

Recreation Programs in Southern States and Childhood Obesity

Introduction

Childhood obesity has reached epidemic proportions in the United States and across the globe (Rocchini 2006). Many industrialized countries are faced with enormous figures proving the prevalence of this detrimental condition. According to the U.S. Department of Health and Human Services, 13% of children aged 6-11 and 14% of youth aged 12-19 were overweight in 1999 (USDHHS 2006). This number is higher than ever before. According to a 12 year cohort study of over 8,000 children ages 4 to 12, the number of children diagnosed as being overweight has increased by more than 100% (Hannon et al 2005). The children in southern states are included in this trend as well. The Centers for Disease Control and Prevention report that 12% of Florida's Miami-Dade County high-schoolers are overweight and 17% are at risk for becoming overweight (2006). The figures on Tennessee high school students are worse, with 15% overweight and 18% at risk (CDC 2006).

The implications of this trend go beyond just a few added pounds to actually include widespread health and social consequences. Excess weight of 20% or more is a significant risk factor to coronary heart disease, hypertension and cancer (Felts et. al 1992). Obesity is also the most important risk factor in acquiring childhood type 2 diabetes, according to doctors from the University of Pittsburgh School of Medicine (Hannon et. al 2005). This type of diabetes, unlike the genetic type, develops when the body resists the hormone insulin, which is needed for cells to absorb sugar. As obesity has surged, so has childhood diabetes dramatically increased. A diabetes clinic in Cincinnati, Ohio found that the prevalence of type 2 Diabetes among kids aged 19 and under increased 10-fold between 1982 and 1994 (Hannon et. al 2005). Diabetes is a chronic, though treatable, disease that requires attention to diet, lifestyle and sometimes daily medicine; however, the lasting effects on the body and health risks of people who develop diabetes as a child are pervasive. It increases risk for complications and diseases including cardiovascular disease, stroke, retinopathy leading to blindness, kidney disease, nephropathy leading to chronic renal failure, and in extreme cases sudden death (Hannon et. al 2005). The prevalence of this disease is staggering; approximately 150,000 Americans under the age of 18 have this chronic disease, which is about one in every 400-500 youth (CDC 2006). If this trend in obesity and diabetes does not change, Americans' healthcare, quality of life, economy and life expectancy will be reduced by an entire generation hindered by poor health.

In a more hopeful light, childhood obesity can be reduced by addressing the known factors contributing to its ongoing increase. These cumulative factors include environmental (cultural exercise and eating habits, type of food, availability) and genetic predisposition (family history and race) (Hannon et. al 2005). In contemporary American culture, sedentary living is one of the most important risk factors. *Family and Community Health* representative Linda Neff, et al., suggests "despite the positive relationship between physical activity and health, more than two thirds (66%) of the U.S. population is not regularly active at the minimum standard of good health" (2000). A recent Surgeon General's report stated more than ever Americans need to focus on exercise and healthy living beginning in childhood. There is great opportunity in the midst of this reality; Americans should be stirred to actively prevent the *known* factors that cause obesity.

In this age, it is critical that we focus on exercise as advertising targets, “brands” and shapes children into avid consumers. Only this year have high calorie snacks begun to be removed from schools nation wide as former President Bill Clinton and other organizations rally for better standards (Matthews 2006). In the same vein, half of American schools have not even met federal nutrition and physical education standards according to the preliminary analysis of school districts in 42 states conducted by the former Surgeon General (PR Newswire 2006). As nation-wide attention is focusing on reducing childhood obesity, local authorities have made it a point to further support and provide forms of physical activity for all ages in their communities.

Public parks and outdoor recreation programs have recently been growing in efforts to facilitate physical activity within communities around the country; they serve an important role in addressing the health challenges facing American children today (NRPA, 2005). These parks provide parents with a safe space to play games and actively support their children. The *Journal of Physical Education, Recreation and Dance* suggests “movement is a fundamental way for all people to become empowered. Physical activity provides not only physical health benefits for individuals, but mental and emotional benefits as well” (1999). These benefits are needed in such a stressed, competitive and individual focused society that we call American culture, especially youth culture.

Outdoor recreation is a viable means for physical activity because many suggest it is a form of leisure behavior and people have fun performing the activity. According to a recent national study released by *Outdoor Industry Foundation (OIF)*, a non-profit organization that supports outdoor recreation across the nation, outdoor activity on a regular basis can yield mental and physical health benefits. In addition, those who start recreating at a young age are positively affected in terms of their commitment to ongoing activity (JOPER 2004).

Many programs are developed on the local level to discourage sedentary living and promote healthy living at an early age by way of encouraging exercise, personal health, and socialization. On the local level, “park and recreation department personnel in counties and municipalities have a role to play in assuring that residents have spaces and opportunities to be physically active” (JOPERD, 1999). Cities have the responsibility to support and promote the development of physically and mentally healthy children and communities as a whole; through the evolution of planning, parks and outdoor recreation facilities have proven to support this responsibility.

Purpose

As a means for understanding childhood obesity prevention programs, we will examine recreation areas and compare initiatives in three cities in the southern United States: Atlanta, GA, Miami, FL, and Chattanooga, TN.

We chose these cities because they are large and have established programs. According to 2000 census data Atlanta has a population of approximately 4,248,000 and Miami has 5,007,000 (Census 2000). Residents of Chattanooga total only 476,000, however there is a sizeable downtown. Atlanta’s metropolitan bike trail and green way was created by the PATH foundation in 1991 (PATH 2006). Chattanooga’s Riverwalk exercise trail and park complex was established in 1989 and has ties to a long local effort to revitalize the city (Robbins 2006). Miami has a recently established family and childhood fitness center called the Meltdown Station. We chose this new program because it is directly targeting childhood obesity and our study would be more thorough to juxtapose outdoor and indoor recreation areas.

We also factored in seasonality when comparing our cities. Atlanta and Chattanooga have relatively similar summer time temperatures. In June, July, and August Atlanta averages 87, 89, 88 degrees Fahrenheit, while Chattanooga records 86, 90, 89 (WC 2006). Miami does have

higher averages of 90, 91, 91 degrees Fahrenheit throughout the summer (WC 2006). Miami receives about 4 inches more of precipitation annually than Chattanooga and approximately 8.3 inches more than Atlanta (WC 2006). The average humidity of the three cities is relatively the same, with averages between 84% humidity and 91% humidity in June, July and August (CR 2006). Chattanooga has the highest average August humidity at 91%. Aside from more precipitation in Miami, the three cities have comparable weather patterns.

Methods

Many cities have initiated programs to help educate citizens and encourage more health conscious lifestyles. Our study assessed current initiatives: what is being done to improve older programs and what factors are being considered when establishing new ones. We will examine who is spearheading each program. In the effort to reduce childhood obesity, we must understand the reasoning behind initiatives and what factors are most important in the creation of such programs.

Several factors determined our choices for case studies in the southern United States. After extensive research, we chose the cities of Atlanta, Miami and Chattanooga because of their recent recreation campaigns. They are also prominent cities within their prospective states in our region of examination. In determining the cities we took into account their size and distribution of demographics. This will give us greater access to equal data as apposed to a smaller city in our region of examination.

In order to assess the case studies, we looked at the following characteristics of each city:

- Age of initiative
- Past programs
- Purpose of recreation areas
- Funding
- Drive source (who is spearheading this)
- Community involvement level
- Location of recreation areas in relation to housing
- Barriers to program growth

Looking at past and current initiatives helped us understand what has been done before and what is being done now. We also looked at the age of current initiatives; whether it was old and still effective or if it was new and addressing current issues. This gave us insight into the purpose of current recreation areas; the focus and drive behind the creation of these areas. There are differences between a program created to get children active and a program created to get senior citizens active. We made a point to illustrate these differences.

Funding determines the extensiveness of the program and can contribute to its downfall or success. We determined the source of the program's funds as well as the amount in order to estimate the limits of the program. Just as important as who was providing the money was who is requesting the money. We looked at who has developed the projects and their motivations in order to understand why a given program is in place.

While funding can be a major factor in the success of a program, the involvement of the community is vital to a program's survival. Recreation areas benefit those who make use of them. There would be no reason to continue a program if there is no community involvement. Sometimes though, with poor planning, such areas are not easily assessable to the general public and therefore are underutilized and usually abandoned.

All of these factors are vital to the survival of recreation areas and programs promoting physical activity. Sometimes, these programs are started with the best of intentions, but limiting factors prohibit them from further growth and success. Lack of funding, poor location, difficult access, and low community interest are potential barriers to success. Sometimes, these barriers cannot be avoided.

We found this information in literature, on the web, census data and personal interviews with key informants active in the programs. In our study, we took into consideration the location, community involvement and barriers when evaluating the effectiveness of each recreation area.

Next, in order to organize the data from our three case studies, we will put together a spreadsheet based on results of the criteria listed above in bullet form. The information we obtained from the personal interviews was useful in determining the initiative's success and effectiveness.

We then analyzed our initial research and data collection to determine the most effective city recreation programs and wrote recommendations for other cities interested in implementing similar programs.

Results

Atlanta Georgia PATH Foundation

Initiative

The PATH Foundation was formed in August of 1991 as a 501 (c) 3, nonprofit organization with 3 full-time staff employees and a board of directors. Its purpose is to develop and improve a system of interlinking greenway trails through metro Atlanta for optimal commuting and recreating. In order to provide the most effective form of recreation, the founders spent over 3 years analyzing other park systems in urban cities across the country (PATH 2006).

There are already over 100 miles of connected trails throughout northern Georgia including the Atlanta area trails: The Silver Comet (part of a nationwide rails-to-trails project), Stone Mountain, Lionel Hampton, Westside, Arabia Mountain, Chastain Park, South Decatur Trolley, Northwest Atlanta, and Freedom Park Trails (see Appendix B for map). Currently the PATH Foundation is helping to design and build the BeltLine project, a 22-mile loop around the city, as part of the 2006-2008 trail building effort (PATH 2006).

Past Programs

The Georgia Department of Transportation built a trail in the Atlanta metro area in the early 1970's. However it was not maintained and quickly decayed. Eventually it became unsafe and was no longer used by the city of Atlanta (McBrayer 2006).

Purpose of Recreation Areas

The creators and founders of the PATH Foundation thought Atlanta should have better local trails close to home in order to enhance community spirit, bring neighborhoods together, and of course to exercise and inspire healthy living (PATH 2006).

Funding

Because trails require less monetary investment both initially and long-term than tennis courts, basketball courts, ball fields, and etcetera, 90 percent of the donations received go directly to maintaining current trails and building new trails. The PATH foundation initially launched its

first capital campaign in 1995 to raise \$2.5 million from private sources to match \$3.2 million already in public funds (McBrayer 2006).

Most recently, the PATH Foundation has launched its fourth Capital Campaign seeking nine million dollars in private donations to match almost \$34 million from public sources to build 50 additional miles of trails, including the BeltLine project. Local governments around the Atlanta area provide access to state and federal funding along with over 22 major sponsors including Nike and the Coca-Cola Foundation (PATH 2006).

Driving Force

The driving force for this project seems to be the need for easily accessible outdoor recreation in various forms. Once the project was underway, it was evident the positive impact it was making on the Atlanta area. As the trails increased in size, benefits never before realized, became known. Five years ago in 2001, the need to combat childhood obesity was never more important. Therefore, the PATH Foundation took time and energy to incorporate more youth programs and outdoor recreational options across Atlanta to do their part in combating childhood obesity (PATH 2006).

Community Involvement Level

The PATH Foundation raises several million dollars annually from the public. They also have 4000+ people who are members of the organization, which means they support and use the paths. The Foundation gets excellent and enthusiastic support from the community in terms of participation in maintenance, programs, suggestions, and even publicity (McBrayer 2006).

Location of Recreation Areas in Relation to Housing

There are 110 miles of trails scattered over the Atlanta region. They exist in all environments, some easy to access, others requiring a car. The PATH Foundation encourages local and traveling use for all its amenities (PATH 2006).

Barriers to Program Growth

Because this is the only true trail system in the Atlanta area, there are few who disagree with its growth and maintenance. There are obvious limits on money and the number of available corridors based on current built structures, but those limits are not binding in terms of growth (PATH 2006).

Superfits: Miami, Florida

Initiative

The Melt Down Station is a workout facility that accommodates children and families. The facility aims to reduce childhood obesity by providing weight machines and classes for kids. Superfits Enterprises is the internet-based corporation that designed, built and manages this facility and workout club (SEI 2006).

Age of initiative

The Melt Down Station, the first facility of Superfits Enterprises, Inc, had its grand opening on December 2, 2006 (SEI 2006).

Past programs

The founder of Superfits is Ivette Cortiella, a fitness model who once struggled to overcome obesity. Her career landed her in Hollywood, California to produce a fitness infomercial. The astounding results energized her to help people of all ages attain the fitness level they desired. She began mentoring people in online forums, worldwide commercials,

infomercials, and then in major retail stores such as Target, Wal-Mart, and K-Mart. In 2006 with her energy still going strong, she began her dream of opening her first fitness center by developing Superfits Enterprises, Inc (SEI 2006).

Superfits began as an internet company in 2004. Through its website, Superfits.net, has offered two packages designed for kids: Little Kickers, for ages 5-12, and Teen Heat, for ages 13-17. For \$50, customers receive two DVDs, a wristband, vitamins, a backpack, poster, pencil case, and a manual. For an additional \$50, customers receive an exercise ball, fitness mat, resistance band, and apparel. Ivette has also been promoting her business through local events such as the Health and Fitness Expo, which took place in April and was hosted by the local NBC station (SEI 2006).

Purpose of recreation area

Teach parents, children, and doctors about the dangers of obesity and what can be done to fight and ultimately prevent it. "Superfits is the leading contender in the battle against obesity. Our identity is formed by sincere dedication and commitment to healthy individuals through proper nutrition and intentional physical activity (see Appendix C for list of work-out equipment for children). Our aim is to achieve success through education, guidance and directed perseverance." Programs include DVD, supplements, meal plan, and "goodies" (SEI 2006).

Funding

Originally started by income from TV and in-store appearances, now she receives funds from the purchase of program and merchandise from superfits.net (SEI 2006).

Driving force

Ivette Cortiella is the founder and president of Superfits Enterprises, Inc. As a youngster, she was obese. At her heaviest, she weighed just over 200 lbs. She recognized her problem and worked hard at changing her poor eating habits and lack of physical activity. She lost over 70 lbs. and gained recognition and capital by working as a fitness model and appearing in nationwide infomercials and commercials. She used the momentum from this work to start her own company with the goal of opening her own fitness center (SEI 2006).

Community involvement level

The success of the Melt Down Station is based on the number of members that join. There is no direct community influence because it is a business. The outlook seems to be positive though since there has apparently been enough support that Superfits garnered enough income to open the Melt Down Station (SEI 2006).

Location of recreation areas in relation to housing

The Melt Down Station is in a commercial area of Miami. It is not within walking distance for most residential areas, but it is very close to a local highway, making it fairly easy to access by automobile (SEI 2006).

Barriers to program growth

Commuting to the Melt Down Station may be problematic to those with no reliable transportation, those who live too far away, and those who have time restraints. Membership is between \$55 and \$150 per person per month, which is a hefty price tag for those who are in a lower income bracket. However, the program, which originated online, will continue to be available online for purchase, making physical fitness the priority. The goal of Superfits is to expand nationwide, which has another whole set of barriers (SEI 2006).

Tennessee Riverwalk and Chattanooga Area Greenways System

Initiative

Chattanooga is a model for downtown revitalization and riverfront rejuvenation. Part of the revitalization includes an initiative to connect the parks and greenways in Chattanooga and along the river corridor called the Riverwalk and Area Greenways System. The Riverwalk is a trail that runs 12 miles from Chickamauga Dam along the river to downtown Chattanooga and Moccasin Bend National Park (see Appendix B for map). A new phase of the greenway is slated to begin in early 2007 that will connect the trail into the Brainerd Levee trail and park (Grymes 2006; Wood 2006).

Age of initiative

The unified greenway system was officially created in 1994 with the partnering of the City of Chattanooga and the Trust for Public Land coordinated by the non-profit downtown development agency called Rivercity. The initiative developed as a part of the city wide development and beautification plan initiated in the early 1980s (Robbins 2006).

Past programs

The first phase of the park opened in 1989 as a result of the Moccasin Bend Task Force. This task force was established in 1982 and it created a proposal for riverfront improvement and downtown revitalization over the next 25 years. As a part of the subsequent projects an old bridge was opened as a walking bridge in 1993 adding to the original two miles of riverfront trail (Wood 2006).

Purpose of recreation areas

The Riverpark's objective is to make the riverfront accessible to Chattanooga citizens and visitors in order to create a better community by preserving and enhancing the natural and historical riches along the river corridor. The project was designed to "make the riverfront the central focus of Chattanooga's future development." (Rivercity 2006)

Funding

The State of Tennessee, the City of Chattanooga, Hamilton County, The RiverCity Company and other private donations funded portions of the trail and adjacent parks. The Trust for Public Land was instrumental in negotiating land to establish a unified greenway system and management entity. Land donations played a key role and the electrical company Tennessee Valley Authority granted recreation easements on connecting land (Rivercity 2006).

One of the largest financial supporters was the Lyndhurst Foundation, which was originally created by Thomas Cartter Lupton a frontrunner in the Coca-Cola bottling business. The foundation contributed 45,000 to support the expansion of the greenways system and 1.5 million to convert 4th street into a prominent, tree-lined boulevard (Lyndhurst). These contributions are in addition to the funding the 1982 Moccasin Bend task force that created a 25 year plan outlining the development of the 22 mile river corridor between the Chickamauga Dam and the Marion County line (Rivercity 2006).

Driving Force

The initial drive for the entire redevelopment program stemmed from the Moccasin Bend Task Force established in 1982. This particular greenway system was also planned by River Valley corporations, charitable foundations and private individuals all working with the funding providers (Wood 2006). A local, non-profit organization called the Rivercity Company directed and oversaw the construction of the trail, bridges and parks.

It is easy to sense the great pride in the project and the area just by reading the description of the project. “The Tennessee Riverpark is a necklace of recreation, historical exhibits, new housing, museums, working industry, hotels, shopping and tourist attractions along the banks of the magnificent Tennessee River.”

Community involvement level

Chattanooga has established a history of including citizens in the planning and decision making of public projects and found that the resulting ideas are more solid, better tested and supported and thus more likely to be successful than without involving constituents. The public process they have developed holds a big public forum whenever a city project is in the initial planning stages. This allows citizens to voice their opinions and the planning committee to evaluate the support and interest in the project. Often a consultant is hired to drive and facilitate the planning (Wood 2006). Although this process takes longer and is more difficult than having a small committee plan and implement the project it has proved to rally support and create very effective projects.

Location of recreation areas in relation to housing

The Rivewalk parallels the river and is in close vicinity (one mile or less) to a variety of neighborhoods resulting in a diverse group of users. New high-end downtown housing is adjacent to the trail in Chattanooga and then it passes by the recently restored residential area of north Chattanooga near the walking bridge. Further up river it is close to an old working class neighborhood. The trail caters to many neighborhoods so that there is “a melting-pot of users from all social economic backgrounds” (Grymes 2006).

Barriers to program growth

Getting the community interested in a project is key, yet sometimes difficult. If there isn't a space or a vision that citizens have it may be difficult to mobilize them to support an abstract idea (Wood 2006).

Funding proves to be a challenge and even a barrier (see Appendix D for funding details). Securing funding can be difficult if there are not foundations available or willing to support a recreation or beautification project. It is possible to receive alternative transportation grants from the federal or state government. The Governor was influential in securing millions of dollars for preservation and alternative transportation purposes. Even after funding is secured the restrictions on how to use the money and the timeline included can be difficult to work around. The public bidding process can be overwhelming if not daunting to agencies unfamiliar with that process (Grymes 2006).

Discussion

The two outdoor recreation programs, in Atlanta Georgia and Chattanooga Tennessee, were most effective because of high community involvement. Volunteering, open forums, and excellent community collaboration spurred the most productive outcomes and in turn caused the recreation areas to be greatly utilized. However, the outdoor recreation programs in Atlanta and Chattanooga have only recently begun to explore and target their role in combating childhood obesity, so programming is not currently strong in terms of combating childhood obesity.

In order to reach many of the programs and activities in the Atlanta area driving is necessary. This makes it more difficult for children to assume the responsibility on their own to pursue exercise outside. It makes parents and guardians more responsible with their time and energy to transport children to many of the outdoor programs and activities.

The Superfits' Melt Down Station just opened at the beginning of the month. It is very popular and is receiving a great response in part because it is the only child fitness center in the Miami Florida area.

However, driving is necessary to reach As described above, it takes extra time, energy and money to get children involved in fitness, which is especially true at this gym. The Melt Down Station is located in a commercial block off a highway, requiring driving to reach it. A full session runs everyday for two hour periods. Joining the Melt Down Station costs a fee of \$55 per month per child. Full benefits costs \$150 per month per child. To many families, exercise is not a priority in the annual financial budget. Many of the children suffering from obesity belong to low income families with parents who work more than one job (Hannon et. al 2005).

There are negative consequences to promoting activity in an indoor setting versus in an outdoor setting. There are marked consequences to promoting "targeted" or "unnatural" exercise in children versus a more "natural" form of exercising. For example, a seven year old gets better exercise, focus, and mental enjoyment out of a game of baseball than lifting specially designed weights indoors. It has been studied and determined that outdoor exercise in children and adults alike promotes more natural healthy and lifelong habits along with emotional and spiritual wellness (JOPERD 2004). These positive life-long and healthy attributes are difficult to develop in an indoor setting.

Finally, the family must be involved in their child living a well-rounded healthy lifestyle. For example, if the child goes to the Melt Down Station and then goes home to have a parent fix them pizza and soda pop for dinner, that child will have a difficult time and perhaps even fail to lose weight or develop a healthy lifestyle regiment.

Recommendations and Conclusions

Communities and cities interested in establishing a trail or greenway system should form a task force, executive committee or non-profit organization. This group is the driving force that facilitates the entire process of establishing a working recreation area, from initial planning to regular maintenance. They should involve interested and influential parties in the planning stage so that coalitions can be formed and firm support can be obtained. A public forum should be held before the planning is complete. This includes citizens and ensures that their needs, concerns, and requests are met. A forum also increases and gauges community interest and refines ideas both of which help ensure the success of the project. Organizing groups should be aware of potential barriers to creating and expanding programs. Some barriers include funding, restrictions on use of grant money, accessing funds, community involvement, construction and public bidding processes. In order for the project to be most effective, it should fit into a long-range plan and mission statement with specific goals.

Recreation facilities do have the capability to facilitate widespread change in a community by providing safe, convenient, useable spaces and supporting events and clubs. The two greenway initiatives we examined have great potential to increase children's activity levels; however, that was not their original purpose and they have not focused on reaching overweight children. We conclude that trails and greenways could increase childhood exercise rates if they concentrate on and explore their role in combating childhood obesity. This would entail specific efforts to make the area easily accessible, safe and exciting for children. The ability for outdoor recreation areas to effectively combat childhood obesity is especially true in the southern United States where the weather promotes outdoor recreation almost year-round.

Furthermore, we favor recreation areas over indoor work-out facilities due to the environmental, community, and personal benefits of outdoor spaces. Many greenways run along rivers and their establishment protects floodplains and riparian zones that are crucial to migrating birds, wildlife, and the health of the stream. Additionally, greenways can connect residential areas to provide immediate exercise areas as well as alternative transportation routes to driving. At the community level parks can provide a space for local events to increase fitness, raise funds, or focus on an issue such as Breast Cancer. Trails are free to all community members and, when designed right, can increase the interaction and bonding between people of different socio-economic backgrounds. Beautification of a community by cooperatively establishing a greenway can create a sense of pride and accomplishment. Most importantly, exercising outdoors has a different focus and personal benefits than exercising indoors. Spending time outdoors allows a child to experience and be stimulated by the natural world. It gives them an opportunity to use their energy and also breathe fresh air. Outdoors kids explore, using their imagination and finding their physical and social capabilities. The purpose and focus of being outside is to have fun and relax in their own space, which leads to spiritual and emotional wellness. On the other hand, exercising in a work-out facility is focused on moving parts of the body to tone specific muscles, sometimes expecting muscle pain. This creates the possibility that a child could injure him or herself or develop an obsession with their body image. In the absence of supervisors or weights, a child may not continue a life long habit of exercise or ever fully establish emotional or spiritual wellness. Exercising outdoors is a very beneficial habit for a child to establish and enjoy throughout his or her life.

The availability of fitness facilities can reduce childhood obesity, however the lifestyle of the parents and enthusiasm of family to exercise are more important to influencing and changing a child's exercise habits and thus reducing obesity. A child's family should also be involved in encouraging and striving toward a healthier lifestyle, including eating a nutritionally balanced diet. Exercise is a key and effective component to reducing obesity; however, it is most successful when all areas of a child's lifestyle are in line with staying fit.

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Appendices:

Appendix A: Table of Results

Appendix B: Map of PATH Foundation and Chattanooga Greenway System

Appendix C: Meltdown Station Workout Equipment

Appendix D: Chattanooga River Park Funding Analysis

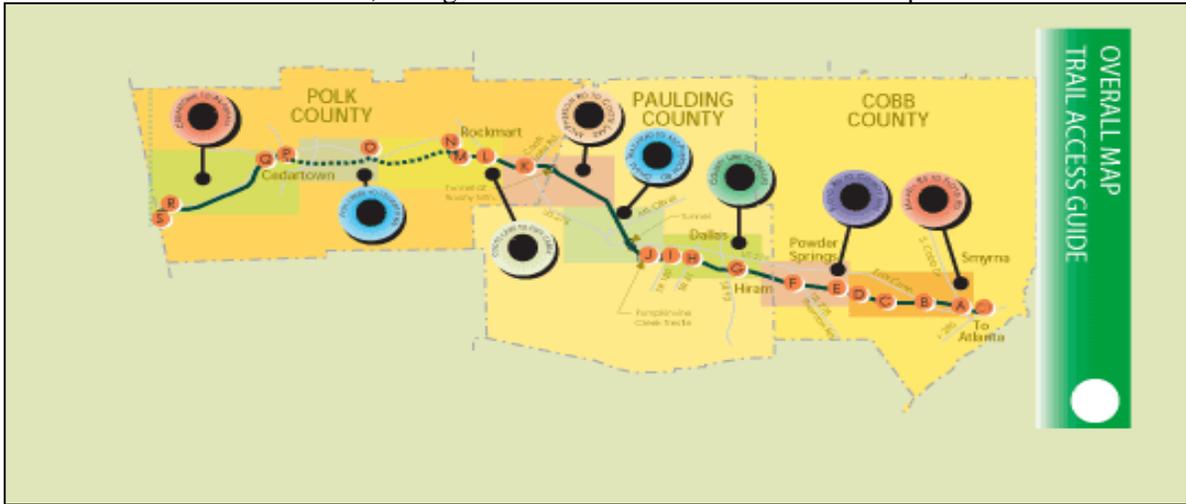
Appendix E: Power Point

Appendix A – Table of Results

	Atlanta Georgia PATH Foundation	Miami Florida Superfits' Melt Down Station	Chattanooga Tennessee Riverwalk and Area Greenway Network
Age of Initiative	1991	2004	1994
Driving Source	Lack of bike trails	Combating childhood obesity	Redevelopment and beautification
Community Involvement	Public volunteers along with private funding	Local school and local advertising support	Large community input and private/public partnerships
Accessibility	Located throughout Atlanta with driving necessary	Located in downtown Miami in a upscale neighborhood	Accessible by walking; driving is necessary for some programming
Barriers	Funding and easy access	Cost and easy access	Funding restrictions
Effectiveness	Needs more pedestrian access along with more targeted programs	Most effective when the entire family is involved for positive reinforcement	Still in infant stage as a program focusing on childhood obesity yet encourages general family fitness

Appendix B

Atlanta, Georgia PATH Foundation Overall Trail Map



www.pathfoundation.org

Appendix C – Meltdown Station Workout Lists

Little Kickers Ages 5-12

AB Back
Rotary Torso
Bicep/Tricep
Shoulder Press Pull
Chest Press Row
Leg Ext Curl
Deadlift
Squat
Other:
Hula Hoops
Jump ropes
Bounce Balls

Teens/Adults Ages 13 & up

Chest Press/Pull
Shoulder Press/Lat Pulldown
Rotary Torso
Quad/Hamstrings
Inner/Outer Thigh
Bicep Curl/Tricep Extension
Mini- Step master w/resistance band
Other:
Square Jogging Platform
Step Benches