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The University of Oklahoma Applied Research Center

Choctaw Nation of Oklahoma
Healthy Lifestyles Final Report

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Choctaw Nation of Oklahoma

Healthy Lifestyles Final Report

Purpose of Study:

The Choctaw Nation Diabetes Wellness Center administered a Wellness Questionnaire consisting of seven self-report questions to students from five schools: The total number of students that completed the questionnaire was 221; 57 students from Atoka, 30 students from Boswell, 18 students from Clayton, 38 students from Coalgate and 78 students from Hugo. A Body Composition Analyzer was also reported for each consenting student. The purpose of this report is to evaluate the intervention by the Choctaw Nation to promote healthy lifestyles for 5th grade students.

The Total Wellness Score and the BMI (Body Mass Index) are regarded as being important to ascertaining a student's level of physical health. The highest potential score for the Wellness Questionnaire is a 21 while the lowest possible score is a 4. There may be some merit in dividing the Wellness Questionnaire between questions pertaining to nutrition and questions about exercise and analyzing how these self-report answers relate to a student's Body Composition score.

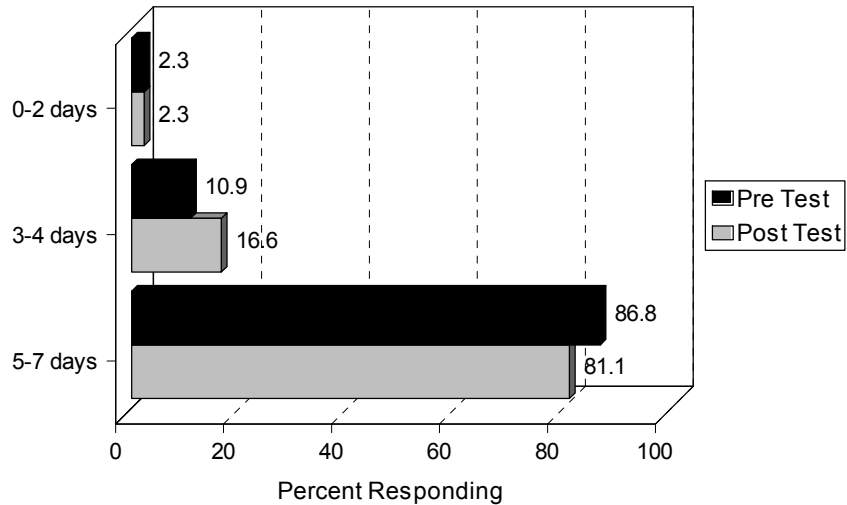
Body Composition consists of three categories: Ideal Body Weight for Age (IBW), At Risk (\Rightarrow 85%) and Over (\Rightarrow 95%). At pre test 55.5% of the students' Body Composition Scores put them in the IBW category; 11.8% in the At Risk and 32.1% in the Overweight categories respectively. Post test Body Composition Analyzer tests revealed that 53.4% of the students' scores placed them within the IBW category, 16.1% in the At Risk and 30.5% in the Overweight category.

Demographic information:

The majority of the students are 10 years old (66%) or 11 years old (31%) with only one reporting 9 years old and 6 students reporting 12 years old. The participating students are about equally divided as to gender; 50.9% female and 49.1% male. There is not a statistically significant difference between males and females as it pertains to BMI and Total Wellness Score

The following pages reflect a graphical representation of the results of the pre and post intervention measures. Overall there were not significant changes between the pre intervention and post intervention BMI and Total Wellness Scores.

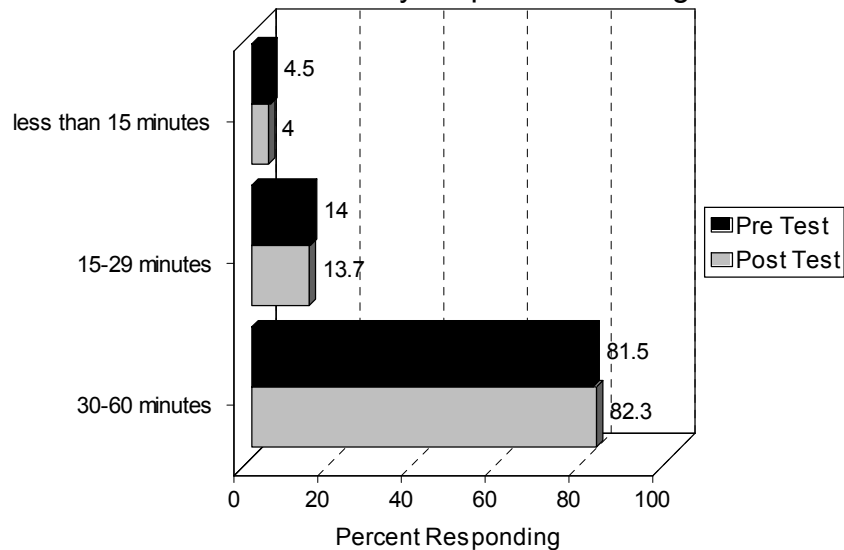
How many days per week do you exercise?



Pre test responding = 99 %; Post test responding = 79% Total number of participants = 221

Overall, the majority of students indicate they exercise 5-7 days per week. Slightly more students answered that they exercise 5-7 days per week pre test, while slightly more students indicated they exercise 3-4 days per week after the intervention.

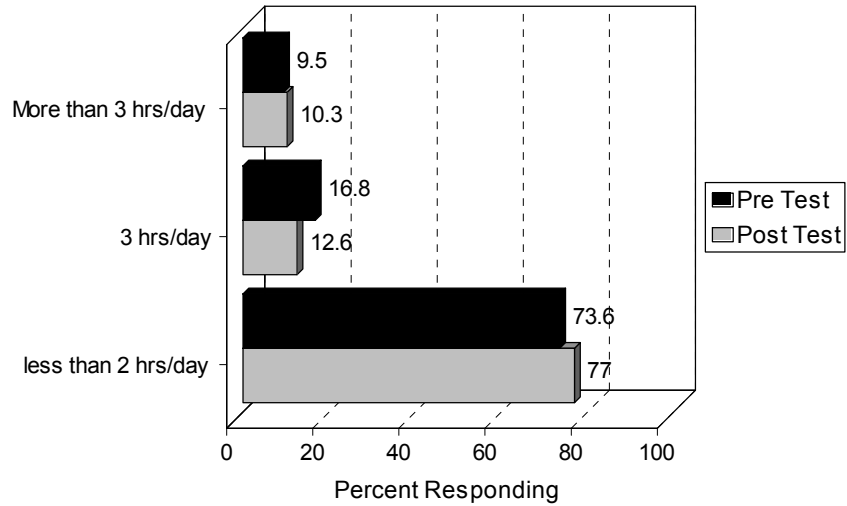
How much time do you spend exercising?



Pre test responding = 99 %; Post test responding = 79% Total number of participants = 221

The amount of time students indicated they spent exercising did not change significantly between the pre test and post test.

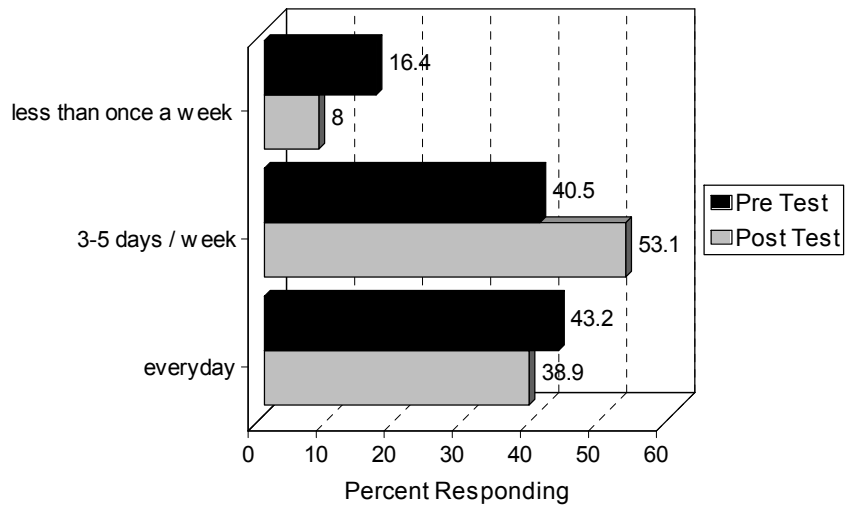
How much time do you spend / TV, computer, video games?



Pre test responding = 99 %; Post test responding = 78% Total number of participants = 221

The majority of students self-report both pre and post test, that they spend less than 2 hrs/day watching television, using a computer or playing video games.

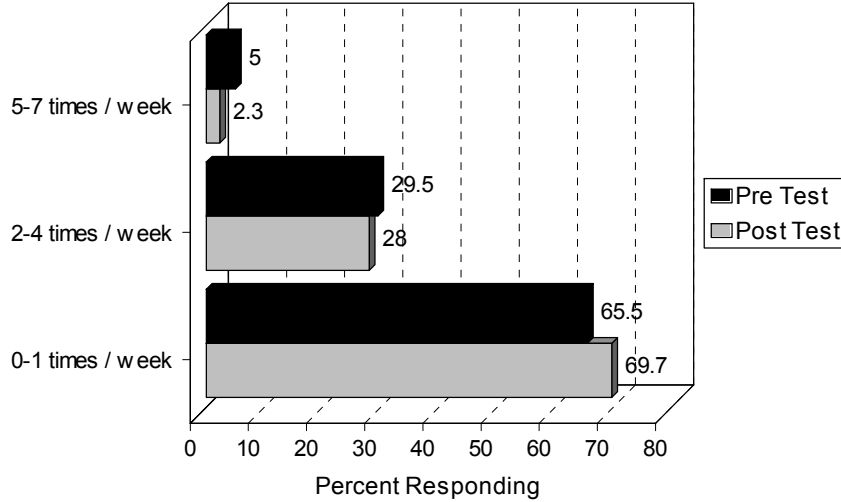
I eat at least 5 servings of fruits and/or vegetables



Pre test responding = 99 %; Post test responding = 79% Total number of participants = 221

More students reported eating at least 5 servings of fruits and/or vegetables 3-5 times per week post test ; while slightly fewer students indicated they ate at least 5 servings of fruits and vegetables post test .

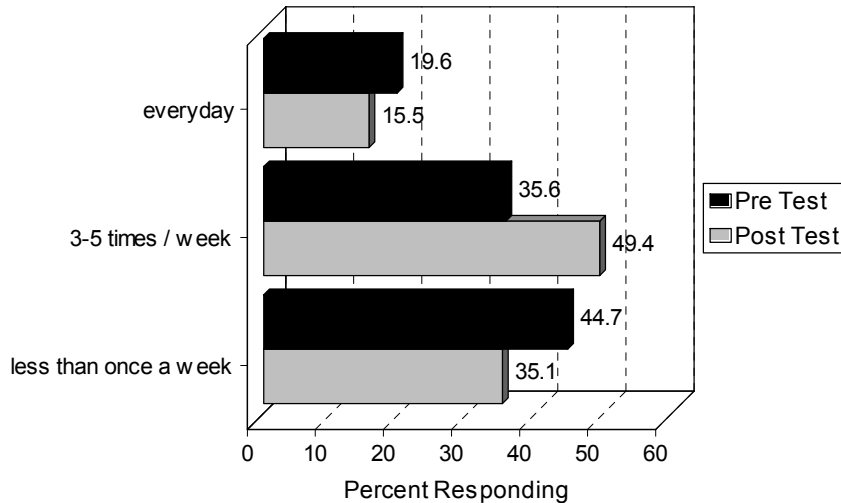
I eat at fast food restaurants



Pre test responding = 99 %; Post test responding = 79% Total number of participants = 221

Fast food usually has high fat, sodium and sugar content. Slightly fewer students indicated they ate fast food 5-7 times / week when they answered the post test. Slightly more students indicated in the post test that they ate fast food fewer times per week than they did at the pre test.

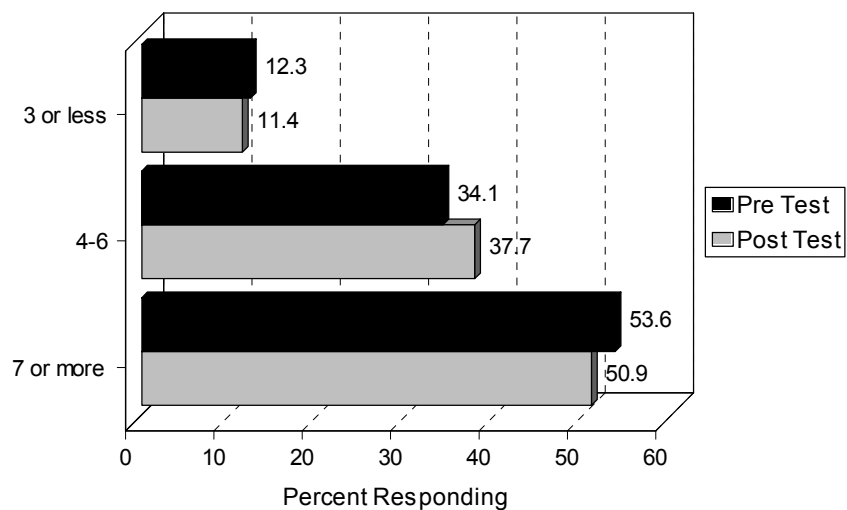
I drink soda pop and/or eat foods like candy and chips



Pre test responding = 99 %; Post test responding = 79% Total number of participants = 221

These foods sometimes referred to as “junk food” typically have low nutritional value and high caloric value. At the time of the post test, fewer students indicated they ate junk food everyday, but at post test, more students answered they eat junk food at least 3-5 times/week compared to their pre test answers.

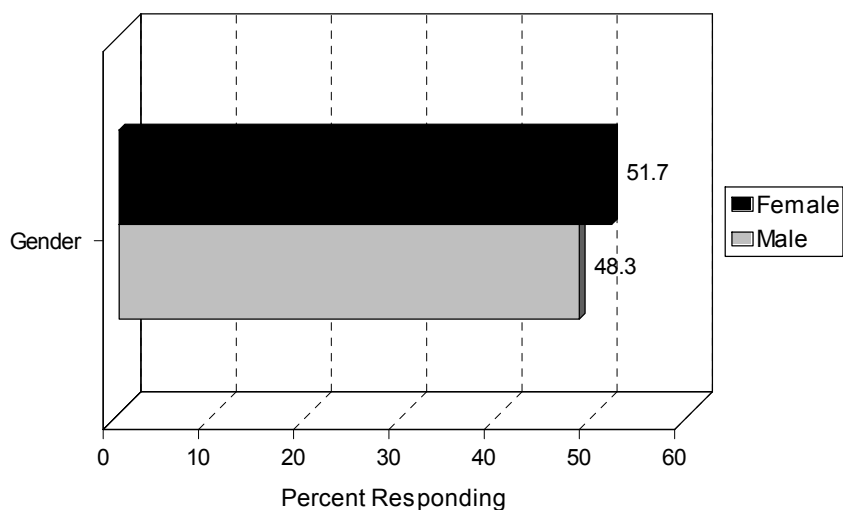
I drink water equal to __8oz glasses a day:



Pre test responding = 99 %; Post test responding = 79% Total number of participants = 221

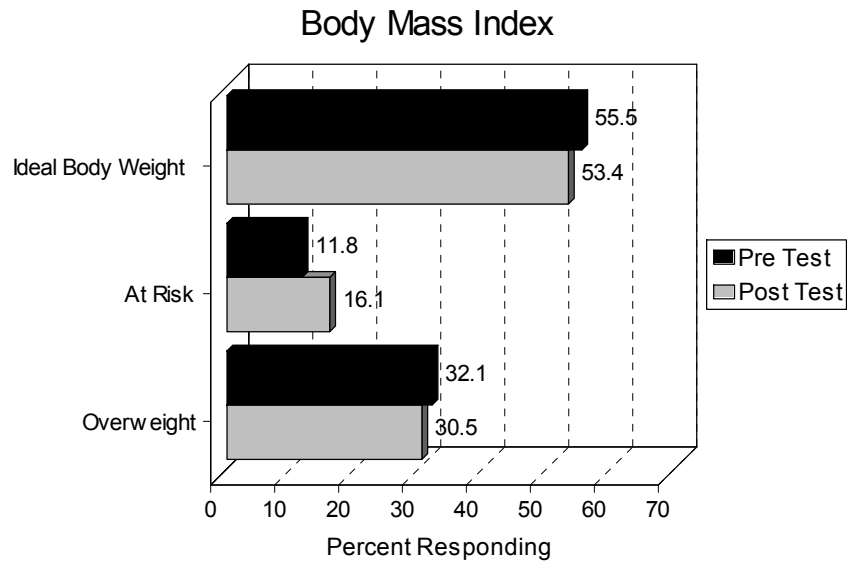
The number of 8oz glasses of water a day the students reported drinking did not change significantly between pre test and post test.

Gender of Participants



221 Total Respondents

The gender of participating 5th graders was almost evenly split with 51.7 girls and 48.3 boys.



Pre test number of respondents = 218; Post test number of respondents = 174

Slightly fewer students at post test were at the ideal body weight than at the pre test while slightly more students were categorized as being at risk at post test than at pre test. Slightly fewer students fell into the overweight category of BMI at post test analysis than they had at the pre test analysis. Overall, there does not seem to be a significant change in BMI among these students at pre and post test analysis.