Effectiveness of Early Interventions Strategies on Reducing Body Mass Index in Children in Greater Chicago

Sarah Donnelly  
*DePaul University*, sardonnelly7@gmail.com

Jennifer Dykhuizen  
*DePaul University*, jmdykhuizen@gmail.com

Elizabeth Moxley  
*DePaul University*, emoxley@depaul.edu

Desale Habtzghi  
*DePaul University*, desaleh@gmail.com

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Sarah Donnelly, Jennifer Dykhuizen, Elizabeth Moxley & Desale Habtzghi
DePaul University School of Nursing

Methods
- A secondary data analysis using a convenience sample was performed to evaluate a quantitative program intervention aimed at reducing childhood obesity.
- The original data was obtained between 2010-2017 at 21 program sites in a metropolitan area and includes 884 youth between the ages of 8 to 14 years, in Chicago.
- The variables used: age, height, weight and body fat percentage and fat mass.

Results

Figure 1 Distribution of comparison of PAK participant BMI from Week 1 to Week 8

Figure 2 Distribution of comparison of PAK participant body fat from Week 1 to Week 8

Figure 3 Distribution of comparison of PAK participant fat mass from Week 1 to Week 8

Figure 4 Distribution of comparison of PAK participant weight from Week 1 to Week 8

Table 1 PAK Participant Body Composition Analysis

Table 2 Grouped age ranges body composition comparison

Table 3 Weight loss analysis for age range and gender

Discussion & Conclusion

- Early intervention programs such as ProActive Kids provide a targeted approach to intervening to critical age ranges and their development.
- The results indicate that early intervention programs are proven effective tools towards combating childhood obesity through reduction of BMI.
- Nurses can play a pivotal role in these interventions through designing, implementing and evaluating future programs to continue to alleviate this epidemic.
- The findings provide a framework for the future of healthcare interventions for childhood obesity.
- Further research is necessary to completely understand the profound issue of childhood obesity in the greater Chicagoland Region.

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Contact
Sarah Donnelly - sardonnelly7@gmail.com
Jennifer Dykhuizen – jmdykhuizen@gmail.com