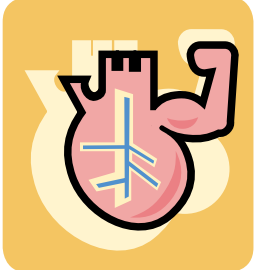


First Year Results

October 2009



About the F.A.N. Club

The Nationwide Children's Hospital Fitness and Nutrition (F.A.N.) Club was established in 2008 as part of the hospital's pediatric obesity initiative to help 3rd, 4th and 5th grade students experience fun activities to keep them fit and healthy through physical activity and education. The after-school and summer F.A.N. Club includes activities such as strength training, games, flag football, stretching, cardio-aerobic activities and nutrition and there is no cost to club participants.



Nationwide Children's is committed to expanding community collaborations and growing the F.A.N. Club in Columbus Public Schools.

For more information, contact Doug Wolf at (614) 355-6007 or Doug.Wolf@NationwideChildrens.org.

F.A.N. Club Results

The first year analysis* of the two F.A.N. Club sites at Livingston Elementary School and Lincoln Park Elementary School shows that, on average, the 44 participants:

- maintained their Body Mass Index (BMI),
- maintained their BMI percentile,
- increased their number of sit-ups by approximately 30%,
- increased their aerobic capacity by approximately 100%,
- were able to better identify healthy food choices,
- improved their overall knowledge about good nutrition (e.g. appropriate servings of each food group),
- reported improved physical functioning (e.g. easier to do sports, exercise, run), and
- reported more social support regarding activity (e.g. participating in more physical activities having fun with friends while being physically active).

* Data reflects participants who had a least one pre- and one post-measure. Therefore, participants could have been in the program for as little as 3 months or for the whole year.