COMMUNITY PARTNER ADOPTS AFTER SCHOOL PHYSICAL ACTIVITY PROGRAM

State works with university and community center to help make it happen

Public Health Problem

- In Pennsylvania over a third of eight graders are either overweight or at risk for overweight.
- Students in certain Fayette County public elementary schools are receiving about half the recommended amount of physical education class time, on average.
- Increasing physical activity at school or after school helps children achieve and maintain a healthy weight, an important factor in their current and future health and academic performance.
- The director of East End United Community Center in Fayette County identified an important need to include increased physical activity in his after school program which serves a large minority population.

Program

- Steps to a Healthier Pennsylvania-Fayette County partnered with faculty at Penn State Fayette to offer a service learning opportunity for university students at the East End United Community Center.
- Steps to a Healthier Pennsylvania-Fayette County trained university students to implement the *Take 10!* physical activity curriculum and initiate walking programs at the center. They also provided tools and curriculum materials.
- To sustain the benefit to local children, the community center applied for and received grant funds for paid staff to run the program.

Impact

- The first phase of the program demonstrated important benefits to elementary students, provided college students with a service learning opportunity, and leveraged over a hundred hours of free service to community children.
- Federal funds leveraged $22,000 in additional grant funds for paid staff to continue the project and integrate physical activity more regularly into the after-school environment.
- Now three hundred students in Uniontown's East End community have an after school physical activity program adopted by a local organization committed to sustaining it.

Contact

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