

Movement Program

Non-Communicable Disease (NCD) Prevention Program- Trinidad and Tobago





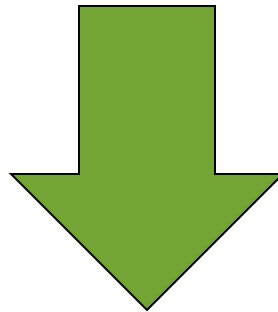
Target Audience:

- Youth ages 13-16 – Male and Female
- Youth that are not currently active and may be overweight
- Willing and able to commit to the full 8-week program



Aim of the program:

- ✓ Improve mindset around physical activity
- ✓ Increase movement and physical activity
- ✓ Improve confidence and self worth
- ✓ Embrace the idea of food as fuel



Prevent NCDs by developing healthy lifestyle habits!



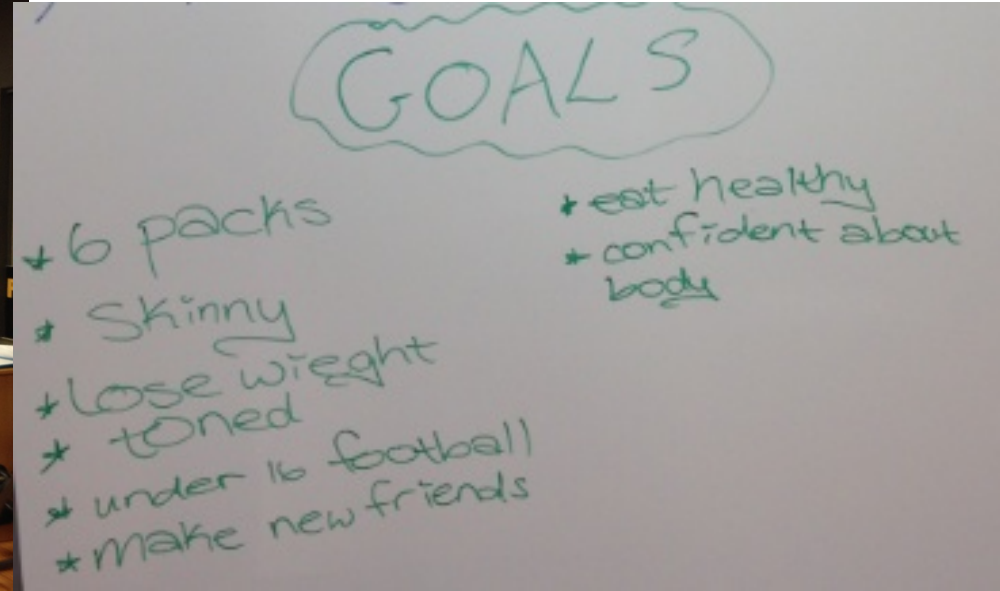
Program components

- 4 sessions per week for eight weeks (32 sessions total)
- **Physical Sessions:** Monday/Wednesday/Saturday for 1.5 hours. These are conducted by performance specialists.
- **Psychological & Nutrition Sessions:** Fridays for 1.5 hours. These are conducted by a psychologist, and cover both psychological issues (ex: self-confidence) and nutritional lessons (portion size; sugar content etc).

Physical component



Psychological component



Nutritional component

Portion Distortion

What you're served

What's one serving



1/2 lb cheeseburger, French fries, 5/4 cup ketchup, tomato slice and lettuce.
1,345 calories
53 grams fat



1/4 lb cheeseburger, half the French fries, 2 tablespoons ketchup, tomato slice and lettuce.
685 calories
33 grams fat

DID YOU KNOW?

- Americans are the heaviest of people in developed countries. The U.S. surgeon general has called obesity a national epidemic.
- 61 percent of Americans are overweight.

- Consuming an extra 100 calories daily for a year, without using them up, can lead to a weight gain of 10 pounds.
- Every gram of carbohydrate or protein equals 4 calories.

- The number of overweight people in the world – 1.1 billion – now equals the number of undernourished people.
- With each decade as we age, we need 100 fewer calories per day.

- Every gram of fat equals 9 calories.
- 10 calories a day (2 hard candies) of unexpended energy puts on an extra pound a year.

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M&E components- Baseline and Endline for each

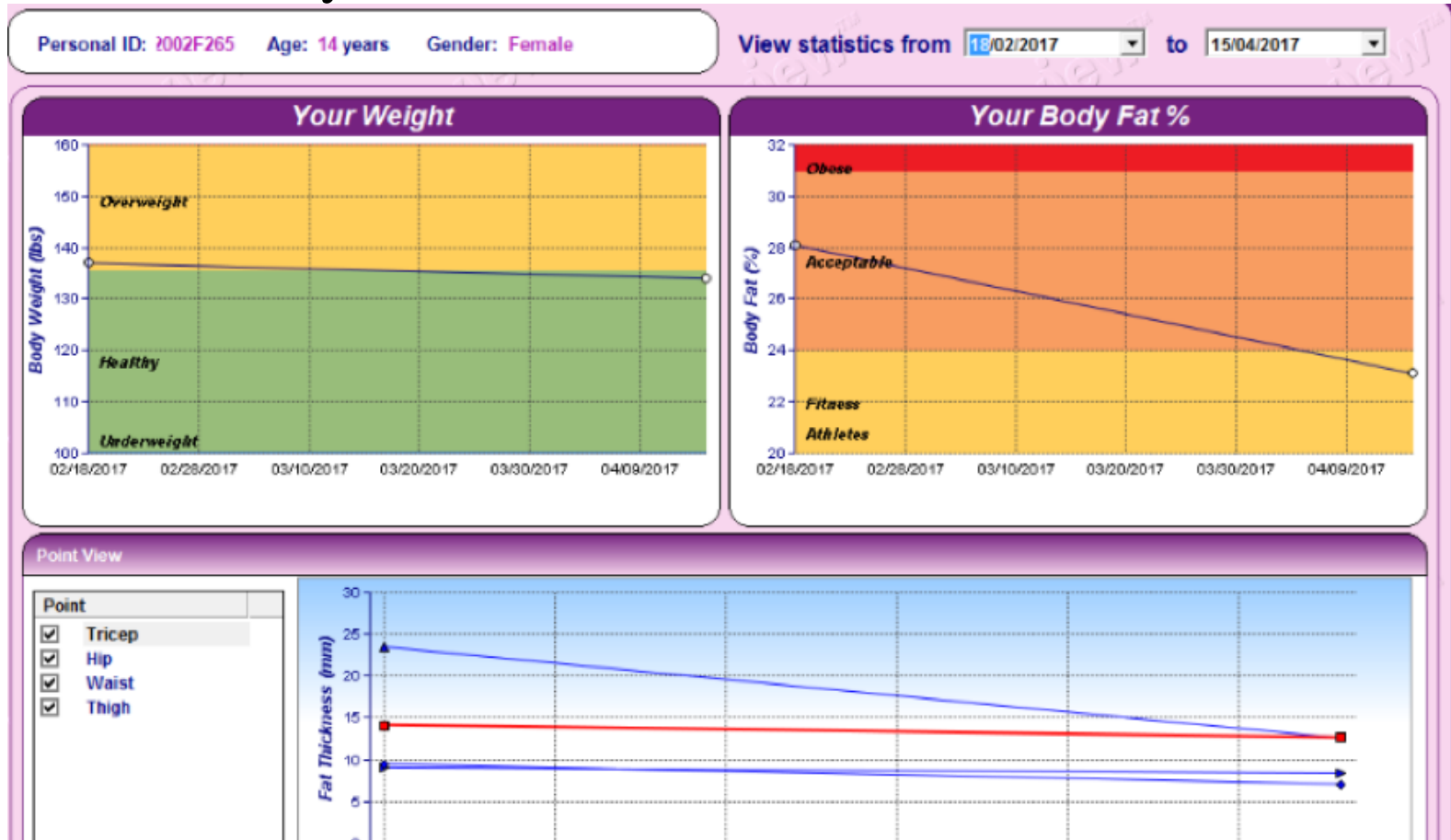
- Functional Movement Screen
 - Testing posture, flexibility strength etc
- Body Composition Analysis
 - Weight, body fat % and body fat thickness
- Strength Tests
- Psychological Assessment
- Questionnaire regarding diet and exercise

Taking body fat measurements



Body Composition Analysis- endline results

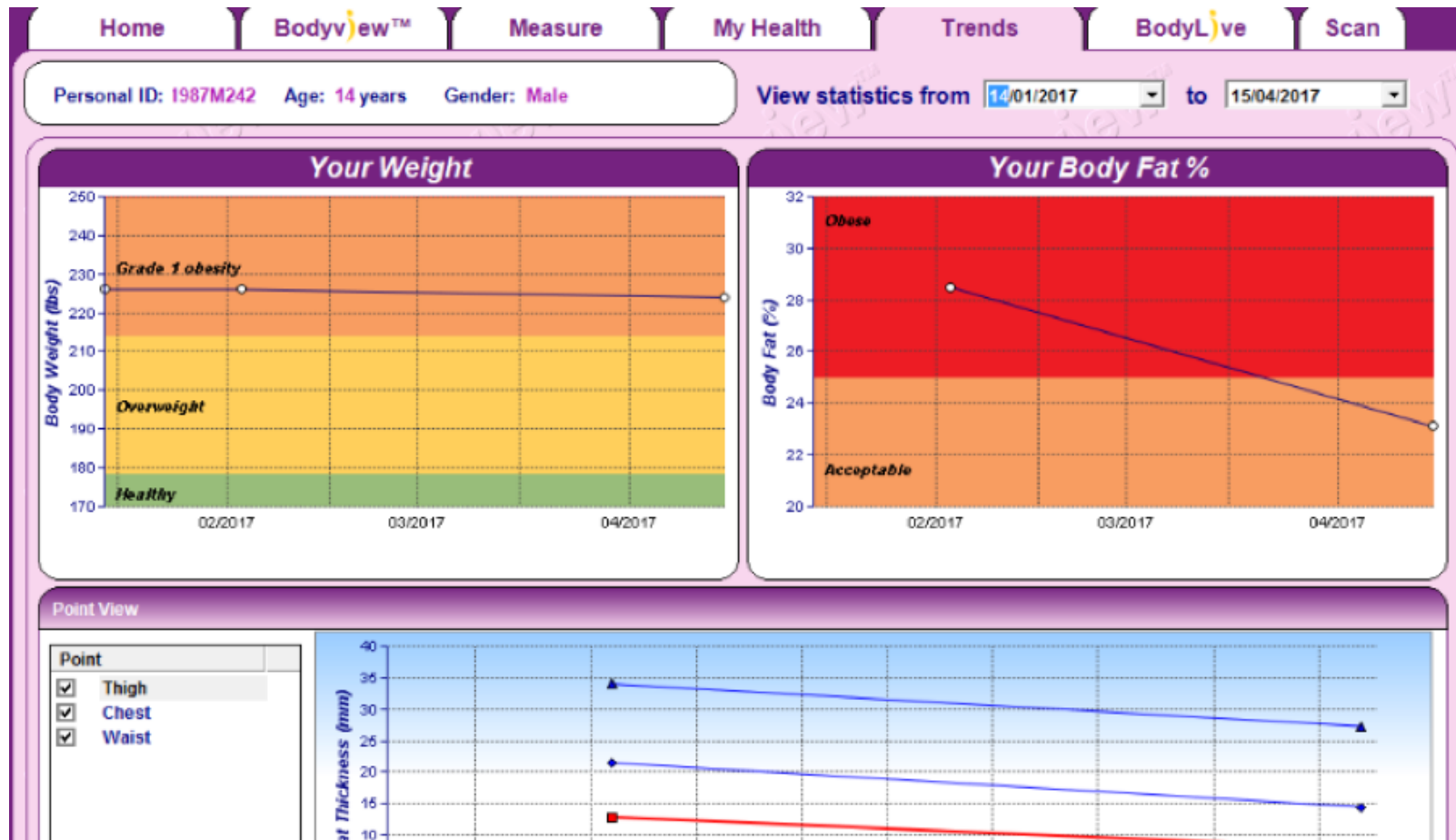
Female- 14 yrs



Weight: From 'overweight' to 'healthy' range

Body Fat %: Decrease of 5% (from 28% to 23%)

Male- 14 yrs- Body Composition Analysis



Weight: Slight decline

Body Fat %: Decrease of 5% from “Obese” to “Acceptable”

Round 1- Dec 2016 to April 2017

- 15 youth: 8 males; 7 females
- Age range: 11-17 yrs (majority 14-15 yrs)
- Retention rate: 80% (3 did not complete due to various reasons: medical/ school priorities/family commitments)





Motivation to join the program:

- “I used to enjoy playing football but after experiencing sporadic Asthma attacks about four years ago I became afraid of playing any sports or exercising in general. I would like to start back with some physical activities in a controlled environment, since I gained a lot of weight in a short time”

Exert from registration form- male 17 yrs



Two main program challenges

#1) Finding the right partners to execute the program

- Mix of physical, nutritional, psychological (for the right price)

Process: Did two rounds of tendering to find partners that could assist with the technical execution of the program. A candidate was identified in the first round, but was too expensive. We then explored the possibility of partnering with the local Diabetes Association to implement a program via a child health clinic. This possibility was explored in detail and multiple parties engaged, but in the final stages of planning, it became clear that they were not interested in the physical and group component of the program (only nutritional). So a second tender was done and a suitable partner was identified.

Note: Movement Mechanics came on board and agreed to offer their services at a reduced cost because they really saw the value in the program and wanted to positively contribute.



#2) Recruitment of youth participants

- Can commit to 4 days/week
- Are in same geographical area
- Fit the criteria and are motivated to make a lifestyle change

Process: A variety of recruitment strategies were used that included: circulating flyers on social media; speaking on local radio stations; newspaper ad in local paper; visits to local high schools; presentations at PTA meetings and radio advertisements. Some families were interested, but could not make the commitment or were living/going to school too far away from the venue.

Program feedback





Tehila- 15

“I have lost weight, and because of that I am more confident of my body image. I drink more water, I eat more often and I watch what I eat and how healthy it is.”



Kyle- 16

“I found the Friday evening sessions helpful cuz I learned to believe in myself.”



Nathan- 13

“I learnt that it is important to eat balanced and not to eat too much dairy and starch. I changed the portion size of my meals and eat fruits daily”



Ai-yeshe- 14

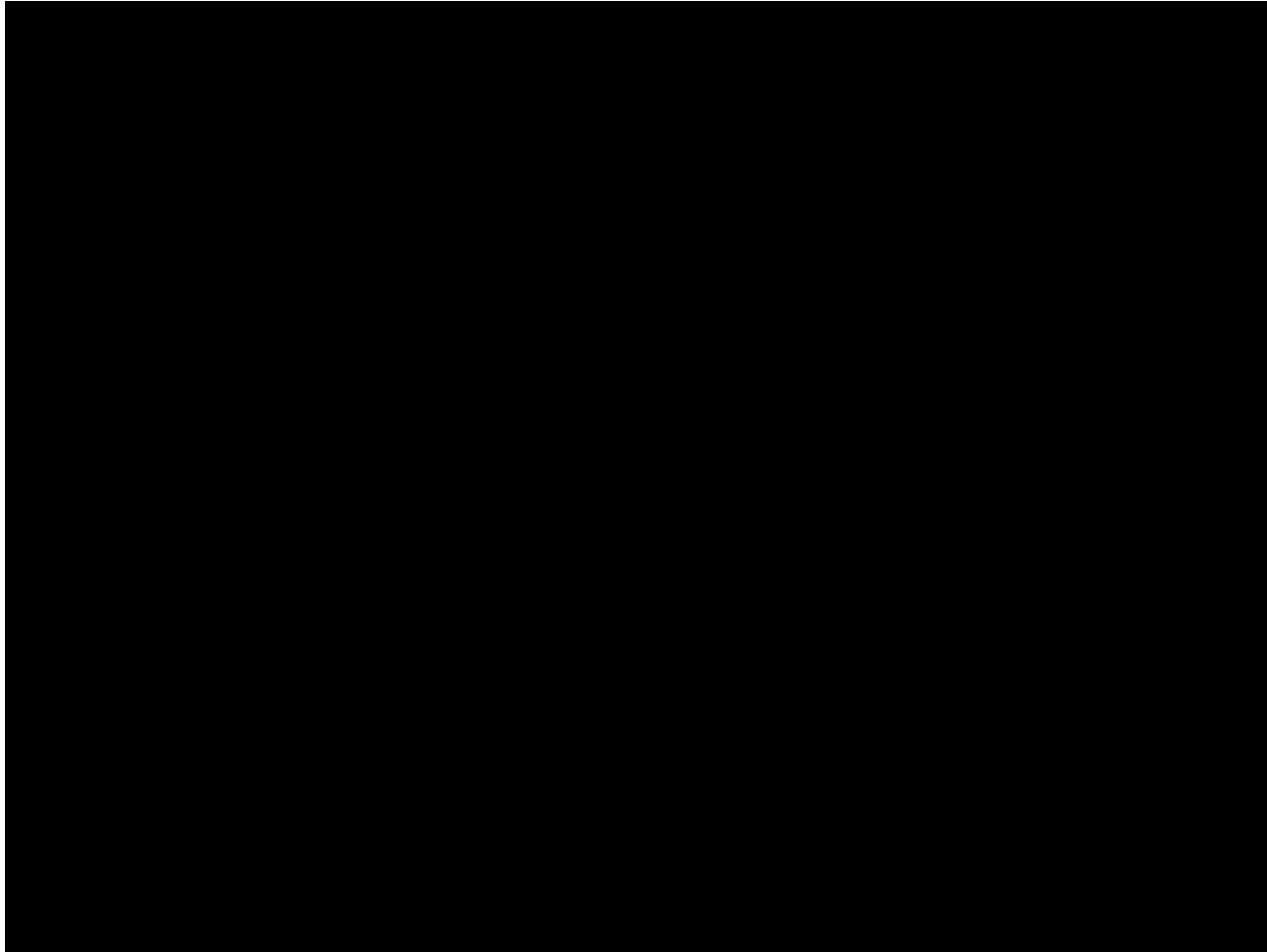
“I’ve started eating fruits on a regular basis and I’ve stopped drinking soda. I’ve lost a lot of weight so I feel good about my body.”

Impact





Video (double click on box)





Keep Moving!

- Round 2 of the movement program to begin July 2017.
- Participants from the first round will be involved to help motivate the new cadre of youth.
- Recommendations from first round to be implemented in second round .
- Continue to advocate and seek funding to continue similar programs.



“I think it’s very important that this program continues. There is an epidemic in Trinidad right now in regards to lifestyle diseases- such as diabetes, heart diseases, hypertension etc. A lot of it comes from poor eating and it needs to be taught from the ground up. And from the ground up I mean, from the youths- upward.” coach Blaze



“A program such as this is important because there are lots of kids who are inactive; who would like to become active; and just don’t know how to do it. And are afraid to inquire, as to how to do it. So this is a very good stepping stone for them.” coach Kevin



Thank you!

