

# Water Intake/Healthy Drinking



## *Water Intake*

Week 1

22.1 ounces

## Water Intake

Week 4

32.1 ounces

## **Cincinnati Children's Let's Move It! – Rockdale Academy**

Cincinnati Children's Hospital Medical Center continues to take steps toward fighting child obesity. Employees at the hospital started a pilot program called "Let's Move It!" at Rockdale Academy Elementary School to teach children the importance of healthy eating and physical activity. The program was conducted during the school's fifth quarter summer school session.

Monica Mitchell, PhD, Behavioral Medicine and Clinical Psychology, Cincinnati Children's, and Terresa Adams, community specialist, Cincinnati Children's Anderson Center for Health Systems Excellence, introduced the program to Shalon Price, a community center resource coordinator who works with staff at Rockdale. This was also part of Cincinnati Children's Childhood Obesity Initiative that Mitchell is co-leading through the Anderson Center with Bob Siegel, MD, director, Cincinnati Children's Center for Better Health and Nutrition. "Let's Move It!" is a four-week program with 11 students that began May 31. The program was based on an initiative titled "5-2-1-0." The numbers 5-2-1-0 represented healthy goals that the students aimed to achieve during the course of the program.

- ❖ 5 – Eat more fruits and vegetables, at least five servings a day.
- ❖ 2 – Cut down TV and video games or any screen time to two hours a day.
- ❖ 1 – Participate in at least one hour of physical activity a day.
- ❖ 0 – Restrict sugar-sweetened drinks and drink more water instead of soda.

The students were given two water bottles to reuse, one for home and one for school. Parents were also encouraged to be involved and to practice healthier habits so children could see how important healthier eating and drinking habits are.

In addition to their work at Rockdale, Cincinnati Children's collaborated with the Center for Closing the Health Gap to implement the Let's Move It! program at South Avondale School during the fifth quarter. After a successful run, the Let's Move It! program will be spread to the Melrose YMCA and the U.S. Bank Boys & Girls Club of Greater Cincinnati in July. Cincinnati Children's will collaborate with a number of community partners during the upcoming school year as part of a comprehensive plan to reduce high rates of pediatric obesity.

Across all sites, 61 children participated in the pilot. Parent data collected across sites yielded the following findings:

- Most parents (85 percent) reported that their child had been drinking **more water** since the beginning of the Let's Move It! program.
- The children in the Let's Move It! program drank an average of **4.8 glasses** of water daily since starting the program.
- Most parents (77 percent) said their child has been **drinking less soda and sugary drinks** since starting the program.
- The average time children exercised daily at home, according to parent reports, was **39 minutes**.

In Rockdale Academy Phase II, Cincinnati Children's will work with teachers and students in the third and fourth grade to increase fruit and vegetable intake through their USDA fruit and vegetable grant. Teachers will assist students in rating their consumption and preferences for a variety of fruits and vegetables. The second phase will begin in late September 2011.

At Rockdale, 20 percent and 23.3 percent of third-graders were overweight and obese, respectively, compared to fourth-graders, of whom 16.7 percent were overweight and 16.7 percent were obese.