

Forever-Fit Summer Camp

Anthony O. Boateng, BA¹, Lisa Yazel-Smith, MS, MCHES CCRP², Brett McKinney, BS², Katie Haberlin MPH², CHES, Tamara Hannon, MD, MS², Patrick Perry, MPH²

**Indiana University School of Medicine, Department of Pediatrics, Pediatric and Adolescent Comparative Effectiveness Research¹
American Foundation for Preventive Medicine²**

Background and Hypothesis:

The objective of this study was to evaluate anthropometric and physical fitness measures from participants in the Forever-Fit Summer Camp (FFSC) between the years 2013 and 2017, comparing baseline and post-participation values. We hypothesized that participation in the FFSC would decrease the BMI Z-score of the campers during the 6-week program, as well as improve physical fitness measures. Further, we hypothesized that there would be an overall decrease in BMI and weight seen in campers who participated for multiple years.

Experimental Design:

In this 5-year cross-sectional evaluation, a total of 64 participants were included. During FFSC, biometrics, strength, endurance and flexibility were compared at baseline (Week 1) and 6 weeks after. This data from participants was compared using paired T-tests and compared the BMI Z-Score of campers over the years using repeated measures ANOVA.

Results:

Compared to baseline for each year, there was an overall decrease in BMI Z-Score and weight after the 6-week intervention. We observed an increase in strength and endurance, as seen with the 1-mile run and various strength test. Interestingly, we saw a decrease in flexibility in the campers as they progressed through the camp. Further, we observed an overall decrease in BMI Z-Score from 2013 to 2017.

Conclusion and Potential Impact:

The FFSC 6-week summer program had significantly decreased BMI and improved fitness measures. The activities performed in the FFSC could be implemented in other programs for youth to combat chronic conditions, such as Type 2 Diabetes.