Homeruns for Health: An intervention using sports to increase physical activity in kids attending an afterschool program

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**SETTING**
- Non-profit organization focused on improving the lives of children
- Aided character development, sanitation habits, and education of club members
- BGC Mission Statement: to enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens

**METHODS**
- Review of literature including: Youth sports, physical activity, and after school programs
- Reviewed daily club programs and activities
- The Social Cognitive Theory was used to better understand how the environment, volunteers, and behavior habits will impact the outcome of the project

**RESULTS and DELIVERABLE**
- The deliverable was a monthly schedule of when Augustana sports teams will volunteer
- An itinerary was created for the teams to use while volunteering
- The itinerary will highlight the project objectives
- Volunteer sessions will be left to the discretion of the teams

**DISCUSSION and NEXT STEPS**
- Evaluation of the project’s success at the end of next year will determine if the amount of days/time the teams volunteer is increased
- Future interns could look into having St. Ambrose mirror this project with the BGC in Davenport, IA

**PROJECT OBJECTIVES**
- Explain the importance of being physically active
- Teach the rules of different sports
- Allow club members to participate in sports

**ACKNOWLEDGEMENTS**
- Dr. Lena Hann, Assistant Professor of Public Health, Augustana College
- Esperanza Martinez, Unit Director, Moline Club
- Elizabeth Zimmerman Waldman, Director of Programs and Compliance
- Augustana Varsity Coaches

**BACKGROUND**
- It was found that adding 30 extra minutes of physical activity led to a greater number of students hitting the health-related fitness benchmark
- Healthy habits learned through repetition in these settings may also extend to other settings
- American ‘tweens’ (8-12 yrs) average 6 hours of entertainment media a day
- Researchers found that the age of initiation and duration of participation in organized youth sports was a statistically significant predictor of physical activity in young adulthood
- Over the last 30 years, childhood obesity in the U.S. has nearly tripled from 6% to 17%