

Dynamic Classrooms to Prevent Childhood Obesity

Project Summary & Goals

Most programs targeting childhood obesity aim to change eating or increase physical activity during PE or outside of school. Stand/sit workstations can be used in public schools— institutions that reach the vast majority of children—without costing a school any instructional time. This complements other efforts and may offset other behaviors (i.e., what kids eat after school) that we have a harder time influencing. In fall 2009, stand/sit desks were installed in two first grade classrooms at College Hills Elementary to examine the effect of standing on calorie burn in children.

Project goals are:

- To increase calorie burn in children by modifying classrooms to use stand/sit desks.
- To prevent or reduce childhood obesity by increasing passive calorie burn.

Principal Investigator

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Project Dates

2009-2011

Communities Involved

College Station, TX

Funders

United Way of the Brazos Valley
School of Rural Public Health
Artco-Bell, Inc.

Partners

College Station Independent School District
College Hills Elementary School