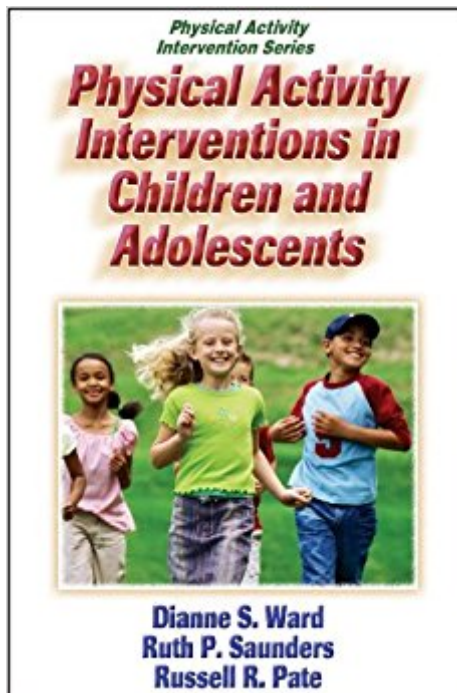




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# Physical Activity Interventions In Children And Adolescents



## Synopsis

With modern conveniences and technology always beckoning, today's children are less active and more obese than ever—which leads to an ever-increasing need for more effective interventions to help them become more active. *Physical Activity Interventions in Children and Adolescents* addresses this problem by helping professionals in schools, health departments, recreation centers, state agencies, and not-for-profit organizations design, implement, and evaluate interventions to promote and increase physical activity among children and adolescents. Part of the Physical Activity Intervention Series, *Physical Activity Interventions in Children and Adolescents* provides information on current levels of youth physical activity and presents a basic understanding of the issues associated with it. The book offers a clear and reader-friendly overview of theories of behavior change that have been used in developing physical activity interventions in a variety of settings and methods for program evaluation. Specific recommendations for physical activity from various professional and health organizations are included as well. The book also provides descriptive epidemiology of youth physical activity that helps identify the changes in activity as children age; insights into the potential role of the family and the community in providing physical activity opportunities for youth; guidance for the development of collaborative relationships among agencies and organizations to promote physical activity in the community; and a review of available instruments for measuring physical activity in youth populations, including self-report instruments and step counters. Practical application of the information covered in *Physical Activity Interventions in Children and Adolescents* is demonstrated through real-world interventions that have been implemented in various settings. The programs were selected based on their demonstrated effectiveness, potential for success, or unique features. Strengths and weaknesses of each intervention are highlighted. In addition to the presentation of existing programs, guidelines for the development of new programs are presented. Sample worksheets serve as valuable tools in evaluating and designing interventions in areas where proven programs are not yet available. The text follows a three-part progression. Part I provides an orientation to activity in young people, describing how to change behavior and introducing the settings in which such behavior change programs might be developed. In part II, documented interventions are examined for programs in schools, community organizations, and home and health care settings. Part III explores intervention design, assisting those who want to design their own interventions for specific populations. Descriptions of program evaluation, including useful measurement instruments, are detailed as well. The result is a book that professionals can use for learning about physical activity and the role it plays in the lives of youth. It will guide readers in designing successful interventions that can change

physical activity behavior for the children and adolescents with whom they work.

## Book Information

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## Customer Reviews

“This book is an important primer for those interested in helping children and adolescents become more active. I heartily recommend this volume.”  
The Prevention  
Researcher

Dianne Stanton Ward, EdD, is a professor and director of the Intervention and Policy Division in the department of nutrition at the University of North Carolina at Chapel Hill. Dr. Ward has more than 30 years' experience in the development and evaluation of physical activity programs for children and adolescents. She has received 10 years of National Institutes of Health (NIH) funding for intervention research and is a member of the NIH Study Section on Community Influences on Health Behavior, a Health of the Public Integrated Review Group. Dr. Ward has received several awards, including the Distinguished Alumni Award in 2001 from the College of Health and Human Performance at the University of North Carolina at Greensboro. She is a fellow in the American College of Sports Medicine, and she is a member of the American Public Health Association, the Association for Nutrition Science, the North American Association for the Study of Obesity, the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), and the North American Society for Pediatric Exercise Medicine. In her leisure time she enjoys hiking,

playing golf and tennis, reading, and gardening. Ruth P. Saunders, PhD, is an associate professor in the department of health promotion, education, and behavior in the Arnold School of Public Health at the University of South Carolina at Columbia. Dr. Saunders has worked with physical activity interventions for children and adolescents for more than 10 years and has taught health behavior theory and health promotion program planning and evaluation for 20 years. She has also worked with schools and school districts on health and wellness issues for 18 years. Dr. Saunders was on the team that developed the Centers for Disease Control and Prevention guidelines for promoting physical activity in school and community settings and has been an active member of a successful research team in obtaining funding and publishing in the area of child and adolescent physical activity and interventions. She has also been an effective collaborator with community organizations and agencies, including schools. Dr. Saunders has won teaching and research awards and is a member of the American School Health Association, AAHPERD, the Society for Public Health Education, and the American College of Sports Medicine. She enjoys jogging, cycling, gardening, and baking in her spare time. Russell R. Pate, PhD, is a professor in the department of exercise science in the Arnold School of Public Health at the University of South Carolina at Columbia. Dr. Pate has 30 years of experience in researching the issues involved in physical activity interventions. In that time he has received 15 years of NIH funding for research in physical activity interventions. He has also served on the IOM panel for Preventing Childhood Obesity as well as the U.S. Dietary Guidelines Committee. In addition, Dr. Pate has served as president of the American College of Sports medicine and the National Coalition for Promoting Physical Activity. Dr. Pate is a lifelong distance runner. He enjoys traveling and reading.

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