



UNITED STATES MEDICAL SOCCER TEAM

Healthy, Fit and Smart Toolkit



Introduction

As a healthcare provider, your daily professional life revolves around diagnosis and treatment plans for patients. It's a role our society values and rewards. We choose to make a difference and are driven by the intangible reward of helping those in need. All too often, however, we forget that as medical professionals, we can exert considerable influence in preventing disease. It goes without saying that our knowledge puts us in a great position to teach, but it is often our own healthy lifestyle that can both motivate others and add credibility to the preventive counseling we want to deliver.

The US Medical Soccer Team (USMST) is an organization comprised of physicians from around the country who share a passion for soccer and community outreach. USMST represents the United States in the World Medical Football Championships ("The Physicians' World Cup"), playing annually against similar physician teams from around the world. In order to compete, each of our physician members find a way to stay fit through the chaos of a busy professional and family life. Regardless of specialty, each member of USMST believes in the value of a healthy lifestyle and lives this on a daily basis.

Healthy, Fit and Smart (HFS) is USMST's outreach program conceived as a vehicle to emphasize the adoption of healthy behaviors and encourage educational achievement. HFS is an extension of office-based preventive counseling that uses a radically different and engaging approach as a way to better capture's youth attention and delivers evidence-based preventive messages such as physical activity, healthy nutrition and avoidance of drugs and tobacco among others. While there are clearly no easy solutions to problems such as obesity, barriers to higher education, and sedentary lifestyles, all of these issues have an impact on quality of life and ultimately, development of chronic diseases. As medical professionals, we can frame this issue in terms of diseases prevented and find agreement on the need to address these complex problems. How we execute the delivery of preventive messaging is an entirely different issue, and one, which has no consensus solution.

The HFS program is a natural extension of who we are both individually and collectively. As a small organization of active physicians, we have discovered that through HFS, we can help make a difference in our local communities. To be sure, it's an incremental difference, but one, which emphasizes that on occasion, the messenger, can be just as important as the message. Similarly, any physically active and healthy health professional that "walks the walk" earns credibility beyond the diplomas on the wall, an example that healthy doctors can better motivate patients to adopt healthy behaviors. While we're (clearly!) not professional athletes, we are medical professionals and fitness enthusiasts, and that can be much more powerful when it comes to delivering a lasting message about the importance of healthy, active lifestyles for youth and their families.





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As an organization, USMST has implemented the HFS program since 2013 at six community centers (90-minute sessions) in cities across the US (Chicago, Indianapolis, Washington DC, Atlanta and Los Angeles) serving approximately 500 inner-city youth. USMST typically delivers HFS in cities hosting USMST practices and we have plans for events in Atlanta, Seattle and Los Angeles for 2015. However, in order to amplify the impact of our program and given the limited number of HFS events USMST can deliver per year, we decided to create this toolkit. We want to invite all USMST members and like-minded physicians to grow the “delivery network” of our program in more locations and with a higher frequency. You don’t have to play on the USMST squad to be part of our organization. We invite you to explore opportunities for community outreach in your location and use this toolkit as a guide.

This HFS toolkit brings together key concepts that will allow you and your colleagues to deliver preventive messages in an organized, fun and engaging manner. The toolkit is divided into the three sections and gives details on how to prepare and organize your event. The focus is on healthy nutrition, physical activity/fitness, and educational achievement. The Nutrition and Fitness sections are interactive and give the kids an opportunity to play and learn important health concepts. The Education section is designed to introduce the field healthcare to youth and gives you a chance to share your own personal insights on your profession.

Everything you need to implement HFS is here. Just add some creativity and your own personal touches, and the program will soar. And remember that while it’s 90 minutes of your valuable time, it will mean the world to youth that will see you in a different light. In the end, the only question will be who: had more fun!? you or the kids?

The US Medical Soccer Team would like to thank all it’s members for the development of Healthy, Fit and Smart,. The toolkit section leaders were key in pulling together a tangible program. With that, I would like to personally thank you and wish you the best of luck in implementing Healthy, Fit and Smart in your community.

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Initial Outreach and planning your event

Ky Tran, MD

USMST CO-FOUNDER

AUDIENCE

First Identify the population that would most benefit from the program of nutrition, fitness, and education. The current program is directed to children (6-12 years) and young teenagers (13-16 years old). However, the details of the program can be modified to make it age appropriate to other audiences.

CONTACT

Upon identifying the audience, we suggest you contact the local coordinator of a community program by phone and email. Via email you can outline the purpose of the event and the details of the specific rotations using this toolkit. The phone contact will allow you to determine the number of children who will participate and the layout of the facility. The community program coordinators typically need a written letter or email before the event can be approved.

If photographing or videotaping will be occurring at the event, special permission must be obtained by the local director.

USMST has directed efforts toward lower socioeconomic communities. Recent participants have been the Mary Riggs Community Center and the Boys and Girls Clubs.

FIND VOLUNTEERS

As there are three rotations of nutrition, fitness and education, there will need to be program lead for each topic. Also, there will need to be volunteers who will participate with the children.

a. **Nutrition:** One program leader and 2-4 additional volunteers as the children will be divided in 2-4 sub groups to participate in the Jeopardy styled game. The subgroup should have a maximum of 8-10 children to allow the children an opportunity to participate

b. **Fitness:** One program leader and 4 additional volunteers. The children will be divided into two teams. The additional volunteers will be cheerleaders in the children's participation in this rotation.





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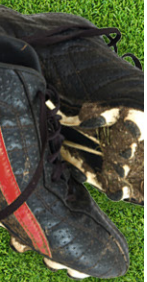


c. **Education:** One program leader and at least 4 volunteers. The program leader will usually perform a fifteen-minute talk about the different careers in health. The volunteers who should be composed of different medical specialties (eg. Orthopedic surgery, dentistry, podiatry, etc) and health professions (such a pharmacist, nurse, physical therapist) will lead a question and answer talk about health careers.

d. **Outreach Coordinator:** The director will monitor the time of the rotations (30 minutes) and assist in the coordination of the children's movement to the different rotations.

FACILITY

There will need to be three separate rooms as the outreach program has three rotations. The fitness rotation will need a larger space, as the children will be exercising.





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Healthy Nutrition and Lifestyles Section

Chris Grybauskas, MD, FAAP, and Lily Grybauskas, CPNP, CNS

Adults and children in the United States are getting heavier, and less healthy.^{1,2,3} Minority populations are even more at-risk for conditions like obesity, hypertension, and diabetes.¹ As active health care professionals we can provide a unique perspective to help reverse this trend. As members of USMST that specialize in children's health, we created a 30 minute program to engage and educate kids about healthy choices they can make in their daily lives. These include healthier dietary choices, fun ways to increase physical activity, and strategies to stay safe. We know that healthy habits developed in childhood lead to improved school performance, reduced disease burden, and healthier adult lifestyles.⁴ We believe the next generation of American kids deserves to have the skills to stay "healthy, fit, and smart."

PRE-ACTIVITY PREPARATION:

Before you meet the kids, we suggest gathering:

- game sheets with 26 lines, A-Z, or simply blank paper for game #1
- pens, pencils
- game board, or chalkboard
- quiz game questions (see below)
- props for the physical challenge questions, such as hula hoops, soccer balls, sidewalk chalk
- healthy snacks, and a place to lay them out such as a portable table
- hand sanitizer
- for our homemade trailmix: serving bowls, scoops, and baggies
- prizes that send a positive message, such as sugarfree gum, sports equipment, water bottles, notepads, journals

GAME #1: THE A-Z GAME:

We start the section by dividing the kids into teams of about 5. We have had success engaging both kids and adults by pairing each team with an adult "Team Captain." Each team gets a game sheet with 26 lines, from A to Z. They are given 5 minutes to write down at least 1 healthy food or activity that starts with each letter of the alphabet. The section leader can play the role of game show host, and read each teams answers aloud, to encourage the kids to learn from each other and come up with ideas for healthy answers for each letter. The team with the most acceptable answers wins the right to go to the snack table first. Runner-up teams go next.





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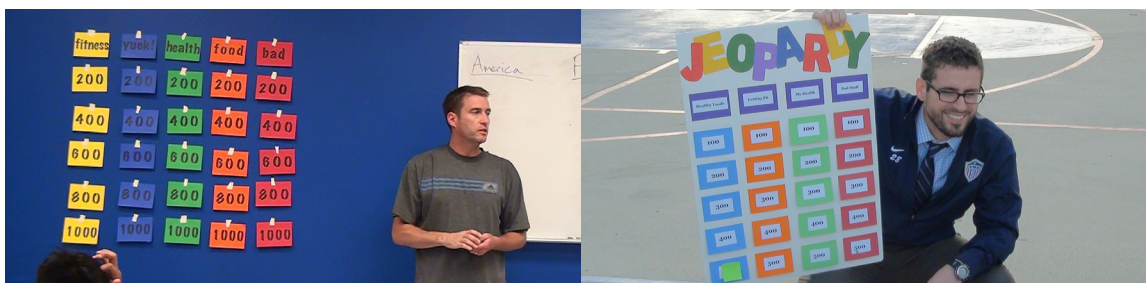


Snacks:

After the A-Z game we move the kids through a snack table, where they can choose for themselves from a selection of healthy foods. We have used bite-sized fruits like grapes, cherries, etc, or bowls of dry snacks that the kids can make their own trail mix with, after washing their hands, of course. At a USMST event, Team Captains go through the line with the kids, to keep things running smoothly.

Sample snack list:

- Plastic bowls (5-6)
- Cups for scooping
- Hand sanitizer
- plastic sandwich bags (box 100)
- pretzels (at least 3 bags)
- raisins (3 large boxes, about 6 cups),†
- other dried fruit like cranberries, pineapple, or apricots (similar amount, about 6 cups)
- fresh fruit like grapes (2 large bunches)
- one type of nut like cashews (2 large bags)



GAME #2: HFS JEOPARDY (TARGET AUDIENCE 7-12YO):

We created a quiz game to engage kids and test their knowledge in four health categories. The game can be played by two, three, or four teams, with any number of kids. It has worked well for us with groups of 12-20 kids, divided into three teams. As with the A-Z game, it's very helpful to have a leader act as game show host and run the game. You also need a way to keep score such as a chalkboard or game board. The game involves several physical challenges scattered throughout the questions, so be prepared with hula-hoops, soccer balls, basketballs, or any other fun activity to get them off their seats and get their adrenaline pumping. We also find that allowing the kids to choose some healthy snacks for themselves before the game, and awarding healthy prizes to the winning teams after the game reinforces our message of healthy food and lifestyle choices. Sugar-free gum, water bottles, toothbrushes, notebooks, and sports gear are some examples of prizes that send a positive message.





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Here are the game questions we use currently. This can be updated and adapted to different age groups and audiences easily.

Healthy Foods

100: Name 4 vegetables.

200: Name the 5 food groups from the "Food Plate." (vegetables, fruits, grains, protein, dairy)¹

300: Which type of food should take up the most room on your "Food Plate?" (vegetables)¹

400: Name 2 foods that are healthy for your teeth. (apples, broccoli, other fruits and raw vegetables, cheese, yoghurt, milk, high-fiber foods, tea)²

500: Name 2 foods that are full of protein. (lean meat, seafood, eggs, beans, nuts, seeds, peas)¹

Getting Fit

100: Pick a member from each team - Race hopping on 1 foot! Winning team gets the points.

200: Pick a member from each team - Who can do the most push-ups in 30 seconds?

300: Pick a member from the team to your left - Arm wrestle!

400: Do you burn more calories watching TV, or sleeping? (sleeping)³

500: Pick a member from each team - Hula-hoop contest! Longest hoop session gets the points.

Get creative with this section! We've done distance kicking, hopping on one foot for the longest time, distance throwing, relay races, and other competitions with great responses from the kids.

My Health

100: How many times per day should you brush your teeth? (at least two)⁴

200: How often should you visit the doctor for a checkup? (yearly, for kids >3yo)⁵

300: What is a stethoscope used for? (listening to the heart and lungs)

400: How many hours of sleep should you get each night? (10-11 hours for kids aged 5-12)⁶

500: For how many seconds should you wash your hands? (at least 15 seconds)⁷

Bad Stuff

100: Name three things wrong with this picture. (child is not wearing a bike helmet, child is riding in the middle of the road, standing up in the seat)⁸

200: How many hours of television should you watch each day, maximum? (1-2hrs)⁹

300: Tell me two ways you can say "no" to someone who offers you drugs or alcohol.

400: How many teaspoons of sugar are in one can of soda? 2, 5, or 10? (10)¹⁰

500: Name three body parts that are damaged by smoking. (lungs, skin, heart, brain, teeth, etc)¹¹





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Healthy Nutrition and Lifestyles Section

Paulo Carvalho, MD

Physical Activity and exercise are of paramount importance to help children and adolescents be happy, achieve their fitness goals, improve academic achievement and decrease the chances of developing obesity, diabetes and cardiovascular diseases.^{5,6} By definition, fitness is the condition of being physically fit and healthy and it translates into better sports performance, as well- improved strength, flexibility, speed and endurance. Fitness has been shown to be a strong predictor of current and future health.⁷ Even the President think Fitness is important, and therefore, he created the PCFSN- the President's Council for Fitness, Sports and Nutrition.⁸ Nothing "sells" the importance of physical activity and fitness better than a health care professional that underscores its value⁹ and also becomes a strong role model.¹⁰

PREPARATION

In order to engage the kids- target audience 7-14 years of age- in the activities, we need:

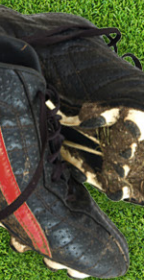
- 2 Agility Ladders
- 2 Soccer Balls
- 4 Hurdles- 12 inch
- 6 Disc Cones
- Several small (healthy) prizes
- All of these -except for the prizes which will be given at the end- will divided equally, side by side, in an obstacle course along the length of a basketball court.

ACTIVITY

For this section, we involve the kids early with a Q&A on their thoughts on what it means to be fit, why that's important and what we can do to accomplish it.

First, we start by doing some stretches and light jogging, talking about the importance of warming up and stretching.

We then engage the kids in a friendly challenge, by picking two teams and see which one can complete the course the fastest.





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THE COURSE:

Kids start side by side, one at a time from each team, going through 10 mountain climbers, then

- standing up and doing 10 toe touches on a stationary soccer ball, followed by
- back and forth jumping over the hurdles, then
- agility ladder drills touching each ring with both feet, one at a time, then
- zigzag running through a maze of cones to the touchline, and then
- sprint back to the start line to high five their teammate and signal them to take their turn and go through the course.

We preface the activity by having two of our own teammates go through the course to exemplify to the children how to negotiate the obstacles.

Whichever team finishes first gets a small prize (a surgical hat for example) and the pride of a job well done. Both teams are, nevertheless congratulated for their efforts. Remember the course/materials are just suggestions. Feel free to organize your own course based on the space and materials you have available and the ages of the kids in the activity.

Finally, we follow the obstacle course with a friendly game of indoor soccer for about 10-15 minutes and regardless of the score finish with a penalty kick shoo-out for added engagement.

WATCH THE VIDEOS

HFS Toolkit Video 1 - <http://bit.ly/1GCFyXT>

HFS Toolkit Video 2 - <http://bit.ly/1LBhmN7>

HFS Toolkit Video 3 - <http://bit.ly/1e900J8>





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Education Component

Gautam Nayak, MD, FAAC FACP

USMST PRESIDENT

INTRODUCTION:

As a healthcare professional, your education has afforded you countless opportunities in life. Through years of hard work and sacrifice, you are able to provide assistance and expertise to your community on a daily basis, positively impacting innumerable lives. This educational process is continuous and lifelong, and has roots in a foundation established at a young age. While we were all fortunate in some way to get to our current role, often with influential mentors, years of study and a commitment to education paved the way to achieving your goals.

In the United States, the gap between rich and poor is growing. A big portion this gap is directly related to a lack of education at both the secondary school and college levels. This underscores the importance of encouraging all children, regardless of socioeconomic background, to work hard in school from day one. As a healthcare professional, you are uniquely qualified to lend perspective on the importance of an education and the incredible ways one can translate academics into helping others. Nothing “sells” education better than someone doing great work due in large part to a commitment to learning at a young age.

THE PROGRAM:

This is the general approach to the Education component of the HFS Toolkit. The goals are as follows:

- Understand how your particular group of kids views the role of education in their lives and the daily barriers they face to a good education.
- Challenge the children to think about the importance of an education, even at their young age.
- Discuss the diversity of potential career paths and the one common thread for success in any career: Education.
- Talk about different careers in healthcare, from Nurse to MD.
- Engage the children with a success story: you and your career.

The program is about 30 minutes, with plenty of time built in for discussion based on where the group takes you. Ideally, 3-4 healthcare professionals should be present to lend different perspectives. Diversity is encouraged, with examples of “professionals” including physicians, nurses, mid-level providers, dentists, technologists, etc. This activity is best conducted in a classroom,





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library or generally quiet room. Seating arrangements are not critical, as long as everyone is comfortable and has a good view. One person leads the discussion, but other professionals are dispersed around the sides of the room to add comments when appropriate and to assist the leader. The great thing about this section is flexibility to cater it to those in attendance.

MATERIALS:

A quiet room with comfortable seating.

A computer with VGA adaptor

An LCD projector with display (wall, screen or direct connection to TV)

Various tools, equipment, devices, models, etc that help you talk about your job.

TO START:

Begin with a welcome. Introduce yourself and have each team member introduce himself or herself, making sure to tell the kids what you do.

Engage the children with simple questions to understand their views on education.

Examples include:

“How many of you like school?”

“What are your favorite subjects?”

“What is the best part of going to school?”

Challenge the kids on the importance of an education by relating to potential future careers:

“What type of job would like to do when you get older?”

“What type of training is involved in that job?”

“Do you feel you need to do well in school now to achieve this goal?”

Remember, not all kids want to go into careers that necessitate college or advanced degrees. Our goal is to encourage advanced education, but primarily to focus on why their education today is so critical, regardless of their future goals.

This is where you will often hear about barriers to education, whether through a lack of interest, lack of opportunity, or social hurdles. It is important to acknowledge these as real issues, and to provide reasonable approaches to overcoming these barriers. For example, a child may state that he/she wants to go into computer programming, but dislikes math and reading. We often bring in a sports analogy, such as doing challenging or exhaustive drills at practice to prepare for the fun of playing in a game. The drills, though perhaps not enjoyed, allow the kids to improve their game performance.





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Similarly, engaging in “disliked” subjects allows children to eventually pursue a desired career.

Reiterate that regardless of career aspirations, education is important, starting today.

Discuss different careers in medicine and the educational path needed to get there. This is best done via a computer-assisted presentation.

Talk about what you do. A few slides are always helpful, especially if you have pictures or educational illustrations. Displays, models, devices and tools will engage the kids. A great example occurred when one of our orthopedist teammates put a cast on the arm of a participant and then removed it. The tools used, along with some of the joint prosthetics he brought, fascinated the kids. A radiologist teammate brought in x-rays. A cardiologist teammate brought in catheters, stents and pacemakers, along with a heart model. This is the most enjoyable aspect of the program, and solidifies the points raised about aspiring towards a career in medicine (or really, any profession) and the importance of education to get there.

CONCLUSION:

As you can see, the time will fly by. The more visual aids and active participation tools you have, the better the session will be. Each group of kids is different to remember that. Spend a few minutes to engage them, understand their mindset, and gauge the hurdles they have in pursuing an education. Be respectful of cultural differences and viewpoints on education that may differ from yours. At the same time, encourage the kids to remember how valuable school is to their lives, both now and for the future.

Check out the HFS Toolkit section of our website

www.usmedicalsoccerteam.org/category/community





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QUIZ GAME SOURCES:

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