Impact of After-School Activities on Meeting CDC Requirements in Virginian Adolescents

Dorcas Bentil  
*Old Dominion University*

Leah Crouch  
*Old Dominion University*

Vignette Kaltsas  
*Old Dominion University*

Christina Luchau  
*Old Dominion University*

Phoebe Wallen  
*Old Dominion University*

*See next page for additional authors*

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Authors
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Old Dominion University, College of Health Sciences, School of Nursing

Abstract

Aim: To assess the correlation between after-school program attendance and meeting the Center for Disease Control (CDC) requirement of 60 minutes of moderate to vigorous physical activity (MVPA) per day.

Background: Less than 50% of all children meet the CDC required amount of MVPA. Studies have shown that exercise can reduce the amount of disruptive behavior by 70% on the days children exercised at school.

Methods: Survey provided to 350 students in grades 6-12 describing participation in after-school programs. Analysis: We will analyze how many students participate in the after-school programs and how long those programs dedicate to physical exercise. We will also analyze what type of exercise is performed.

Limitations: We are limited to the students who are present in the classes we pass the surveys out to. Also, our data will only be analyzed on the surveys that are turned in complete.

Expected Findings

Support and validate our hypothesis. Schools providing more physical activity programs have higher rates of children meeting the CDC recommendation of 60 minutes of moderate to vigorous physical activity per day.

Results significance. Highlight importance of meeting the physical exercise recommendation and how school can facilitate this standard of health.

Comparison to previous studies. Bezerra et al. study on the relationship between health promotion in schools and health of the students.

Conclusion

If adolescents in grades 6-12 in a Virginia city school system are participating in after-school physical programs, they are likely meeting the 60 minutes per day of MVPA.

Schools that offer physical activity programs have higher rates of children that are physically active.

More research should be done to evaluate the effectiveness of after-school programs in a child's overall health, specifically if the programs influence childhood obesity.

Further studies need to be conducted to evaluate in-school physical programs and their impact on physical activity participation and adolescent's overall health.

Interprofessional Roles and Responsibilities

During adolescence, individuals strive to discover and establish identity by experimenting with different behaviors, roles, and activities.

* Heavy influence from parents and others, especially peers, societal trends and pop culture.
* Adolescents who receive proper encouragement and reinforcement through personal exploration will emerge from this stage with a strong sense of self and a feeling of independence and control. Adolescents are influenced by their friends to participate in physical activity or not.
* Adolescents will be more successful at engaging in physical activity with support of peer, parent or coach.
* Support from peers and adults can help adolescents overcome self-image barriers to physical activity.

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