Creating Healthy Habits: A Partnership with Louie’s Kids

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Dr. Raymond S. Greenberg Presidential Scholars Program

BACKGROUND

According to the CDC, 17% of children and adolescents are considered obese:
- 8-9% among 2-5 year olds
- 17.5% among 6-11 year olds
- 20.5% among 12-19 year olds

BMI levels among children and teens need to be expressed relative to other children of the same sex and age.

South Carolina has the 2nd highest rate of obesity in children age 10-17 at 21.5%.

Louie’s Kids is an organization that aims to “empower kids to make changes, both physically and mentally, for a healthier and more productive life.” It holds weekly workouts for kids in the Charleston area, as well as counsels families in strategies for making healthier lifestyle choices.

<table>
<thead>
<tr>
<th>Weight Status Category</th>
<th>Percentile Range</th>
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</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>Less than the 5th percentile</td>
</tr>
<tr>
<td>Healthy Weight</td>
<td>5th percentile to less than the 85th percentile</td>
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<tr>
<td>Overweight</td>
<td>85th to less than the 95th percentile</td>
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<tr>
<td>Obese</td>
<td>95th percentile or greater</td>
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METHODS

The MUSC Presidential Scholars Program group (Obesity) established a relationship with leaders from Louie’s Kids.

Louie’s Kids leadership selected three families who were active participants in Louie’s Kids exercise programs. The participants consisted of six adults and four kids that were split into three individual groups.

A 15 question pre-survey centered around each family’s at home eating habits was administered. A post-event survey was sent via email to the participant’s approximately two weeks after the event.

OUR DINNER PROGRAM

Local partnerships made this event possible, including collaboration with Harris Teeter Supermarkets, Publix Supermarkets, Duvall Catering, and the MUSC Office of Health Promotion & Urban Farm. Partners provide cooking and dining space, funds to purchase food products, on-site chef expertise and local fresh produce.

The dinner program event occurred on a Tuesday evening in February 2017. The evening outline included:

- Pre-survey completed by participants
- Meal preparation, chef instruction
- Introduction & Explanation of Goals
- Interactive Meal-Preparation Stations
  - Turkey Burgers
  - Mixed Vegetables
  - Sweet Potato Fries
- Healthy Behaviors Panel Discussion

RESULTS

On average, participants reported that they spend about $30 on a routine meal and $120 per week on groceries.

Some reported obstacles to healthy eating include knowledge of healthy options and time constraints.

One family indicated the event was “educational, interactive, and fun...I especially enjoyed the conversation at the end with the children. It was engaging and honest.”

A majority of the families reported that the event changed their perception of the difficulty of preparing a healthy meal.

Following the event, the average number of times the families reported cooking dinner at home stayed the same or increased.

DISCUSSION

The program was well received by all participants. To improve the program in the future, we propose:

- Increasing the number of dinner sessions to reach more families
- Incorporating the dinner into Louie’s Kids Curriculum and Racing Schedule
- Share our video with Louie’s Kids website for sharing
- Incorporate a grocery shopping experience
- Incorporate calorie counting

ACKNOWLEDGEMENTS


