

Move More, Get More! ("YES" Program)



Your child(ren) will participate in a 1-hour before or after school program at their school each day, where they engage in physical activity. Staff from Kansas City Parks and Recreation will lead an intramural sports program, where the sport changes monthly. Your child(ren) will be asked to wear an accelerometer (Garmin VivoFit 4) for the duration of this study. Study staff will sync your child(ren)s data electronically on a biweekly basis while they are playing sports. You child(ren) will also receive fresh fruits and vegetables that they bring home along with nutritional education via snapchat and Instagram weekly.

For more information and sign-up please visit:

<https://redcap.link/MoveMoreGetMoreSignUp>

Phone: (816) 235-5927





FOCUS GROUP FINDINGS

A recent set of focus groups was conducted by the CMH team to identify facilitators and barriers to getting PA during virtual learning.

Youth noted:

- Being inside a lot
- Lacking motivation
- More video gaming

Parents noted:

- Physical activity slowed down
- Don't play the way they used to
- Play with family rather than friends
- Girls are at a stage where they want to quit activities
- Being an only child especially hard

In conclusion youth's PA has significantly decreased since the closure of schools due to COVID-19. Middle school was already identified as a time, especially for girls, that PA began to drop off. School closure due to COVID-19 may have long-term detrimental effects on youth's PA and overall health. MMGM may be more important than ever to increase youth PA.

Evidence of reduced PA coupled with findings from the focus group will serve as important information to adapt the MMGM intervention to a 100% virtual format beginning in September 2020.

Partners: Children's Mercy Hospital Center for Children's Healthy Lifestyles & Nutrition, Truman Medical Center, Kansas City Parks & Recreation, Kansas City Public Schools, & Youth Ambassadors.

Contact Information

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This project was supported by Award No. 1 ASTWH190088-01-00 from the United States Department of Health and Human Services, Office of the Minority Health (OMH) and the Office on Women's Health (OWH). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of OASH.