

## Youth increase their physical activity with Five for Five: Five minutes to better health

### AT A GLANCE

Youth engage in learning and improving well-being through physical activity.

### The Situation

Being physically active is a simple way to improve one's overall health across the life span. However, America's Health Rankings (Robert Wood Johnson Foundation) reports that 27% of children ages 10-17 are overweight or obese for their age based on reported height and weight (2020-2021). The adult obesity rate is 37%.

Children who have obesity are more likely to have obesity as adults compared with children and adolescents who do not have obesity. Overweight or obesity in childhood is associated with physical, social and psychological health issues during adolescence and adulthood.

### Our Response

The Physical Activity Guidelines for Americans (2018) states "Childhood and adolescence are critical periods for developing movement skills, learning healthy habits, and establishing a firm foundation for lifelong health and well-being. Regular physical activity in children and adolescents promotes health and fitness." To support children and youth in getting 60 minutes or more of daily physical activity, the University of Idaho

## five for five



### 5 MINUTES TO BETTER HEALTH

Youth increase their physical activity with Five to Five: Five minutes to better health.

Extension team published Five for Five: Five minutes to better health. Five for Five has the overall goal of increasing the rate of physical activity for all ages. Not only does the curriculum improve the flow of instruction for youth programs it has consistently proven to: enhance a participant's ability to concentrate and maintain focus, improve their motivation and engagement in the learning process, and increase their amount of daily physical activity. Five for Five is designed for all ages and genders, socio-economic levels, physical activity abilities, cultural backgrounds, educational backgrounds and occupations. It has five units: mindfulness; cardiovascular endurance; muscular endurance and bone strengthening; muscular strength; and flexibility and balance.

Five for Five was delivered by 4-H professionals and Eat Smart Idaho instructors in conjunction with youth programming. Six to eight sessions were taught to each unique group of youth. At the end of the programming youth received tactile incentives to continue physical activity at home — water bottle, stretch band and set of activity cards with Five for Five color-coded activities. Youth were asked to share their experience with family and friends.

## Program Outcomes

At a variety of youth program venues 785 youth were reached. After participating in six to eight sessions of Five for Five 348 youth, third through eighth grade, completed a survey. The first section asked about their attention to physical activity, screen time and ways to be active. The second section asked about using Five for Five at home during the program. And the third section asked about their intent to act. The youth provided additional comments. Sixty-five percent of youth said Yes or Usually they pay attention to their physical activity. Half the youth pay attention to screen time (52%). Sixty-two percent agree that they talked about ways to be active during the program (Table 1).

Table 1: Youth activity and using Five for Five.

End of Program Indicators	Yes	Usually	Not really	No
Pay attention to how active you are daily	35%	30%	28%	7%
Pay attention to how much time you spend in front of screen	27%	25%	28%	20%
Talked about ways to be active	51%	16%	23%	10%
Intend to use Five for Five	Yes	Maybe	Not sure	No
Use the activities cards at home	39%	34%	17%	11%
Use the stretch band at home	49%	27%	12%	12%
Use the water bottle	81%	9%	3%	6%
Show friends or family Five for Five	34%	28%	23%	16%

## FOR MORE INFORMATION

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Youth responded positively about using the resources after the program. The water bottle had a solid Yes response (81%) and 9% indicating Maybe. Seventy-six indicated Yes and 73% indicated Maybe that they would use the stretch band and activity cards at home. The goal of the Five for Five program was to support learning through movement throughout the day. Sixty-two percent of youth indicated they would share Five for Five with a friend or family (Table 1). One-third of the youth tried Five for Five at home and 21% shared it with a family member. These responses demonstrate youth are excited to do physical activity at home.

Eighty percent of the youth added optional comments to the survey. These comments were coded into four categories. The first category included references to relaxing, mindfulness, meditation, calming or breathing with 32 comments. Category two comments related to movement, exercise, active or specific activity with 125 comments. The overall expression of fun, enjoyment, and generally liking Five for Five had 92 comments. Lastly, there were 20 comments on getting or using the resources.

4-H professionals and Eat Smart Idaho instructors indicated through a survey that Five for Five added value to the youth program (97%) and improved overall flow of instruction (77%). They will continue to use Five for Five (97%) to support youth engagement in learning and improving well-being through physical activity.

## Cooperators and Co-Sponsors

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