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Chronic Illness Education 2023: Promoting Physical Activity Among our Detroit Youth for the Prevention of Cardiovascular Disease

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Promoting Physical Activity Among our Detroit Youth for the Prevention of Cardiovascular Disease

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Learning Community: Orange 28

Age Group: Children and Teens (5 -18)

Curriculum Tie-In: Cardiovascular



EXERCISE PROGRAMS FOR KIDS!





EXERCISE RECOMMENDATIONS

Kids and teens should participate in **60 minutes** of moderate- to vigorous-intensity physical activity **per day**.

While most active play time should be spent doing aerobic activities, muscle and bone strengthening activities should also be incorporated **3 days per week!**

Did you know less than a quarter of US kids meet these recommendations?



ACTIVITY TYPES


Aerobic: rhythmic activities that get the heart rate up (e.g., skipping, dancing, swimming, bicycling)

Muscle-strengthening: can be structured (e.g., push-ups and sit ups) or unstructured (e.g. climbing playground equipment)

Bone-strengthening: activities that put force on the bones (e.g. skip rope, basketball, jumping)


HEALTH BENEFITS

Daily activity can improve:

- Muscle and bone strength
 - Weight control
 - Symptoms of depression and anxiety
 - Cognitive performance (e.g. memory, concentration)
- 

EXERCISE & HEART HEALTH

Exercise can improve **cardiorespiratory fitness** which reduces the risk of chronic conditions in the future, such as:

- Diabetes
 - Heart disease
 - High blood pressure
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RESOURCES IN SOUTHEAST MI

- RacquetUp Detroit
<https://racquetup.org/>
- YMCA
<https://ymcadowetroit.org/locations/ball/>
- FitKids360
<https://khcmi.org/program/fitkids-360/>
- Project Play
<https://khcmi.org/program/fitkids-360/>
- Downtown Boxing Gym
<https://dbgdetroit.org/>



Given that (1) physical activity is a proven strategy to decrease one's risk of CVD and (2) only a quarter of US youth and teens meet the physical activity guidelines¹, physicians have a role to play in promoting physical activity in their practices. We recognize that as future physicians, we should be aware of the resources available in our community that can assist our patients' social determinants of health. As such, we created an infographic that includes free physical activity programs for youth in the Southeast Michigan area, in addition to information on the health guidelines and benefits of physical activity.

¹Friel CP, Duran AT, Shechter A, Diaz KM. U.S. Children Meeting Physical Activity, Screen Time, and Sleep Guidelines. *Am J Prev Med.* 2020;59(4):513-521. doi:10.1016/j.amepre.2020.05.007

