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The YMCA and Healthy Weight and your Child Program Implementation

Brandon Harmon
brandon.harmon@otterbein.edu

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The YMCA and Healthy Weight and your Child Program Implementation

Abstract

Worked with The YMCA of Delaware, Hilliard and Gahanna in two evidence based programs; Healthy Weight and your Child and Delay the Disease. Both programs are evidence based programs that rely on data to run the program better and how they structure it. Having the programs backed up with data and other evidence based material, allows The YMCA to have accreditation with their programs.

Goals

- Learn the process of how to successfully implement a program, while also finding new ways to make the program function better in the future.
 - Study how the program runs and also talk to staff and supervisor about the process.
 - Coming up with ways for improvement for the new program.
- Understand team dynamics and how to effectively function as a team.
 - Observe how staff works together and how I am able to work and communicate with them.
- Discover resources on how to effectively to lead and manage a team.
 - Talking with leaders in the group and asking them questions along with talking with Caroline. I will be assisting in the exercise portions and that will give hands on experience.
- Help kids and parents learn how to be healthy and exercise properly.
 - This comes through assisting in the nutrition and exercise portions. End of program statistics will be analyzed to see how affective the program worked.
- Understand the administration field more and what skills are needed to be effective.
 - Through observation and talking with Caroline.



Healthy Weight and your Child

The program is in its early stages and has only been in the works for a year. The program focuses on teaching the children and parents both about nutrition and physical activity.

- First session was a year long program that met once weekly for 25 sessions. The second session changed to meeting twice weekly.
- All teachers must be C.A.T.C.H certified
- Waist circumference, height and weight are taken from both the children and parents at both the beginning and end.
- The first hour of the session both parents and child are in a classroom and go through a nutrition session. The second hour the children are taken to the gym.
- The class portion was a basics of nutrition and how it impacts the body and how they should shape their diets. Each week was a different topic and focused on one major subject.
- The gym session was to show kids that exercise was supposed to be fun, not work.
- The program assess success if the children maintain weight or lose weight.





Delay the Disease

The program started up in 2005 by two people; Jackie Russell and David Zid. David is a professional fitness instructor and also the co-founder and director of the program. Jackie is a registered nurse and also the program development coordinator for the program. The program is available in 17 states now and also in Canada.

- Assisted at the Gahanna YMCA location as a spotter.
- The program focuses on teaching the attendees how to become stronger, while also working on balance, coordination, and also mental function.
- During exercises the participants do the exercise but also talk while doing it. (Ex. Counting down or up, naming candy bars....)
 - Works on multitasking to keep motor skills up.
- Routine consists of stretching, strength / cardio, circuits, mobility and balance, cool downs.
- As a spotter, I participated with them while also help those who need it more. Also keeping an eye on everyone to minimize fall chance and other risks.



Goal Outcomes

- Delay is well established and they are backed by research. They built a strong base by research that was already done, and they have training sessions for their trainers on how they want the program ran. This has allowed their program to thrive. Healthy Weight and your Child is a new program that is going through the trial and error stage. Was able to sit down with Caroline and other workers and talk about how it could be improved.
- Working with the staff, we were able to form a core team that understood our own strengths and weaknesses and how to affectively use them. Worked in multiple places, so I had a variety of different people working with me.
- Working with two very different age groups was a challenge. This goal was still effective though. Even though I wasn't managing adults/ employees, managing children was just as tough. They all had their own opinions and what they wanted to do. Managing how to please all of them and reward them for participating was like managing a team in a work setting.
- Both in delay and healthy weight, there are exercise routines and strategies that were used. In delay, is about helping them understand how to control their motions in a safe way to minimize injury. While in healthy weight, there are two aspects. Getting the parents to understand that small changes is all it takes to turn habits around. Also, showing kids that is can be fun to exercise and healthy while also still being able to so the fun things they like.
- Caroline was able show me that being an administrator is more than just sitting in an office and doing paper work. She would attend sessions when she could and when she did she was hands on with the activities. The admin field is much larger than just the executive part also.

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