

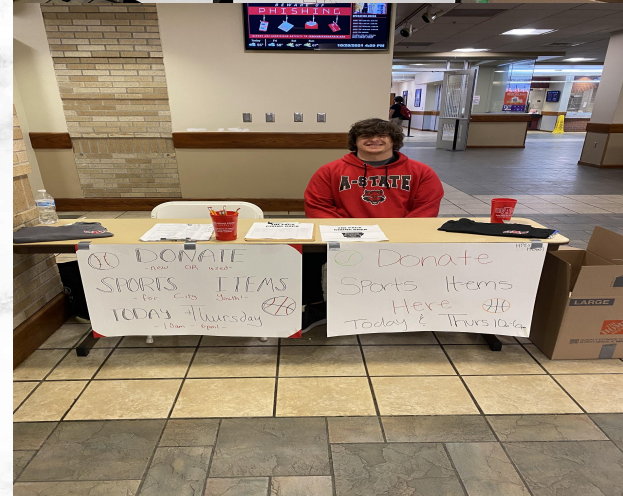
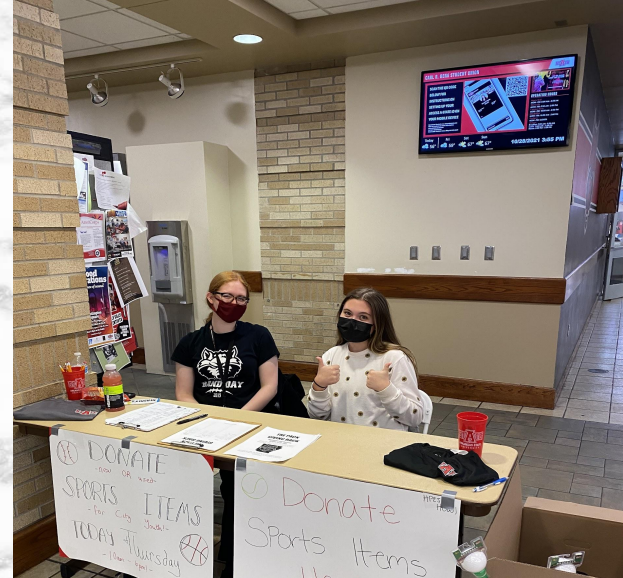
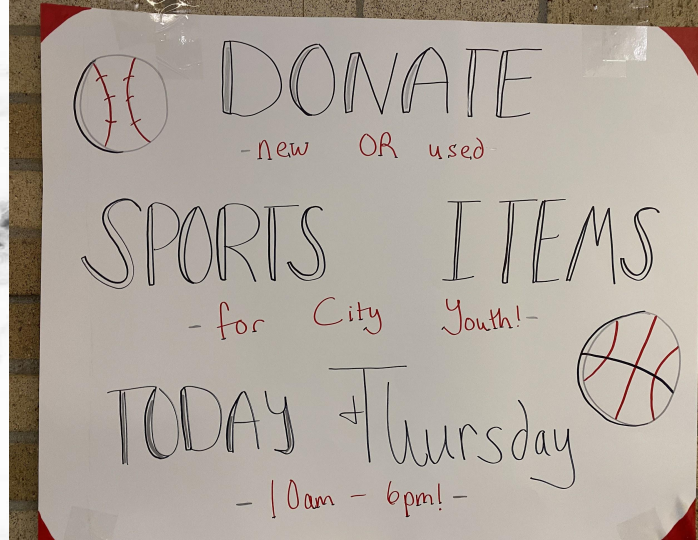
# The Pack Giving Back



**ACADEMIC  
EXPO  
PRESENTATION  
BY  
HPES 1013-001  
INTRO TO HPESS**

# MAKING CONNECTIONS / INTRO TO HPESS





# WE BELIEVE

As HPESS majors, **WE BELIEVE** in community efforts toward a more sustainable and inclusive fitness and athletic experience.



# PROJECT RATIONALE

In an effort to make sports and exercise more accessible we aim to provide equipment for children in the community who have limited access. We will accomplish this goal by collecting sports equipment and donating the items to City Youth Ministry.



# WHAT IS CITY YOUTH?

**City Youth Ministries** is a non-profit organization that provides after school programs to help children academically, physically, and spiritually here in Jonesboro. We hope as HPESS majors that by making physical equipment more accessible we can inspire more children to get physically active. ([cityyouthministries.com](http://cityyouthministries.com))



# POVERTY IN JONESBORO

The poverty rate of Jonesboro is 20.4% which equates to about 1 out of 5 people living in poverty. To help combat these challenges, City Youth Ministries was created to provide transformative opportunities in a nurturing, spiritual, and academic environment. This program is provided at no cost to students and their families through donations from various organizations and individuals.



# IMPORTANCE OF PHYSICAL ACTIVITY FOR CHILDREN

- “Less than one-quarter of children 6 to 17 years of age participate in 60 minutes of physical activity every day.” (cdc.gov)



It is essential for children to have opportunities for physical activity! Not only does it affect health...

“Students who are physically active tend to have better grades, school attendance, cognitive performance (e.g., memory), and classroom behaviors (e.g., on-task behavior).” (cdc.gov)





# LACK OF EXERCISE IN YOUTH



- **Child Obesity**

- Currently 19% of children are obese in the US.
- Leads to high cholesterol and blood pressure, which are contributors of heart disease
- Increased risk of Type 2 diabetes
- Increased weight leads to joint complications
- Asthma is commonly seen in overweight children
- Increased rate for nonalcoholic fatty liver disease (NAFLD)

- **Other Health Defects**

- Decreased immune response
- Increased cortisol levels
- Improper lung function
- Mood swings
- Decreased natural energy levels
- Improper metabolic function



# LACK OF EXERCISE IN YOUTH



- **Social Hindrances**

- Not participating in regular physical activity leads to a lack of personal confidence. This then leads to a lack of communication amongst peers. As a consequence, youth may be unable to develop the proper skills to drive a healthy and socially active lifestyle in adulthood.

- **Psychological Disadvantages**

- According to a study found in the *Journal of Adolescent Health*, youth who participated in regular physical activity scored higher on various mental assessments. The researchers concluded physical activity linked to lower perceived stress, decreased depression rates, and higher self-rated mental states. (Newport Academy, 2018)

# MORE EFFECTS OF BEING PHYSICALLY INACTIVE

- Sedentary Death Syndrome (SeDS) - Chronic diseases caused by being physically inactive
- SeDS is the second greatest risk to health disorders in the United States
- The leading causes of deaths in the United States are lifestyle related disorders
- U.S. is ranked 43rd in life expectancy, and ranked first in obesity rates throughout the world

These statistics can all be improved through modifications to one's lifestyle. Moderate daily exercise, and simply getting up and moving around throughout the day will greatly improve the quality of life for all Americans.



# CONCLUSION

We were able to successfully collect sports equipment items to donate to City Youth Ministry to help encourage physical activity for children in the community.



We hope this will provide opportunities to promote healthy behaviors, engage in exercise, and have fun!



# MAKING CONNECTIONS / INTRO TO HPESS



# REFERENCES

<https://www.cdc.gov/healthyschools/physicalactivity/facts.htm>

<https://www.cityyouthministries.com/who-are-we>

[Childhood obesity - Symptoms and causes - Mayo Clinic](#)

[Sports and Mental Health | Newport Academy](#)

