
A136 / POSTER • DESIGNING AND IMPLEMENTATION OF A 'PHYSICAL ACTIVITY DAY' FOR OVERWEIGHT AND OBESE YOUTH.

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INTRODUCTION Fight against the escalating global epidemic of overweight and obesity ('Globesity') is now a priority, especially among youth. To succeed, multisectorial actions are highly recommended. In this way, out-patient clinics progressively propose combined actions involving physicians, nutritionists, and psychologists. Nowadays, physical educators or specialized physical activity (PA) promoters are also integrated in intervention programs.

AIM In this presentation, we will describe the collaboration between a hospital group and physical education specialists aiming to propose an adapted PA day dedicated to overweight and obese youth.

METHOD The project can be considered as an action research respecting a qualitative approach. The first step consisted in the designing of the activities. Three physical education students and three experts (a researcher in PA, a nurse specialized in public health and a pediatrician) met four times in order to determine the leading principles to apply and propose concrete adapted activities. The second step was the validation of the project by six independent experts (a pediatrician, a nutritionist, two psychologists, and two health sciences specialists). The third step was the implementation of a PA day. A debriefing for adjustments was the fourth while three following events became the fifth step.

RESULTS The guiding principles identified and validated are Integrating parents in the PA day with their children as well as another member of the family/a friend; Involving the participants within the activities (limiting theoretical lectures); Proposing activities that do not stigmatize the youth state; 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. The content of the latter was One animated walk (alternating of walk and stations with informative and interactive activities); An interactive lecture focusing on the representations about PA; Three brainstorming about barriers against PA (children, adolescents, and parents); One PA circuit comprising seven practical stations proposing daily life activities. After the first PA day, the unanimous positive feedback expressed by the participants underlined the interest of the initiative. Similar praise was recorded after the three following events. The first implementation showed that the PA days should be planned by respecting a seasonal timeframe in order to show to the participants how to select appropriate activities according to the period of the year. Moreover, it was decided to limit the duration to one half day. Along the events, it was noticed that 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.

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.