

**Chitimacha Tribe of Louisiana**  
**Own Your Own Health Online Steps and Weight Loss Challenges**  
**Kids Fitness Assessment/Competition**

Own Your Own Health (OYOH) is a physical activity and nutrition tracking program designed to help Louisianans combat obesity and its related chronic illnesses by taking small but effective steps to eat right and exercise often. OYOH encourages populations in Louisiana to develop healthy activity and eating habits. Chitimacha Tribal members and employee participants earned points by achieving milestones in accumulated activity, weight-loss through a healthy, appropriate diet and by increasing their fruit and vegetable consumption.

Tribal members and employees were able to track their daily/weekly exercise activities-from jogging and swimming to walking and mowing the lawn- online by entering these activities into their profile. The online tool automatically converts activities into "steps," which is how the program is measured.

The site also features specific information that encourages healthy eating and physical activity. With just a few clicks, participants can:

- Track daily fruit, vegetable and water intake
- Calculates Body Mass Index
- Track weight loss progress
- Print healthy recipes
- Send motivational e-cards

OYOH allowed Tribal members and employees to create walking routes using Google Maps that log their distances and number of steps. These routes could be in nearby parks, on trails, around the participant's office or in his/her neighborhood. OYOH has its own built-in evaluation component that shells out data through its on-line wellness coach to inform participants if the program is benefitting them or not.

Own Your Own Health system has physical activity and healthy eating challenges designed around different themes. Tribal members and employee participants picked themes most interesting to their community that motivated them to stick with it and keep going. These challenges were interactive, and they were able to track their progress online and see how everyone else was doing. Participants were able to take a challenge alone or with a team.

**Chitimacha Kids Enter the Fitness Assessment Testing and Competition**

The Bureau of Minority Health Access recently partnered with the Louisiana Governor's Council on Physical Fitness and Sport's (GCPFS) to enroll the Chitimacha elementary school kids in the Elementary Fitness Assessment/Competition that is designed to provide physical educators, school administrators, public officials and legislators with "hard facts" needed to improve the quality of physical education training received by our children. This assessment produced baseline data that assisted with developing curricula in schools as well as community interventions aimed at improving the physical fitness levels of the Chitimacha children.

As an incentive to encourage children to do their very best throughout assessment phase, the top two boys and girls from each participating parish traveled to Baton Rouge for the State Championship Fitness Meet. The State Championship was televised on Cox Cable Channels. Currently, there are thirty parishes that partake in the program. The Chitimacha kids took part in the testing /championship on April 24, 2018 to get a clear

picture of their baseline fitness data. Now with their baseline data definitively established, the Bureau and GCPFS can perform a more extensive testing assessment in the 2019 school year to see what fitness level improvements can be made overall. (parent/teacher survey is attached)

### **Objective**

The study is designed to (1) assess the fitness levels of youth 11 years-old and younger (2) describe their patterns of participation in physical activity; and  
(3) determine the factors affecting their fitness.

### **Fitness Test Items**

Although this study is from the old President's Challenge Model created by the President's Council on Physical Fitness and Sports, it's the most economical and free of charge for parishes across the state, especially parishes with high rates of poverty. The program measures the following fitness components:

1. Shuttle Run- Test of agility and speed
2. 50-yard Dash- Test of speed
3. Sit and Reach- Test of flexibility specific to lower back and hamstrings
4. Sit-ups- Test of muscular endurance specific to the abdominal area
5. Pull-ups- Test of muscular endurance specific to the upper body
6. 600-yard Run- Test of endurance and tenacity
7. Standing Long-jump- Test of power specific to the hip and legs

### **Surveys**

Parents' Survey- indicates fitness activity of children outside of school; parental fitness habits; television viewing habits of children; and whether or not parents use tobacco (cigarettes, chew tobacco, etc.)

Teachers' Survey- indicates information on physical education classes; fitness testing; feedback to parents, etc.

### **Test Administrators**

The Governor's Council on Physical Fitness and Sports from the Department of Health and P.E. Teachers in participating parishes conduct fitness testing on Fridays throughout the school year.

### **Chitimacha Kids Fitness Assessment Results**

The Chitimacha kids entered the 2018 Elementary Fitness Testing and Competition in Baton Rouge in an effort to gather some preliminary baseline fitness data from the best kids in the tribe and compare their data to the best kids from the other twenty-nine parishes across the state. Test results revealed the Chitimacha kids' fitness levels were far below other kids from around the state in the program. The Chitimacha kids were weak in the following testing events that are more health related than competitive:

1. Shuttle Run is a test that measures speed, agility, and ability to change directions. The test begin on one line, run to the opposite and tap the line with their hand, run back to the first line, tap it, and repeat. In another variation, runners have to pick up small blocks at the opposite line and return them to the start line. The

Chitimacha kids did not fare well in this event, finishing at the bottom percentile compared to kids from parishes around the state.

2. Pull-ups test (also called the chin-up test) is widely used as a measure of upper body strength, and the Chitimacha girls and boys finished at the bottom percentile compared to the other kids from around the state.

3. Curl-up or Sit-ups is also known as an abdominal crunch and is used as a test for abdominal strength. The Chitimacha kids were very weak performing this test and need additional training to reach the level of performance with other kids in the program.

4. 600-Yard Run is a test that measures endurance, and the Chitimacha kids finished at the bottom percentile. The boys did not complete the run, and the girls finished at the very bottom of the pack.

5. V-Sit and Reach measures a child's flexibility. The Chitimacha kids did well in this test. One of the girls finished sixth overall in the statewide competition and the other kids recorded average scores.

The Bureau of Minority Health Access and the Governor's Council on Physical Fitness and Sports recommend that the Chitimacha P.E. teachers and administrators register for the next Tour deFitness In-service training program that is designed to provide training, teaching strategies, authentic assessment and best practice information to K-12 teachers in the areas of health and physical education. The primary purpose of this project is to in-service and equip teachers with developmentally appropriate information regarding smoking cessation, the dangers of tobacco (smokeless and smoking), techniques to make their physical education lessons more physically active, and assessment opportunities to measure physical fitness.

### **Physical Education & Wellness Workshop Elementary School Grades Agenda (Tour de Fitness)**

8:00 – 8:15 Registration for all K-12 Teachers

8:15 -9:00 Welcome & Guest Speakers

Elementary Teachers will go to gymnasium for 20 minutes activity rotations

9:15 -9:35 Station #1 Cardio Exercises for Elementary School children

9:35 -9:55 Station #2 Proper Uses of Pedometers and its Benefits

9:55 -10:15 Station #3 Integrated Learning in Elementary Schools

10:15 -10:35 Station #4 Merging Tobacco Control Facts with Health & P.E. Curriculums

10:35 –10:55 Station #5 Smart Bodies Fitness & Nutrition Program

11:00 –12:00 Lunch is Served! Cafeteria –Nutritious Lunch

12:00 –12:30 Motor Fitness Obstacle Courses

12:30 – 3:00 Best Practices for Physical Education

12:30-1:00 P.E. Conventional Games

1:00-1:20	Rhythmic Motor Skill Activities
1:20-1:40	Hurdling & More
1:40-2:00	Basic Instruction for Multi-cultural Dancing
2:00-2:45	Activities for Small Spaces
2:45-3:00	Review, Wrap-up, Evaluation

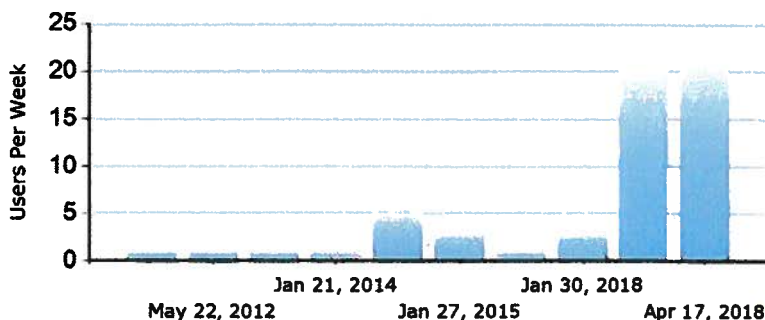


## Step Challenge Statistics

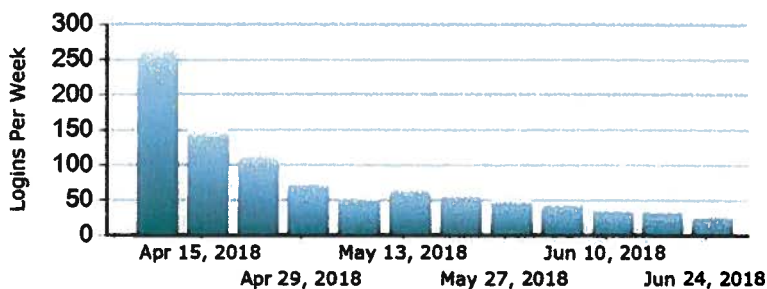
### Chitimacha Tribe of Louisiana Challenge

#### Users

Total Users Registered	59
Total Logins	994
Never Logged In	0



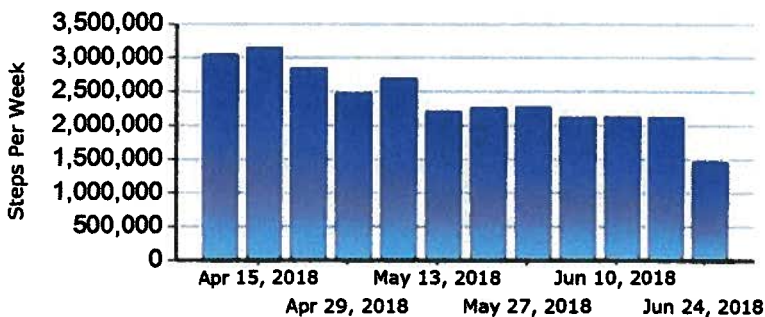
#### Logins



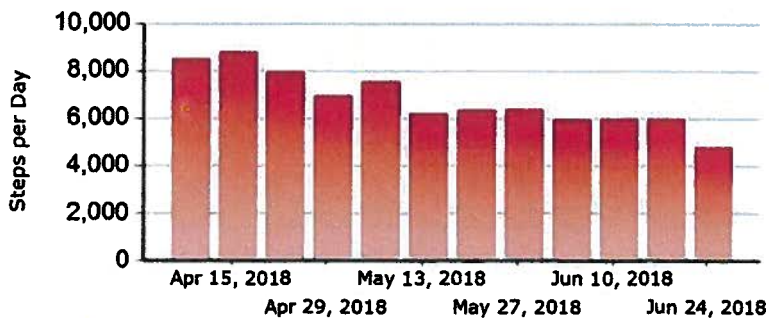
#### Activity

Total Steps	28,773,038
People Improved	11
% People Improved	18.64%
Beginning - Average Steps	8,501
End - Average Steps	5,609

#### Steps



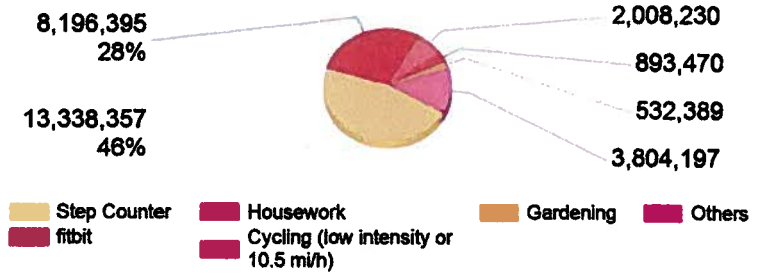
#### Average Steps



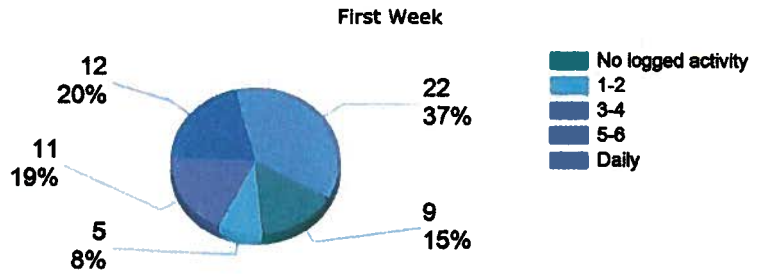


## Step Challenge Statistics Chitimacha Tribe of Louisiana Challenge

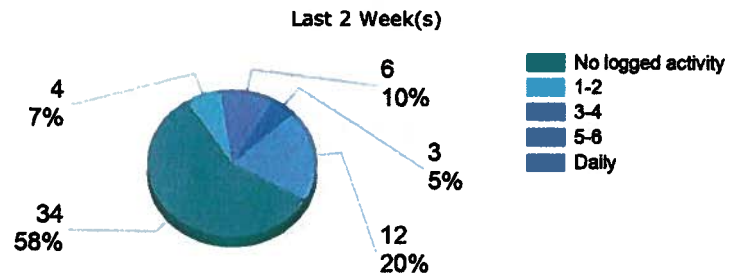
**Steps By Activity**



**Average Days Activity per Week Before**



**Average Days Activity per Week Now**



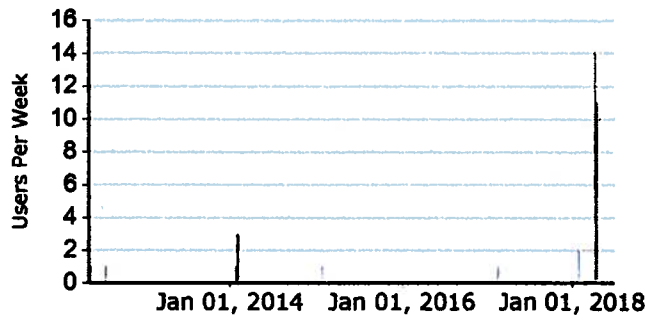


## Weight Loss Challenge Sta Chitimacha Tribe of Louisiana Loss Challenge!

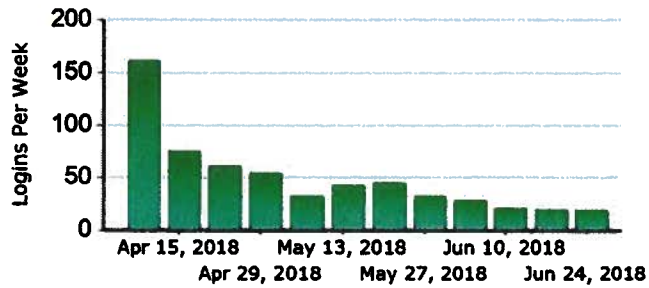
09-Apr-2018 to 30-Jun-2018

### Users

Total Users Registered	35
Total Logins	591
Never Logged In	0



### Logins

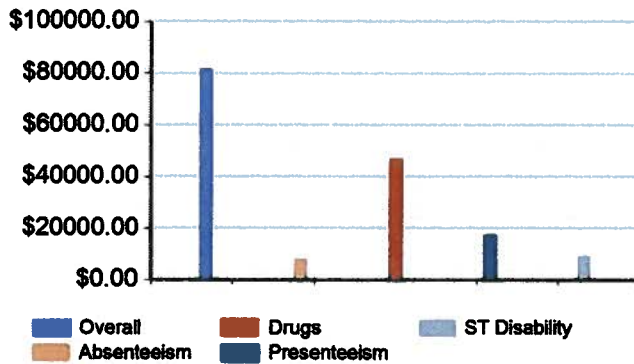


### Obesity Cost

<b>Obese Participants</b>	<b>24</b>
Presenteeism	\$17,496.00
Absenteeism	\$7,992.00
ST Disability	\$9,504.00
Drug Costs	\$46,648.32
<b>Total</b>	<b>\$81,640.32</b>

Based on 3rd party research. North American savings. Source information maintained by CoreHealth.

### Projected Annual Cost of Obesity



### Weight Loss

Number of people that lost weight	15
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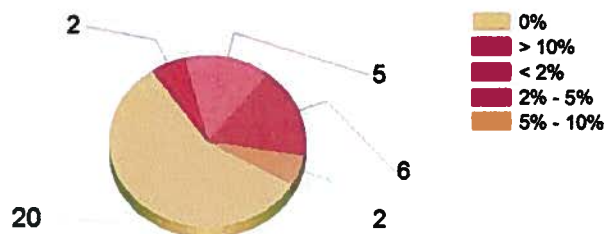


# Weight Loss Challenge Sta Chitimacha Tribe of Louisiana Loss Challenge!

09-Apr-2018 to 30-Jun-2018

Total Weight Loss      58.9 kgs  
129.8 lbs

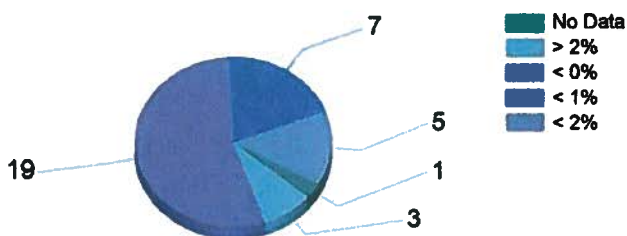
## Weight Loss



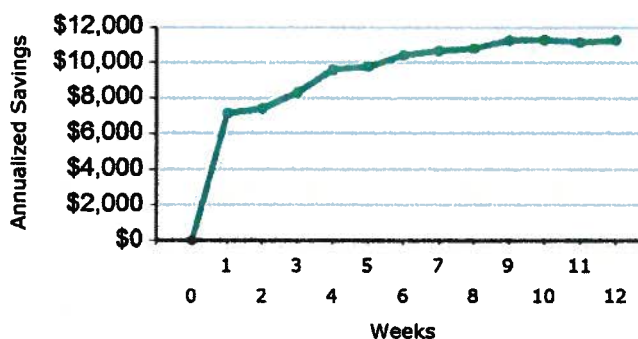
## BMI

Total BMI Points Lost      23  
% with Improved BMI      42.86%

## BMI Change



## Savings - Reduced BMI Points





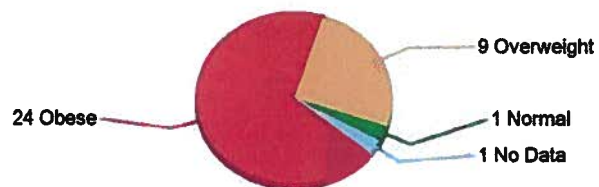
28-Aug-



# Weight Loss Challenge Sta Chitimacha Tribe of Louisiana '1 Loss Challenge!

09-Apr-2018 to 30-Jun-2018

## Start BMI



## End BMI



## Parent Survey

To assist in understanding the physical fitness of your child, we would appreciate your taking a few minutes to answer several questions about your child. You are not required to complete the survey, but doing so will help provide more complete information. Your answers will be kept strictly confidential.

Child's name: \_\_\_\_\_

Q-1 Compared to another child of the same age and sex, is your child: *(Check one)*

- 8) a lot more physically active than most.
- 9) a little more physically active than most.
- 10) a little less physically active than others.
- 11) a lot less physically active.
- 12) average—same as most.

Q-2 How much television does your child usually watch on a typical school day? *(Check one)*

- |                   |                    |
|-------------------|--------------------|
| a. 1 hour or less | 5) 5 hours         |
| b. 2 hours        | 6) 6 hours or more |
| c. 3 hours        | 7) Don't know      |
| d. 4 hours        |                    |

Q-3 How much television does your child usually watch on a typical weekend day? *(Check one)*

- |                   |                    |
|-------------------|--------------------|
| a. 1 hour or less | 5) 5 hours         |
| b. 2 hours        | 6) 6 hours or more |
| c. 3 hours        | 7) Don't know      |
| d. 4 hours        |                    |

Q-4 In the past 12 months, did your child get exercise or physical activity at least three times through any of the following organizations? *(Check all that apply)*

- a. Public park
- b. Church or other place of worship
- c. Sports teams or leagues
- d. YMCA, YWCA, or similar organization
- e. Health club, private spa, or private lessons
- f. Cub scouts, brownies, or other scouts
- g. 4-H or other farm club

Q-5 In the typical week, on how many days do the child's parents or guardians (whomever the child lives with) get exercise that causes rapid breathing and a fast heart beat for 30 continuous minutes or more? *Please list number of days per week for each parent. Put an NA in the box if the child does not live with this parent.*

Mother or Female Adult

Father or Male Adult:

Q-6 In the typical week, on how many days do the child's parents or guardians (whomever the child lives with) exercise with the child for 20 minutes or more? *List number of days per week for each parent.*

Mother or Female Adult:

Father or Male Adult:

Q-7 Are you a smoker? Yes \_\_\_\_\_ No \_\_\_\_\_

Q-8 Do you chew tobacco? Yes \_\_\_\_\_ No \_\_\_\_\_

## Physical Education Specialist Survey

This survey is to be completed by whomever teaches physical education. If teaching responsibility is shared by a specialist and a classroom teacher, the specialist should complete this.

Teacher: \_\_\_\_\_

School: \_\_\_\_\_ School ID:  -

Q-1 Who teaches physical education to the children in this school? CHECK ONE.

- 1) A physical education teacher
- 2) A general classroom teacher who also teaches physical education
- 3) One of each: a specialist and general classroom teacher who share the responsibility
- 4) Other(specify) \_\_\_\_\_

Q-2 In what field or fields are you certified to teach? CHECK ONE.

- 1) Certified in physical education
- 2) Certified as a general classroom teacher
- 3) Certified in both PE and as a classroom teacher
- 4) Other (specify) \_\_\_\_\_

Q-3 How many days per week is this school usually scheduled to take physical education with the specialist? CHECK ONE.

- 1) Not applicable - there is no specialist
- 2) 1 day per week
- 3) 2 days per week
- 4) 2 days one week, 3 days the next week
- 5) 3 days per week
- 6) 4 days per week
- 7) 5 days per week
- 8) Other (specify) \_\_\_\_\_

Q-4 How many days per week is this school usually scheduled to take physical education with the classroom teacher? CHECK ONE.

- 1) Not applicable - classroom teacher doesn't teach PE
- 2) 1 day per week
- 3) 2 days per week
- 4) 2 days one week, 3 days the next week
- 5) 3 days per week
- 6) 4 days per week
- 7) 5 days per week
- 8) Other(specify) \_\_\_\_\_

Q-5 How much time is allotted for the usual physical education class (from bell to bell)?

**Minutes**

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Q-6 Are the children usually provided with a time and a place to:

a. change clothes before and after class?

① Yes

② No

b. take showers after class?

① Yes

② No

Q-7 In the usual physical education class you have with these children, which you said lasts \_\_\_\_\_ minutes (WRITE TIME FROM Q-5), how much time is spent on...

**Minutes**

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a. Getting to and from the physical education class, changing clothes, showering, taking roll, making general announcements, disciplining children

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b. Explaining an activity or demonstration skills

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c. Most children actually doing vigorous physical activities that speed up breathing and make the heart beat fast, such as running, jumping rope, bike riding, or very heavy chores

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d. Most children actually doing vigorous physical activities that involve walking and occasional spurts of movement, such as running or ball throwing

Q-8 Over the course of the year, what five physical activities, games, and sports take up the most periods of physical education for this grade? LIST THE TOP FIVE ACTIVITIES BELOW.

1. \_\_\_\_\_ 3. \_\_\_\_\_ 5. \_\_\_\_\_

2. \_\_\_\_\_ 4. \_\_\_\_\_

Q-9 What is the one place where you usually hold physical education class with these children? CHECK ONE.

- 1) Gymnasium
- 2) Auditorium
- 3) Cafeteria or multipurpose room
- 4) Classroom
- 5) School Grounds
- 6) Public Park
- 7) Other (specify) \_\_\_\_\_

Q-10 Does the school sponsor any sports teams or other extracurricular physical activity programs for children in this grade?

① Yes

② No (Skip to Q-12)

Q-11 If yes to Q-10, what sports teams or other extracurricular physical activity programs are available to children in this grade? LIST THE TOP FIVE ACTIVITY PROGRAMS BELOW.

1. \_\_\_\_\_ 3. \_\_\_\_\_ 5. \_\_\_\_\_

2. \_\_\_\_\_ 4. \_\_\_\_\_

Q-12 What fitness tests would the children in this school normally take in the course of the school year? CHECK ALL THAT APPLY.

1. No Fitness testing done	2. Broad jump or long jump	3. High jump
4. Vertical jump	5. Squat thrusts	6. Regular push-ups
7. Chair or knee push-ups	8. Flexed-arm hang	9. Pull-ups
10. Chin-ups	11. Modified pull-ups	12. Sit-ups
13. Sit and reach test	14. Softball throw	15. Skinfolds
16. Dash/sprint	17. Side step	18. Shuttle run
19. 600 yard run	20. Half mile walk/run	21. Mile walk/run
22. 6-minute run	23. 9-minute run	24. 12-minute run
25. Other (specify)		

Q-13 What percentage of the students in this school will receive some form of recognition for participating in your school's fitness testing?

Percentage

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Q-14 Do parents get any feedback on the actual results of the fitness tests?

- ① Yes
- ② No

Q-15 Does this school have any anti-tobacco programs in place?

- ① Yes
- ② No

Q-16 Would this school welcome anti-tobacco campaigns throughout the school year?

①Yes

②No

Q-17 What do you think are the main reasons that many elementary schools don't do much fitness testing? CHECK ALL THAT APPLY.

1. There isn't enough class time	2. The classes are too big; too many children	3. Risk of injury to the children is too great
4. Grades aren't given in physical education, so it doesn't matter	5. The children don't like being tested	6. The school or school district doesn't allow testing
7. The mandated curriculum doesn't include testing	8. The main interest is movement education, not fitness or sports skills	9. Many teachers don't know how to administer certain tests
10. Many teachers don't know how to administer certain tests	11. Parents are opposed to testing	12. Many teachers don't like the available tests



School Number: \_\_\_\_\_

School \_\_\_\_\_ Teacher \_\_\_\_\_

Student \_\_\_\_\_ Grade \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

Race: White \_\_\_\_\_ Black \_\_\_\_\_ Native American \_\_\_\_\_ Hispanic \_\_\_\_\_

1) 50-Yard Dash Time \_\_\_\_\_

2) Shuttle Run Time \_\_\_\_\_

3) Standing Long Jump Feet \_\_\_\_\_ Inches \_\_\_\_\_

4) Sit-and-Reach \_\_\_\_\_

5) Sit-ups (1 minute) \_\_\_\_\_

6) Modified Pull-ups \_\_\_\_\_

7) 600 Yard Run: # \_\_\_\_\_ Laps \_\_\_\_\_ Time \_\_\_\_\_