

East Harlem Kids In Action News

A newsletter from the Mount Sinai School of Medicine for the East Harlem Community

Welcome to a special edition of the Kids In Action Newsletter!

Dear Growing Up Healthy Participants,

When you began the study, you answered questions about your child's physical activity!

In this newsletter, we'll tell you:

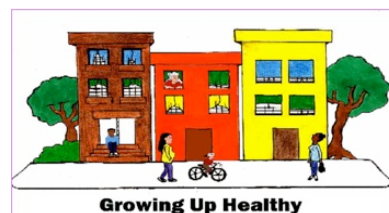
- 1) The **RESULTS!** We calculated the average levels of physical activity for all Growing Up Healthy Girls when they were 6-8 years old.
- 2) How these results **COMPARE** to the American Academy of Pediatrics recommendations and national averages.
- 3) **IDEAS** on how your child can stay active now!

Thank you for your participation!

We look forward to working with you in the future!

Sincerely,

The Growing Up Healthy Team



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The Results: Every step counts!

We asked: How many hours of physical activity are Growing Up Healthy Girls doing each week?



You said:

- Each week girls do **6.2 HOURS** of unscheduled afterschool physical activity (jumping rope, riding a bike)!
- Girls spent **4.7 HOURS** of non-scheduled physical activity **OUTDOORS!**



We asked: How do Growing Up Healthy Girls travel to and from school?

You said:

- 85% of girls **WALK TO SCHOOL** at least 3 days each week!! This is **BETTER** than the national average of less than 16%!

Girls should:

- Do **1 HOUR** of physical activity **EVERY DAY!**
- Increased time spent **OUTDOORS HELPS** children to increase overall physical activity



Ideas:

- **WALK** to and from school!
- **CHALLENGE YOURSELF:** Choose physical activities that make your **HEARTBEAT FASTER!**

The Results:

We need to get **OUT** and join **IN!**

We asked:

What percent of girls play sports or take classes (like dance classes) after school each year?

You said:

- **ONLY 34%** of girls participated in regularly **SCHEDULED SPORTS** or classes. This is **LESS** than the national average for 8th grade girls of 54%

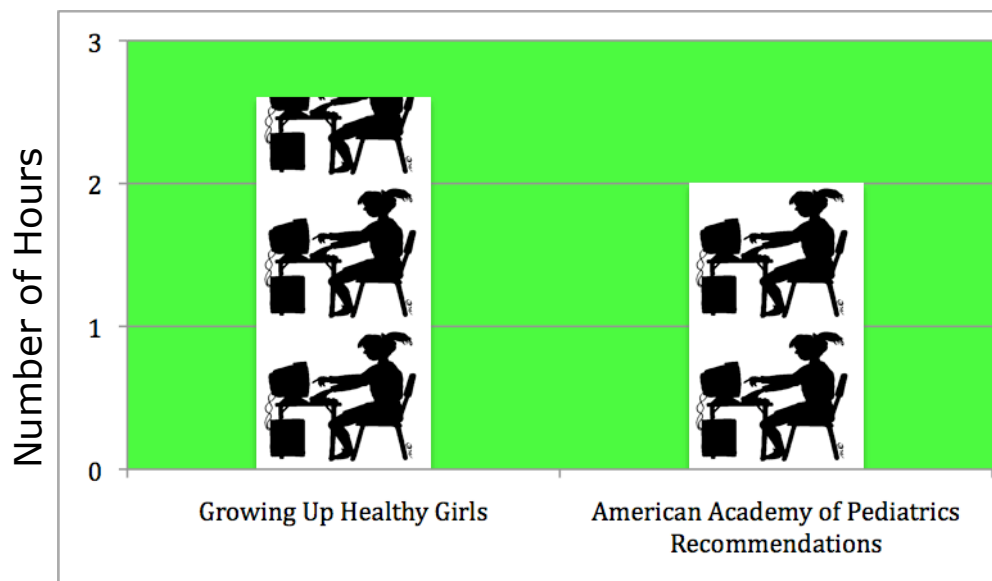
We asked:

How much "screen time" (TV, video games, computer) do girls have each day?

You said:

- Girls have spend an average of **2 HOURS and 36 MINUTES** in front of a TV, computer or video game each day!!

Average "Screen Time" (TV, video games, computer) Each Day



Girls should:

- Girls should have **LESS THAN 2 HOURS** of "**SCREEN TIME**" (TV, video games, and computer) each day!

Ideas:

- **JOIN** your favorite sport team!
- Take a **FUN CLASS!**
- **KEEP TRACK** of TV, computer, and video game time.
- Ask a friend to be your **ACTIVITY BUDDY** (someone to throw a ball, jump rope, play hopscotch, do something fun with!)

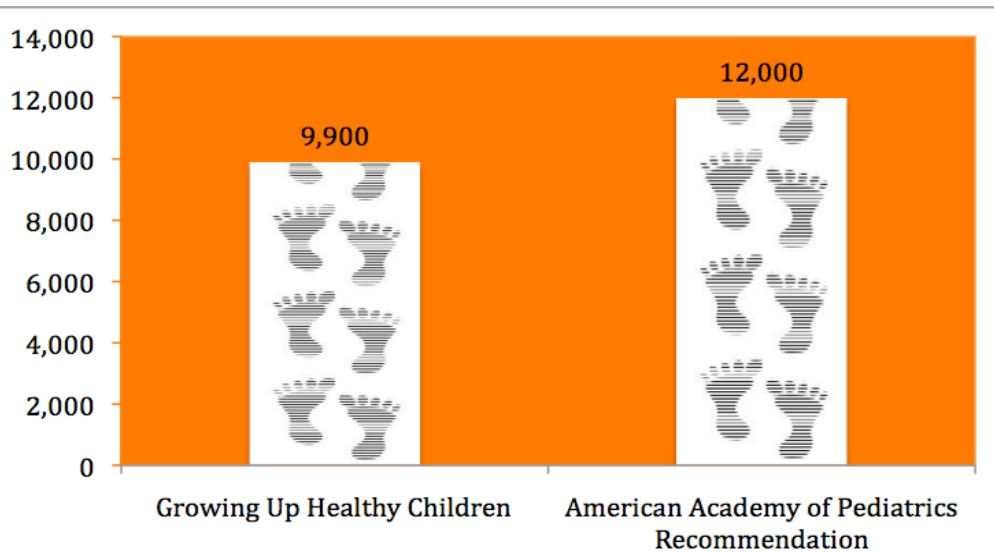
The Results: We need to STEP it up!

We asked: How many steps do Growing Up Healthy Girls walk each day?

Growing Up Healthy children wore a pedometer at their waist to see how many steps they walked in each day. A **PEDOMETER** (right) measures how many steps your child walks in a day.



Average Number of Steps Walked Each Day



You said:

- Growing Up Healthy Girls walked an average of **9,900 STEPS** each day.

Girls should:

- Healthy girls should walk **11-2,000 STEPS** each day!

Ideas:

- When using the bus or subway, **GET OFF ONE STOP EARLY** and walk the rest of the way to your destination.
- Have your child help with **ACTIVE ERRANDS AND CHORES** (for example: grocery shopping, healthy cooking)
- Go out for a **FAMILY WALK** after dinner



More IDEAS on how to stay active!

BRAINSTORM different physical activities for different settings!



In **BIG SPACES** I can...

- Play **TAG**
- Play **SOCCER**
- Make up **MY OWN GAME!**

In **SMALL SPACES** I can...

- **JUMP ROPE**
- Play **HOPSCOTCH**
- **DANCE!**

- Ask your child to keep a **PHYSICAL ACTIVITY CHART** (see example below)
- **CHANGE IT UP** if your child is bored with one activity
- **SET SMALL GOALS** to become more active:
 - take a family walk after dinner 1 night a week
 - join a school sports team
 - take a dance class
- **REWARD** your child for practicing healthy exercise habits!



PHYSICAL ACTIVITY CHART EXAMPLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	Walked to school 20 min Hopscotch 45 min	Jumped Rope 45 min	Family Walk 30 min P.E. Class 45 min	Sports Team Practice 1 hour!	School Dance 1.5 hours	Tag in Park 1 hour	Built a fort! 2 hours

For More Information Please Visit:

New York City Department of Health and Mental Hygiene
(http://www.nyc.gov/html/doh/html/cdp/cdp_pan_gcc.shtml)

American Association of Pediatricians
(<http://aappolicy.aappublications.org/cgi/content/full/pediatrics;117/5/1834>)

Or call us at Mount Sinai at (212) 824-7107