

# Linking After School Program Participation with Latino Youth's Obesity and Physical Fitness Outcomes

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# Project Partners

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- **Community Partners:** Redwood City School District, Sequoia Union High School District, City of Redwood City, City of Redwood City Parks & Recreation Department, Redwood City 2020, San Mateo County Health Department, Boys & Girls Clubs of the Peninsula
- **State Partner:** California School Boards Association
- **Project advisor:** Dana Weintraub, M.D., Stanford University Medical Center

# Study Goal and Hypothesis

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- Goal: To understand the ways that after school program participation is related to Latino students' obesity and physical fitness outcomes
- Hypothesis: This link has two components
  - Direct: increased physical activity and reduced sedentary activities
  - Indirect: improved developmental assets such as positive self-image and self-confidence

# Research Questions

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1. To what extent are Latino students engaged in after school programming, including both physical fitness and other types of program?
2. What is the relationship between after school participation and Latino youth's obesity and physical fitness outcomes?

# Research Questions (cont.)

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3. How do youth development indicators – such as sense of competency, autonomy and connectedness – mediate the effects between attendance and obesity and fitness outcomes?
4. For which subgroups of Latino youth is after school programming, and especially fitness programming, most effective?

# Youth Data Archive (YDA)

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- Links individual-level data across school districts, public agencies, and community based organizations in San Francisco Bay Area
- Creates longitudinal trajectories for students across educational and community settings
- Works with community partners to ask and answer key questions about youth and support them to use data to inform policy and programmatic decisions

# Setting: Redwood City, CA

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- Redwood City in the San Francisco Bay Area
  - 75,000 residents
  - 67% of K-8 students are Latino
  - 47% of K-8 students are English learners
  - 58% of K-8 students are Free and Reduced Price Lunch participants
- Study concentrates on students in grades 4-9 from Redwood City School District (K-8) to Sequoia Union High School District (9-12)

# Analysis Measures and Data Sources

Measure	Data Source
Youth obesity and physical fitness (grades 5, 7, 9)	CA Physical Fitness Test
After school program participation	Parks & Rec; PAL; Boys & Girls Clubs; Schools; others
Student demographics, including ethnicity, English language and immigrant, years in U.S. schools, Free and Reduced Lunch	School districts
Youth development (sense of competency, autonomy, connectedness), after school program participation	Middle school survey
Parent demographics	School districts

# Obesity and Physical Fitness Trajectories

Grades	Not Obese →Not Obese	Not Obese →Obese	Obese →Not Obese	Obese →Obese	Number
<b>Latino Students</b>					
5 <sup>th</sup> -7 <sup>th</sup>	56.0%	9.8%	7.9%	26.3%	695
7 <sup>th</sup> -9 <sup>th</sup>	54.7%	6.7%	7.6%	31.0%	435
<b>White Students</b>					
5 <sup>th</sup> -7 <sup>th</sup>	71.7%	8.2%	6.1%	14.0%	343
7 <sup>th</sup> -9 <sup>th</sup>	72.2%	4.9%	7.6%	15.3%	288
Grades	Fit→Fit	Fit→Unfit	Unfit→Fit	Unfit→Unfit	Number
<b>Latino Students</b>					
5 <sup>th</sup> -7 <sup>th</sup>	40.3%	13.1%	18.1%	28.5%	695
7 <sup>th</sup> -9 <sup>th</sup>	43.7%	16.1%	13.6%	26.7%	435
<b>White Students</b>					
5 <sup>th</sup> -7 <sup>th</sup>	62.1%	9.6%	12.2%	16.0%	343
7 <sup>th</sup> -9 <sup>th</sup>	64.6%	9.7%	12.5%	13.2%	288

# After School Participation Among Redwood City Youth

Sponsoring Agency	After School Activity	Number
Parks & Recreation located at eight school sites	After School Education and Safety Program (ASES)	963
Parks & Recreation	Physical Fitness and Athletic Activities	1,842
Parks & Recreation Department	Non-Athletic or Fitness Focused Activities	943
RC School District	Youth Leadership	237
RC School District	Enrichment and Recreational	233
RC School District	Sports Activities	913
Boys & Girls Clubs	Various club activities	803
Other private agencies	Other after school programs	--

# Findings Informing Policy and Practice

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- Present findings to contributing partners and county-wide Prevention of Childhood Obesity Task Force.
- Work with City/County collaborative board and county-wide task force to take action on the findings.
- Present findings at CSBA wellness conference. With CSBA, develop articles, policy briefs, and sample board policies.