

**TOPIC: STUDENT NURSE COMMUNITY OUTREACH TO PROMOTE
PHYSICAL ACTIVITY AT SCHOOLS DURING RECESS**

SUBMITTED BY: Grand View University Nursing Student Association

AUTHORS: Cassie Bass, Genevieve Lifka-Reselman, and Prudence Mpofo.

WHEREAS, “Obesity is defined as a BMI at or above the sex-specific 95th percentile” (Ogden, Carroll, Kit & Flegal, 2012, p.484); and

WHEREAS, in America, “Among children and adolescents aged 2 through 19 years, 16.9%...were obese in 2009-2010” (Ogden, et al, 2012, p.485); and

WHEREAS, “13 weeks of 20- or 40- min/d aerobic training resulted in improvement in diabetes risk as estimated by insulin resistance, fitness, and general and visceral adiposity in sedentary overweight or obese children regardless of race or sex”(Davis, et al, 2012, p.1111) ;and

WHEREAS, “Girls engaged in significantly more sedentary activity, while boys engaged in more moderate, vigorous and MVPA [Moderate to Vigorous Physical Activity] during recess” (Ridgers, Saint-Maurice, Welk, Siampush & Huberty, 2011, p.547-548); and

WHEREAS, “Recess contributed 17.9% and 15.6% toward boys’ and girls’ school day MVPA” (Ridgers, et al, 2011, p.549) ; and

WHEREAS, “Children will be more physically active during recess if given choices that accommodate their individual differences, activities, and equipment that are appropriate for gender age, and weight status preference, and allowed increased time to experiment with the challenges presented by novel activities”(Stellino, Sinclair, Partridge & King, 2010, p.443); and

WHEREAS interventions can lead to school nurses increasing “the amount of time children spent in” MVPA (Avery, Johnson, Cousins, & Hamilton, 2013); therefore be it

RESOLVED, that the Iowa Association of Nursing Students (IANS) support community service MVPA outreach to children in elementary school by publishing an article on the IANS website; and be it further

RESOLVED, that IANS recommend its constituent members to support community service MVPA outreach to children in elementary school; and be it further

RESOLVED, that IANS send a copy of this resolution to the National Student Nurses Association, Iowa Board of Nursing, Iowa Nursing Association, American Nurses Association, National Association of School Nurses, and all others deemed appropriate by the IANS Board of Directors.

References

- Avery, G., Johnson, T., Cousins, M., & Hamilton, B. (2013). The school wellness nurse: A model for bridging gaps in school wellness programs. *Pediatric Nursing*, 39(1). 13-17.
- Davis, C. L., Pollock, N.K., Waller, J.L., Allison, J.D., Dennis, B., Bassali, R., & ...Gower, B.A. (2012).Exercise dose and diabetes risk in overweight and obese children. *JAMA: Journal of The American Medical Association*, 308(11). 1103-1112.
- Ogden, C. L., Carroll, M.D., Kit, B.K., & Flegal, K.M. (2012). Prevalence of obesity and trend in body mass index among US children and adolescents, 1999-2010. *JAMA: Journal of The American Medical Association*, 307(5), 483-490. Doi:10.1001/jama.2012.40
- Ridgers, N.D., Saint-Maurice, P.F., Welk, G.J., Siahpush, M., & Huberty, J. (2011). Differences in physical activity during school recess. *Journal of School Health*, 81(9), 545-551.
- Stellino, M., Sinclair, C., Partridge, J., & King, K. (2010). Differences in children's recess physical activity: recess activity of the week intervention. *Journal of School Health*, 80(9), 436-444. Doi:10.1111/j.1746-1561.2010.00525.x

Costs

Print and distribute to NSNA, Iowa Board of Nursing, Iowa Nursing Association, American Nurses Association, and National Association of School Nurses

- 20 pages of printing at \$0.10 each = \$2.00
- 5 envelopes with stamps = \$2.90
- Total cost =\$4.90

Contact List

American Nurses Association (ANA)

8515 Georgia Avenue
Suite 400
Silver Spring, MD 20910-3492
301-628-5000

Iowa Board of Nursing

400 S.W. 8th Street, Suite B
Des Moines, IA 50309-4685
515-281-3255

Iowa Nurses Association

2400 86th Street #32
Urbandale, IA 50322
515-225-0495

National Association of School Nurses

8484 Georgia Ave #420
Silver Spring, MD 20910
240-821-1130

National Student Nurses Association

45 Main St, Suite, 606
Brooklyn, NY 11201
718-210-0705