OBJECTIVES

GOAL: To promote healthy lifestyles among Detroit children, teens, and adults for the prevention of overweight and obesity in the Detroit community.

OBJECTIVE #1:
Improve the healthy nutritional intake of 50% of the I2D2 participants

OBJECTIVE #2:
Improve the physical activity of 30% of the I2D2 participants

OBJECTIVE #3:
Reach 1,000 individuals in the Detroit Community through the promotion of the I2D2 Campaign.

RESULTS

INTRODUCTION

Obesity is defined as having a BMI >30 and affects millions of Americans. There are many contributing factors to obesity that can lead to health problems including heart disease, type 2 diabetes, and hypertension. Michigan has one of the highest obesity rates ranking 21st in the country. Implementing a health and nutrition program focusing on the underserved residents in Detroit can make a positive impact on the Detroit community.

METHODS

- Provided a six-week health and nutrition program to Detroit children, teens, and families.
- Targeted children and families living in the underserved population in Detroit, MI.
- Specifically African American, Hispanic, and Arabic populations.
- Data was collected and analyzed from pre- and post-surveys on:
  - Knowledge of and behavior change in daily fruit and vegetable consumption
  - Physical activity habits
  - Sugary drink consumption
- Used measures of cross tabulation and McNemar chi-square.

ACTIVITIES

- Attended and completed I2D2 facilitator training
- Contributed sociocultural contexts to the histories, daily, and traditions of Indian, Bangladeshi, and Yemeni populations in Detroit
- Attended and participated in I2D2 programs in Detroit

RESULTS

Table 1: Number of Detroit residents reached

<table>
<thead>
<tr>
<th>Number of Participants</th>
<th>Number of Outreach Activities</th>
<th>Number of individuals reached by outreach activities</th>
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<tbody>
<tr>
<td>240 children/teens</td>
<td>8,500</td>
<td>257 adults</td>
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DISCUSSION

Educational health and nutrition programs have the ability to increase knowledge and behavior in participants and should be brought into locations with poor health outcomes to help push them in the right direction.

RECOMMENDATIONS

- Expand program to new places across the Detroit and Wayne County area such as recreational centers, faith and community-based organizations, and new schools.
- Run different analyses between the groups:
  - That contained the youth only compared to the youth who were in the combined parent and youth groups.
  - Compare results across racial/ethnic groups.
- Update the pre and post survey to reflect the objectives we are measuring consistently across all of the identified groups.
- The program should include another post-analysis to determine if the gains that were demonstrated are maintained.

CITATIONS