Assessing Blood Pressure and Quality of Life in 9-10 year old Children: iCook 4-H Pilot Study

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Objective

Objective 1: Determine the change of Blood Pressure, BMI and perspective of quality of life in youth at pre and post assessment after a 3 month family mealtime, culinary skills, and physical activity focus intervention.

Objective 2: Determine if Quality of Life is maintained or improved after intervention.

Impact of Obesity in Youth

1 in 3 American kids and teens are overweight or obese, nearly triple the rate since 1963

Obesity health problems that previously weren’t seen until adulthood:
- High BP
- T2DM
- High blood cholesterol levels

Adolescent Obesity Rate

<table>
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<th>2011</th>
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Blood Pressure

Increasing rise in pediatric obesity coinciding with increase to 2-5% hypertension in this population

Hypertension in pediatric patients shown to persist into adulthood resulting in a significant risk factor for CVD.

Early detection could have a positive impact on reducing health risks and improving cardiovascular health.

Results

Pearson’s Correlation

Paired T Test

Conclusion

Due to the increasing rise in adolescent and pediatric obesity, there is an increase in multiple health complications. Pediatric hypertension is one of the possible complications that can have detrimental effects. Hypertension in children and adolescents persist into adulthood and is a significant risk factor for CVD which is the number one killer in the United States. The main purpose of this study was to determine the impact a 3 month intervention on improving culinary skills, family mealtime, and physical activity on 9-10 year olds.

It also examined the impact on BP, BMI, and QoL. The most significant finding was improvement in QoL between pre and post assessments after the intervention.

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