

DESIGN AND IMPLEMENTATION OF A 'PHYSICAL ACTIVITY DAY' FOR OVERWEIGHT AND OBESE YOUTH

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1) The context

- Escalating global epidemic of overweight and obesity ('Globesity')^{1,2}
- Challenging management of the overweight/obese youth³
- Multisectorial actions: collaboration between health and PA specialists⁴
- Lack of resources in out-patient clinics (budget, facilities, human resources ...)

2) A project

- Collaboration between a hospital group and physical education specialists
- Developing and implementing an adapted PA day dedicated to overweight and obese youth

3) A process and many lessons

- Action research⁵ respecting a qualitative approach in 5 steps, leading to practical results

1. Designing the activities

- Developers: 3 PE students + 3 experts
- 4 meetings for developing a project (guiding principles and concrete adapted activities)

2. Validation of the project

- 6 independent experts (1 paediatrician, 1 nutritionist, 2 psychologists, 2 health science specialists)

3. Implementation of a PA day

- Saturday (March); Sart Tilman
- 9 families (1 young patient + 1 to 2 accompanying persons)

4. Debriefing for adjustments

- Analysis of the participants' feedback
- Meeting of the developers

5. Five following events

- 2 half day in 2013-2014 academic year
- 3 half day in 2014-2015 academic year

- Integrating parents in the PA day with their children + another member of the family/a friend
- Involving the participants within the activities (limiting theoretical lectures)
- Proposing activities that do not stigmatize
- Choosing activities that participants will be able to transpose in their own daily life
- Ensuring to the playful aspect of the activities integrated into the PA day

- Animated walk (walk + active stations)
- Interactive lecture (representations → PA)
- Brainstorming about the barriers against PA
- PA circuit (7 practical stations with daily life activities – safe for overweight youth)

- Unanimous positive feedback
- Need to respect a seasonal timeframe (show to the participants how to adapt)
- Reduction the duration to one half day
- Families are not always motivated enough to attend to such events but when they are participating, they express a clear enthusiasm about this time investment

4) Conclusion

- The implementation of specific PA days meets parents and youth needs
- The collaboration between PA specialists and health professionals was seen as really productive and effective

5) References

¹ Delpeuch, F., Maire, B., Monnier, E., & Holdsworth, M. (2009). *Globesity: A Planet Out of Control*. London: Earthscan.

² WHO (2013). *10 facts on obesity*. Consulté sur Internet : <http://www.who.int/features/factfiles/obesity/en/>

³Ng, M., et al. (2014). Global, regional, and national prevalence of overweight and obesity in children and adults during 1980–2013: A systematic analysis for the Global Burden of Disease Study 2013. *The Lancet*, 384, 9945, 766-781.

⁴ Beuloye, V. (2013, mai). Problématique de la prise en charge de l'obésité pédiatrique. Communication présentée à *Symposium-Excès de poids chez l'enfant : une fatalité?* Bruxelles, Belgique. Consulté sur Internet : <http://www.amb.be/index.php?id=2567>

⁵ Winter, R. & Munn-Giddings, C. (2013). *A handbook for action research in health and social care*. London: Routledge.