Feasibility of an after-school group-based exercise and lifestyle programme to improve cardiorespiratory fitness and health in less-active Pacific and Māori adolescents

Authors: Chansavang Y et al.

Summary: These researchers evaluated the feasibility of a 6-week after-school exercise and lifestyle programme designed to improve cardiorespiratory fitness, health and usual activity in less-active Pacific and Māori adolescents. The programme recruited 18 less-active secondary school students (13 were Pacific ethnicity and 5 were Māori), who participated in 3 x 1.5 hour exercise and healthy lifestyle sessions per week. An average of just over 50% of students attended each session. Outcomes data are reported for 16 participants who completed the 6-week follow-up. At baseline, the mean age of all study participants was 16.3 years, BMI 35.2 kg/m², VO₂max 31.5 mL/kg/min, systolic blood pressure (BP) 125.0 mm Hg, glycated haemoglobin (HbA₁c) 39.9 mmol/mol, and fasting serum insulin 28.3 μU/mL. At follow-up, improvements had occurred in VO₂max (3.2 mL/kg/min; p=0.02), systolic BP (–10.6 mm Hg; p=0.003), HbA₁c (–1.1 mmol/mol; p=0.03) and weekly vigorous (4 hours, p=0.002) and moderate (2 hours, p=0.006) physical activity, although waist circumference increased (p=0.005). Comments were mostly positive.

Comment: A completion rate of 89% for an after-school, exercise programme with adolescents is commendable. The full details of the programme are provided in the paper and would be useful for people designing similar programmes at school, or through marae, churches or sports clubs.

Reference: J Prim Health Care. 2015;7(1):57-64

Abstract

Performance of General Practices in Whānau Ora Collecives

Report for the Period Ending December 2014

The latest report regarding the performance of general practices in Whānau Ora collectives is available on the www.health.govt.nz website.

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