

Steady Activity in Life Study (SAILS)



Reducing health disparities by
preventing or delaying diabetes in
American Indians and Alaskan
Natives.

Principal Investigator:
June E. Eichner, Ph.D.

OU College of Public Health
801 NE 13th Street
Oklahoma City, OK 73104

Phone: (405) 271-2330
Fax: (405) 271-7501
E-mail: june-eichner@ouhsc.edu

In 1996, *Physical Activity and Health: A Report of the Surgeon General*, addressed growing concerns about the increase in sedentary lifestyles in the United States. While this report quantified the current state of physical activity and its relation to disease, it also made recommendations about the amount of exercise necessary to improve and maintain health.

In Oklahoma physical education is mandated by the state for public schools for kindergarten through fifth grade but only for an hour each week.

This pilot project will work with a public school in a town that has a large Native American population. The purpose is to increase physical activity to every day in some classrooms by getting homeroom teachers to start the day with a 15-20 minute walk. Measurements of height, weight and body composition will be made at baseline, in the middle of the school year, and at the end of the school year.

Native American children are particularly in need of regular moderate physical activity because of the epidemic of type 2 diabetes in this population.