

MOTIVATING KIDS TO MOVE TO A HEALTHY LIFESTYLE

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STRUCTURAL
EMPOWERMENT



UPMC Presbyterian proudly support community outreach as well as promotes the initiatives identified in the Healthy People 2020 topics. Healthy People is part of the Office of Disease and Health Promotion in the U.S. Department of Health and Human Services. Healthy People identifies our nation's health improvement opportunities. Healthy People establishes

evidence-based national healthy objectives to monitor, motivate, and guide efforts to improve health across America. One of the goals identified for 2020 was to *improve health fitness, and quality of life through physical activity*. More than 80% of adults do not meet the guidelines for aerobic and muscle strengthening activities. Likewise, 80% of adolescents do not do enough aerobic physical activity to meet the youth guidelines. Physical activity in youth is particularly important because it improves bone health, improves cardiorespiratory and muscular fitness, decreases levels of body fat, reduces depression symptoms, improves cognitive skills, and improves one's ability to concentrate and pay attention.

Kids of Steel is an organization that provides a free training program that helps motivate kids and their families to get moving. The program is available in over 180 schools throughout western Pennsylvania. The goal established by the organization is for each participant to run a total of 26.2 miles over the length of time, with the final 1.2 mile run during the official "Kids of Steel Marathon".



Teresa Lucchetti, Unit Director, 4G and Rapid Response team began volunteering as a coach at the Kids of Steel organization in November 2019. Teresa advocated to UPMC Presbyterian to support her team. Teresa contacted **Lauren Christy**, Magnet Program Director, UPMC Presbyterian Shadyside for some assistance. After consideration, the **Office of Patient Experience department** supported Kid of Steel with the purchase of one-hundred water bottles. Teresa conducted two in-person practices for the children of Whitehall, Pennsylvania. The practices focused on proper stretching, running form, endurance, and general physical activity for the members. Due to the COVID-19 pandemic Teresa transitioned her team and practices to virtual practices that included family involvement with various activities that were recommended by the program. On May 2, 2020, the Kids of Steel Marathon hosted its virtual marathon. Teresa's Kids of Steel consisted of 25 children and 50 family members from the Whitehall, Pennsylvania community. The event was a huge success, and each child will be presented with a water bottle to ensure hydration while they complete healthy behaviors such

as running or walking.

Keep an eye out as this story will be highlighted in our Magnet® document as exemplar SE10a!