Task 3 Annotated Bibliography

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**Annotated Bibliography**

Wiecha, J. L., Nelson, T. F., Roth, B. A., Glashagel, J., & Vaughan, L. (2010). Disseminating Health Promotion Practices in After-School Programs Through YMCA Learning Collaborative. *American Journal Of Health Promotion*, *24*(3), 190-198. doi: 10.4278/ajhp.08022216

This source talks about the correlation between health and after school programs. This article looks to see if health promotion is happening in after school programs. Specifically, in this article they examine the practices of the YMCA’s after school programs and health promotion. In the YMCA’s afterschool programs, they focus on preventing obesity in the school aged population. In this study, they used 61 YMCA after school programs with roughly 2,500 children in 21 states around the country. In the 9 to 12 months that children are in school and coming to the YMCA’s program they aim to teach children about diet and physical activity. Overall, the results showed that the YMCA’s after school programs were successful in both the health and physical activity fields. This article relates to my topic because I am evaluating a topic specifically at the YMCA and so is this article. Also, the Y Change program that I will be looking at has many different divisions such as one for kids, and teens which relates to the same ages of children as discussed in this article.

Vescio, J., & Crosswhite, J. (2002). Sharing good practices: teenage girls, sport, and physical activities. *ICHPER -- SD Journal*, *38*(3), 47-52.

This particular source talks about teenage girls with reference to the sports world and their role in physical activity. Women in general have always been under represented in the sporting world, but teenage girls take most of that impact. The world of sports has many opportunities for girls now and has improved tremendously over the years but, it sadly still leaves the girls under represented and with low participation rates. This article examines why the participation rates are so low and what actions could be taken to increase them. Overall, the study found that three key factors needed to be present to increase participation rates among the young female population, which are developing programs identifying their specific needs (i.e.: disabilities, at risk youth, culture related), have good senior support management, and having partnership with other agencies. These were shown to lead to the most successful rates of participation within the teenager girl community. This article relates to my topic because it discusses teenage girls becoming more active, which is one of the YMCA’s goals as well as the Y Change program’s goals.

Campos, B. (2015). What is the Role of Culture in the Association of Relationships with Health. *Social & Personality Psychology Compass*, *9*(12), 661-677. doi:10.1111/spc3.12226

This source examines the correlation between the relationship of health and family. The Y Change program that I will be sitting in on and developing a program evaluation for is the Y Change family program so this is a good article for that. This source specifically looks at the link between culture and how that affects heath. This article suggests that cultures be studied in order to create the relationship. Each culture presents different issues for relationships and for health and both can correlate together. This article relates to my topic because the Y Change program at the YMCA has many different divisions of the program such as Aging Adult, Youth, Teen, and Family. One implementation that Y Change could take from this article would be to add a division for cultures. Many people feel most connected to those within their own culture, also most cultures share common health conditions, if the YMCA formulated a program for cultures it could benefit may people and help create a sense of community.

Allen, J., Ryan, M., & Framer, E. (2013). Family Wellness: The Power Is In Being Healthy Together. *American Journal Of Health Promotion*, *27*(3).

This source examines how family systems have an impact on your health and wellness. There are many health benefits to having a strong sense of family belonging. These benefits include a sense of community and togetherness, a shared vision, and a positive outlook. A sense of community in the wellness programs help people feel that they are together and share support for each other. A shared vision is when families share the same purpose and meaning. A shared vision in a family would be health and wellness. The Y Change program family edition would inspire families to create a vision together to work on their wellness as one. Another point that this article speaks on is a positive outlook. A positive outlook can help families create a good attitude to keep themselves motivated to achieve their goals. The YMCA’s goals are to create a positive atmosphere because it helps individuals stay motivated, which is why this article relates back to my topic of discussion.

Venables, J. (2010). Family Exercise and Diet: A Health Care Plan for the Long Term. *Running & Fitnews*, *28*(2), 12-16.

This source discusses a health care reform plan that focuses on creating initiates to improve and protect our nation’s health. The political leaders created this bill to stress the importance of nonmedical wellness. This wellness includes education about diet, exercise, and reaches out to different groups of people to promote this wellness. This source also speaks on how to incorporate fun into the wellness program. The only way to keep kids involved in a program is by creating and including something fun within the makeup of it. This bill included the incorporation of sports and helping kids become task focused. This is exactly what the YMCA does and is the focus of their programs. The YMCA is focused on health and wellness as well as teaching people about the importance of it. The Y Change program that I will be evaluating is related to this source because the program focuses on first teaching people the importance of health, diet, and exercise, and then how to incorporate it into their daily lives.