

KINETI-KIDS: A FITNESS PROGRAM FOR SCHOOLCHILDREN

Celeste C. Tanchoco (MPH), Gemma P. Yuchingtat (MS Physio),
Zenaida V. Narciso (MCN, PhD Dev Comm), Consuelo L. Orense (MSPH),
Mildegarde C. Capistrano, Marietta P. Rodriguez, Ermelita N. Bautista (MPH),
Michael Angelo G. Lijauco, Merlyn G. Tajan (MPS FNP),
Marilou R. Galang, and Regina M. Pagaspas (MCN)

ABSTRACT

Background: To address the potential and actual problem of overweight and obesity, nutrition education and advocacy programs are essential. Kineti-Kids is one such program. It is a school-based interactive fitness program for schoolchildren that combines physical activity and nutrition-cum-health education. **Objectives:** To determine the outcomes of the program in terms of knowledge, attitude and practice (KAP), weight, dietary intake, physical activity level, physical fitness performance scores, heart rate, and implementation of indicators of healthy-weight promoting schools. **Methods:** A two-year intervention program was conducted among 1,631 schoolchildren in both public and private schools. Distribution of Kineti-Kids modules, promotional and classroom-based activities, and formulated plans was monitored. General information, KAP and physical activity level data using questionnaires, anthropometric measurements, 24-hour dietary intake data, physical fitness test scores and heart rate data were collected at baseline, midline, and endline periods, each for two years, except for midline on the second year. **Results:** For the majority of the study participants, positive shift in knowledge, attitude and practice levels on both years of data collection were observed. Overweight schoolchildren increased in public schools but decreased in the private schools at endline. Although there was an increase of energy intake in the private schools on the second year, the mean energy intake of schoolchildren fell below the recommended energy intake per day. All schools had a better intake of protein among schoolchildren on the second year. The inactivity of schoolchildren slightly decreased in the last part of the project, with a subsequent increase in the number of schoolchildren with moderate to active physical activity level. On the second year, the mean physical fitness performance scores of schoolchildren in majority of the tests generally improved indicating healthier body and stronger physique than before. Based on physical activity pattern and heart rate data, majority of the schoolchildren from the private schools were found to be moderately active while majority of the schoolchildren from the public schools were inactive. Majority of the children spent most of their time hypo-activity heart rates of <110 beats per minute and at moderate activity heart rates of 110 – 159 beats per minute. Knowledge on basic principles of proper health and nutrition which was integrated in the curriculum but only in specific subjects (*Makabayan*, PE, HE and Science) was among the indicators that all schools implemented in addition to the installation of Health and Nutrition Corner in a strategic place and the provision of safe and potable water which were monitored regularly every quarter. Physical activity, integration into regular school activities was implemented. A year-round physical fitness program and physical fitness assessment was also implemented. **Conclusion and Recommendation:** Integration of nutrition and health in the curriculum, frequent exercises, and implementation of indicators for healthy-weight promoting school resulted to increased nutrition knowledge, increased dietary intake, improved nutritional

status, increased physical activity and improved physical fitness. It is recommended that the program planners, implementors and educators adopt the Kineti-Kids program and use the indicators as guide to plan and evaluate healthy weight-promoting schools.

