre (yes) and 38% post (yes) 

Mixing ingredients: 40% pre (yes) and 37% post (yes)

Can opener: 20% pre (yes) and 38% post (yes) 

# Data Collection

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Using Stove or Oven: 28% pre (yes) and 38% post (yes)



Putting a meal together: 10% pre (yes) and 38% post (yes)



Setting a table: 10% pre (yes) and 38% post (yes)



Putting a meal together: 20% pre (yes) and 38% post (yes)



# Data Collection

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- Survey results : less students participated in post survey than pre survey
- Types of activities showed an increase – skipping, rollerblading, swimming, bicycling
- 8.3% decrease in activity levels during school time (eg nutrition break) 
- 31% increase in activity levels after school among students surveyed 
- 37% increase in activity levels for weekends among students surveyed 

# Successes (Fitness Program)

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- Increase in physical activity
- Positive role modeling
- Opportunity for education and discussion (health, exercise, lifestyle choices)
- Random selection allowed for great variety in students (physical literacy, social variances, different peer groups, sports/fitness backgrounds).
- Fun run at the end of program was a positive experience for students – sense of accomplishment.

# Successes (Cooking Club)

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- Positive role modeling
- Children developed food skills in: cutting, peeling, slicing, measuring ingredients and reading food recipes.
- Opportunity for education and discussion (food groups, healthier food choices, the benefits of different food components)
- Careers that can evolve from food skills development: chef, food stylist, dietitian, food marketing, farming
- Kids enjoyed cooking and baking for others (parents, guardians, teachers, principals)

# Challenges (Fitness and Cooking Club Program)

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- Attrition
- Attendance was sometimes sporadic for both programs
- Running only – may not appeal to all students
- Interest higher for other activities such as monitoring, recess and other fitness/music programs
- Cooking space small and lack of equipment
- Competing with other school initiatives (pizza day, popcorn day, milk program)
- Short time frame (40 minutes)

# Next Steps for Fitness and Cooking Club Programs

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- Generalized fitness program (variety of activities, different week to week)
- Extend length of time to 60 minutes
- Incorporate social work for discussion about body image/self esteem
- Teacher survey to assess benefits of program in classroom behavior.
- Cooking program extended to 90 minutes.
- Time to complete more complicated recipes
- Adding a “Craving Change” for children (emotional/mindless eating) component



Lion's Fitness Club

## Lion's Cooking Club

