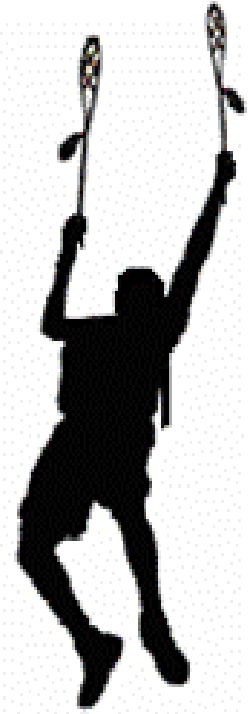


# REACHING OUR YOUTH THROUGH ACTIVE SCHOOLS AND COMMUNITY PROGRAMS

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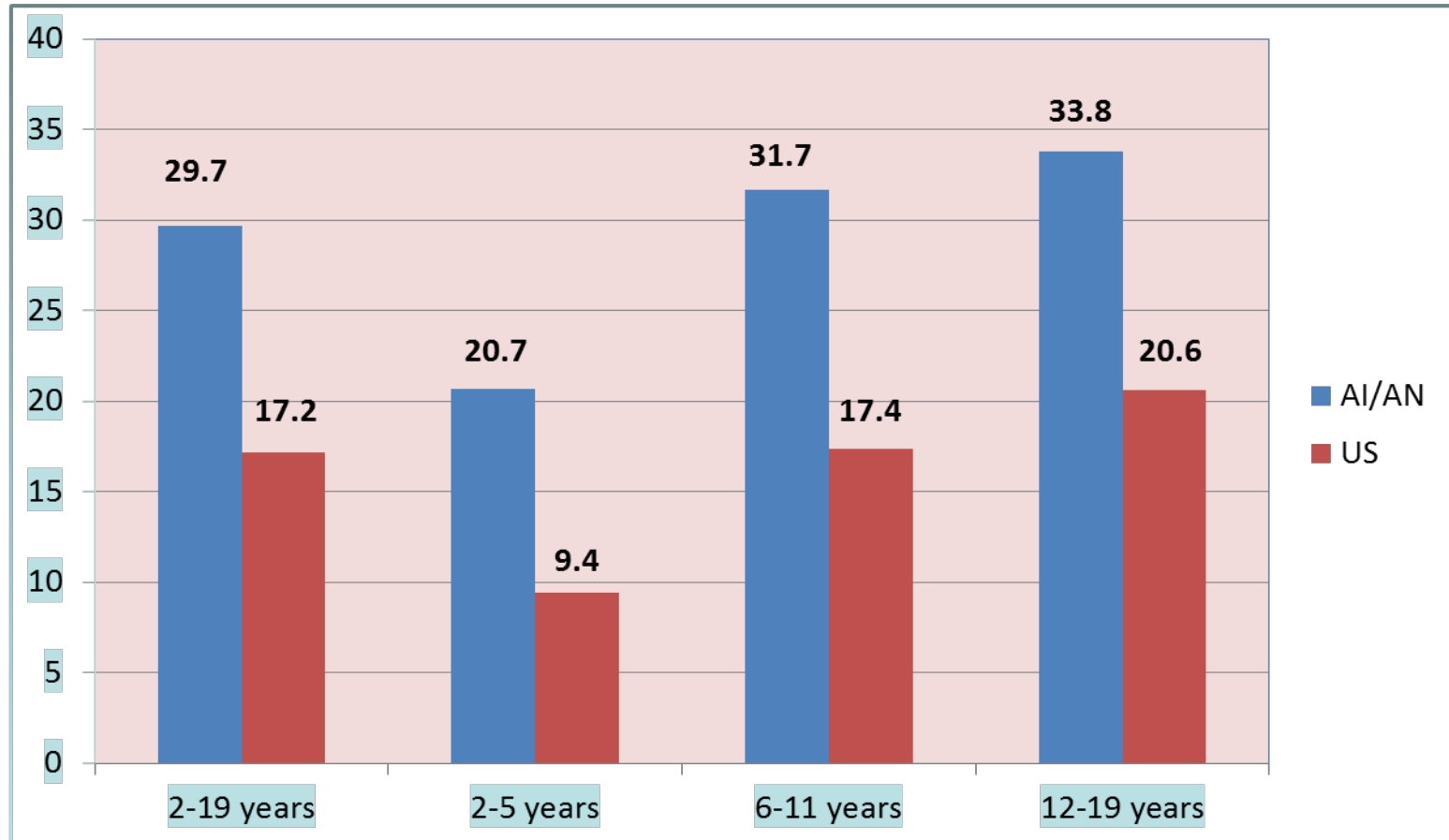
**Scott Robison, M Ed.**

Muscogee (Creek)

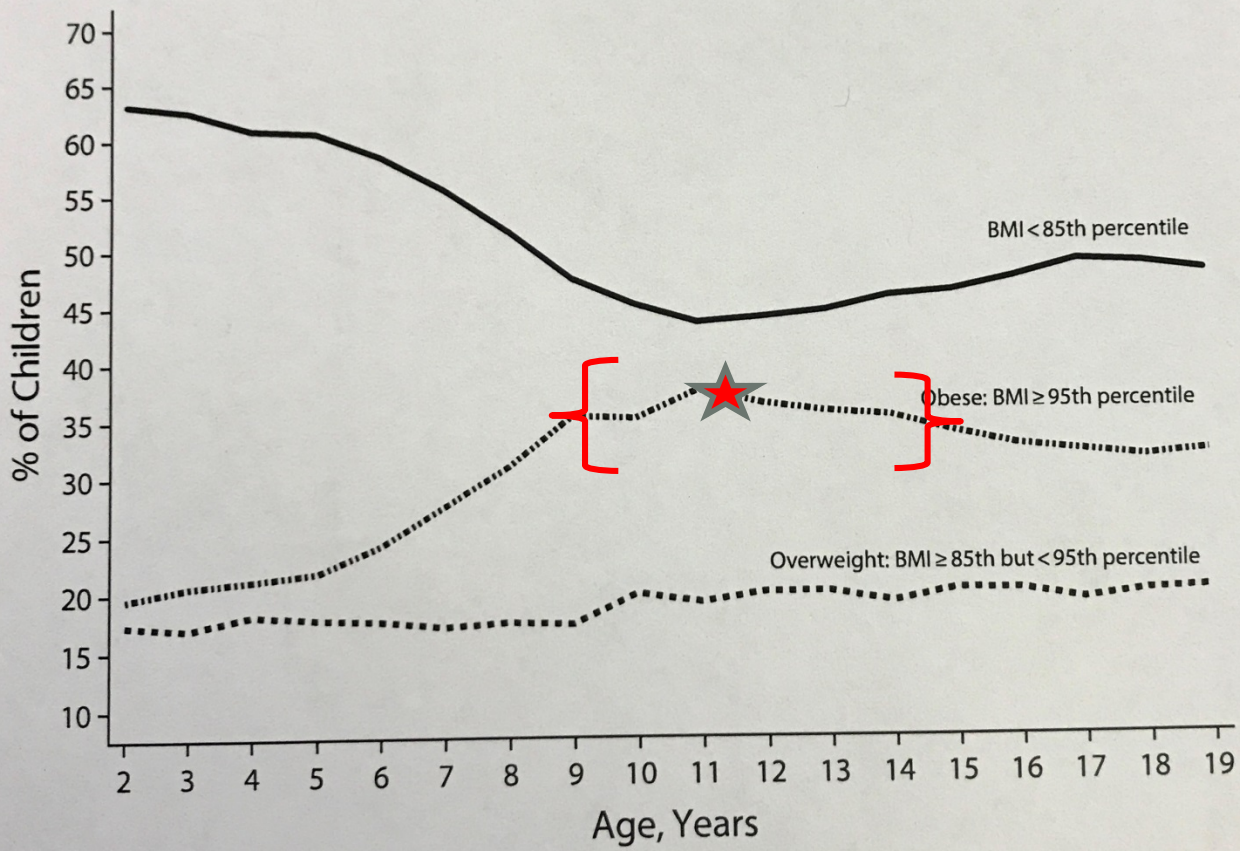
Community Health Director  
Wewoka Indian  
Health Center (IHS)  
Wewoka, OK

# Childhood Obesity in AI/AN 2015

BMI greater than or equal to 95%ile



Obesity and Overweight in American Indian and Alaska Native Children, 2006-2015 –  
A. Bullock, MD; Karen Sheff, MS; Kelly Moore, MD; and Spero Mason, PhD.

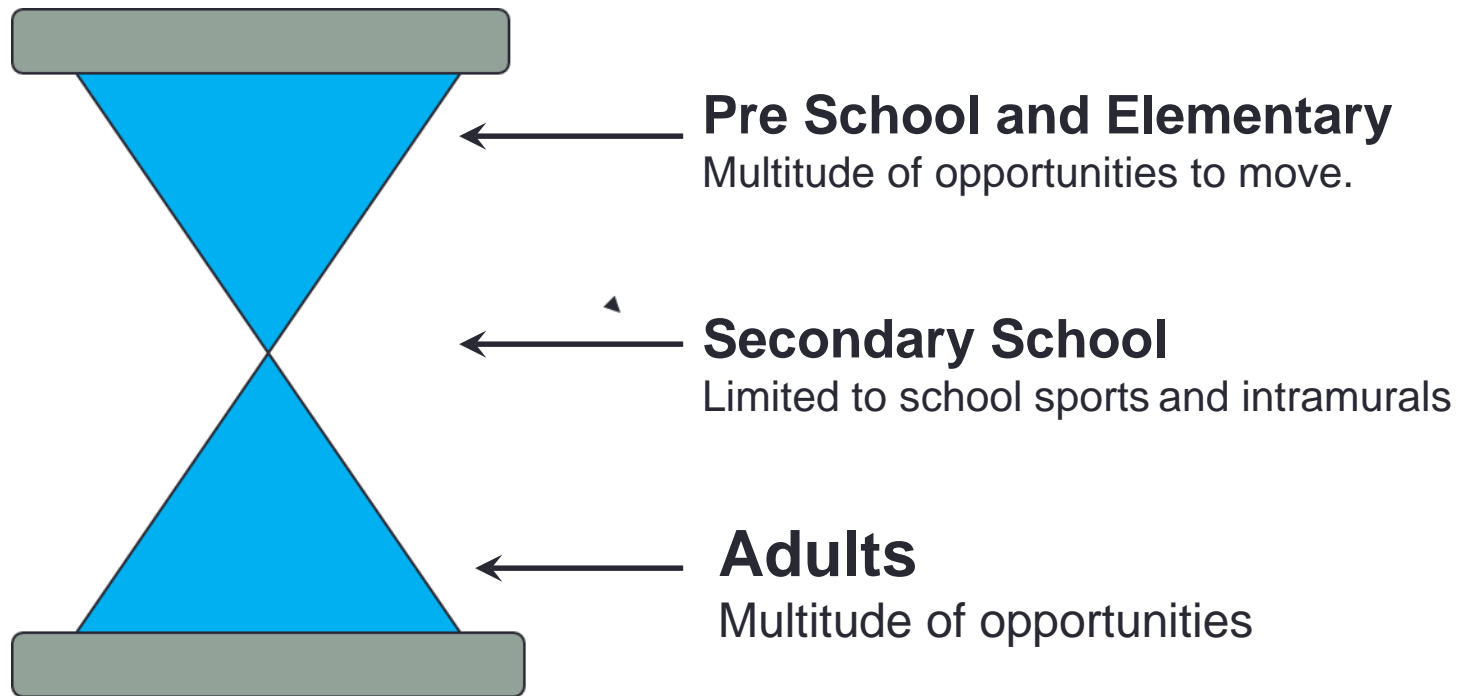


Note. BMI=body mass index (defined as weight in kilograms divided by the square of height in meters).

**FIGURE 1—Body Mass Index Category for American Indian and Alaska Native Children by Year of Age for Fiscal Year 2015, United States**

# Opportunities to be Active

## The Physical Activity Hourglass



# Lifetime Fitness: Beyond Team Sports

## Self Efficacy and Physical Activity

- Many adults have never felt success with exercise
- Build self-efficacy (a feeling that you can be successful)
- Strongest predictor of lifetime adherence to Physical Activity
- Important to build feelings of efficacy for Physical Activity early in life

***“Only 5 percent of all Americans play a team sport regularly beyond age 25. The number is barely a fraction of that by the time people reach 45.”***

Dr. Robert Pangrazi, Arizona State University

# Comprehensive Model

Multiple  
Components

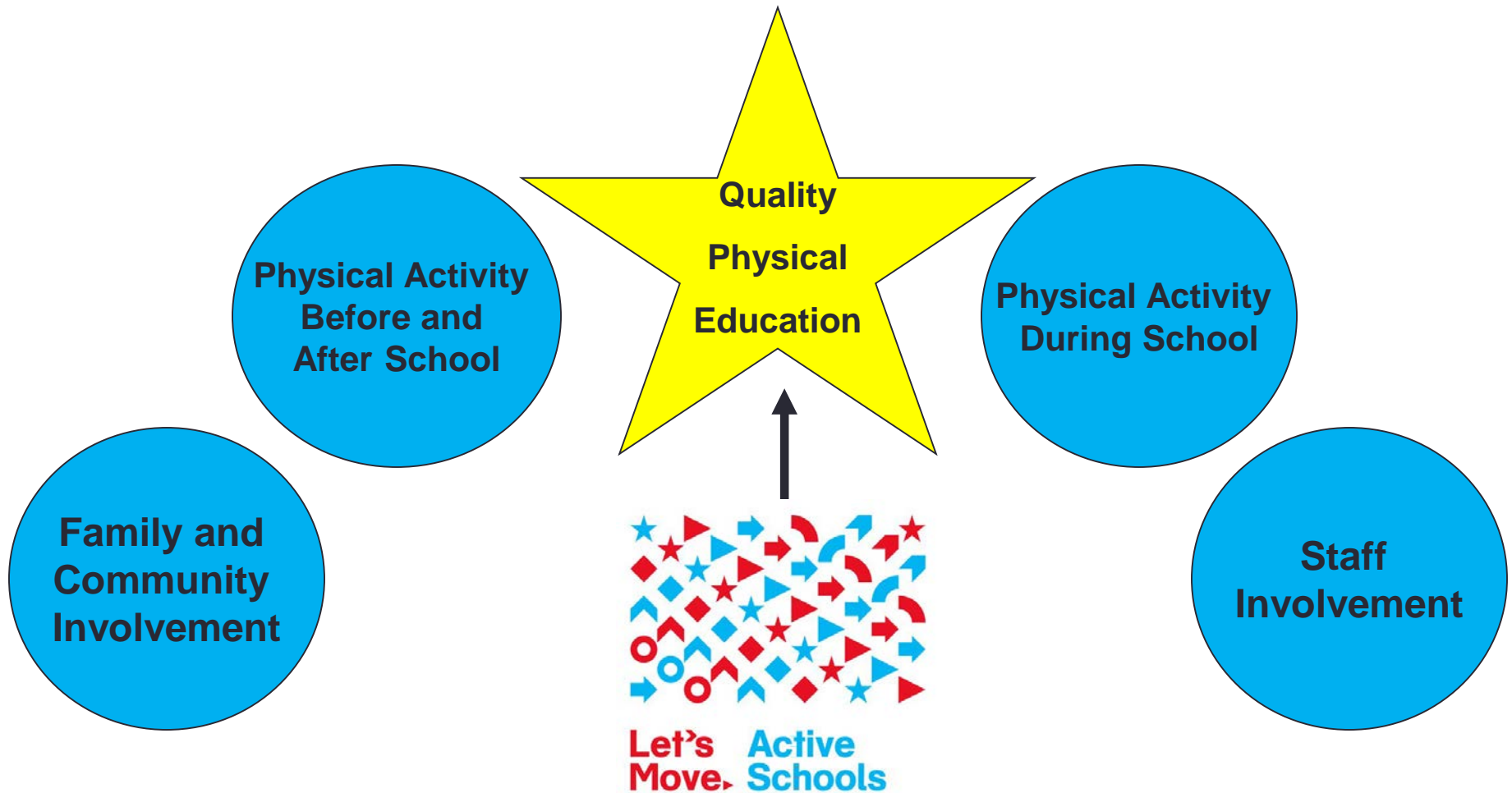


Wide Range  
of Risk

Multiple  
Settings

Varied  
Teaching  
Methods

# Let's Move. Active Schools





# Hop to Stop Diabetes!



- Two year program targeting schools with 50% American Indian student population
- 2018-19 school year, 6 schools  
3<sup>rd</sup>-8<sup>th</sup> grade students
- Weekly practices
- Jump rope performances
- Jump Rope for Heart
- Jump Rope Competition
- Jump Rope Camp
- Program is set up to be sustained by the school staff trained during the first 2 years





# Hop to Stop Diabetes Outcomes

- 35.8% of the students improved their BMI percentile – 7% decrease from FY18

## Pre/Post Testing

**One minute jump test** – 85% improved

Group average Pre Test was 72 jumps and at Post 105 jumps

**Jumps without a mistake** – 81.2% improved

Group average Pre Test was 51 jumps and at Post 96 jumps

- We averaged 143 students each week of the program
- 135 students completed the program in 2019

Improved BMI %ile	35.8%
Improved Jumps per min	85.0%
Improved Jumps w/out missing	81.2%

# Summer Jump Rope Camp

- 3 Days – 125 students per day
- Part of our Hop to Stop Diabetes Program
- *Bouncing Bulldogs* from Chapel Hill, NC facilitate the camp
- Sustainability tool for school jump rope teams
- Eastern Oklahoma State Jump Rope Championships
  - 1<sup>st</sup> year 4 school 50 kids
  - Last year 7 schools 109 kids
- Partnered with local community coalition, local schools, IHS HPDP, Oklahoma Food Bank



PLAY

Camp Video

## Jump Rope Competition

# “Eastern Oklahoma Jump Rope Championship”

- 1 Day – 8 schools 115 kids
- Judges Training
- *Speed jumping equipment*
- March and April with competition in May.
- Partnered with local community coalition, local schools, SHD, and TSET.
- Competition categories
  - Single Rope Speed 30 sec
  - DU Relay 2X30
  - DD 1x30
  - DD 2X60 relay



PLAY

Competition Jump Rope Videos



### Jump Rope Program Rules

1. Keep your grades up and good behavior in school.
2. Be on time.
3. No more the 2 unexcused absences - Must come to practice.
4. Wear good shoes and clothes that are easy to jump in.
5. Practice your jump rope at least 3 days per week.
6. Listen to the coach during practice and follow practice instruction.
7. Encourage others and HAVE FUN!

### Jump Rope Skills:

Basic Single Bounce Jump

Speed Jump

Backward Jump

Side Swing Jump

Figure 8 Jump

Bell Jump

Ski Jump

Straddle Jump

Straddle Cross

Scissor Jump

Criss-Cross

Can-Can Jump

Heel Toe

Side Swing Cross

Rump Jump

360 Jump

Leg Over jump

Double Under

Partner Jumps

Double Dutch

Chinese Wheel

# Fitness Frenzy

“Hop to Stop Diabetes!”

The following student \_\_\_\_\_ played outside and practiced their jump rope skills for 30 minutes in an effort to keep their body healthy and Prevent Diabetes.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_





# Practice Schedule

## Practice #1

Warm up – Everyone start jumping when you are checking roll

Stop and Stretch – Hamstring, calf muscle, quads, arm circles.

.....  
Start with the workout. Have them partner up and decide who is #1 and #

- #1s will start for 15 seconds and then number #2s go for 15 seconds.
- Continue to 30 sec – 45 sec – 1 min
- Continue to 1 min – 45 sec – 30 sec – and 15 sec

\*\*\*\*\***Get a drink**\*\*\*\*\*

### **Go over Single Rope Jumps**

Basic Single Bounce Jump

Backward Jump

Speed (Jogger) Jump

Side Swing Jump

Figure 8 Jump

Bell Jump

Ski Jump

Straddle Jump

Straddle Cross

Scissor Jump

Criss-Cross

Rump Jump

Leg Over jump

Double Under

*Already learned these,  
Review these quickly*

*Work through these*

**Play Knock-out using some of the different jumps.**

## Practice #2

Warm up – Everyone start jumping when you are checking roll

Stop and Stretch – Hamstring, calf muscle, quads, arm circles.

.....  
Start with the workout. Have them partner up and decide who is #1 and #

- #1s will start for 15 seconds and then number #2s go for 15 seconds.
- Continue to 30 sec – 45 sec – 1 min
- Continue to 1 min – 45 sec – 30 sec – and 15 sec

\*\*\*\*\***Get a drink**\*\*\*\*\*

Review a few of the jumps from the list by playing knockout a few times

Partner Jumps – Will need to use the 9ft or 10ft ropes

1. Side by Side with two ropes – Switch ropes in the middle and say “ready-set-go” turn at the same time. Both are single bounce jump
2. Side by Side with 1 rope – take turns jumping in and out of the ropes. Both can get inside the one rope sometimes.
3. Wrap around – One jumping in the rope and the other steps inside and tries to jump around the turner as they jump the rope. Easier when they use a 10 ft rope.
4. Chinese Wheel – You may have a few of the different partners from last year who can do it.
  - Start with groups of 3 and 2 ropes
  - One in the middle holding one end of each rope in each hand and the other two people holding the other ends.



- The jumper in the middle turns the ropes at opposite times.
- Have each person have their time in the middle.



MVTO

# Contact Information

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