



Activate! Digest

Year 2, Quarter 2, January - March 2016

Summary of Activities

Data and Methods

While Aim 1 data analysis continued, the second quarter primarily focused on mid-intervention data collection in Cohort 1 schools for Aim 2, including surveys, measurement of physical activity, and collection of individual 4th grade Fitnessgram data for 5th grade participants. WVU SOLE (Secure Online Learning Environment) was established as a secure data storage site for Aims 1 & 2 data, with access provided on an as-needed basis. Currently, 125 families, 32 classroom teachers, 18 PE teachers, and 14 principals across the study region are participating in this important research. We developed a plan to follow up with Cohort 2-assigned schools that have not yet committed, and to contact all Cohort 2 schools with study arm assignments and early planning details.

Action Steps:

Cohort 1:

- January 13-January 22: Distribution/collection of Wave 3 Second Chance Fitbits (Sue Childers)
- January 13: Distribution of (mailed) thank you gift card to participants who completed baseline data collection (Liesl Kammer, Melissa Kuhn)
- January 25: Code Book develop by Dustin Long and John Bassler (mostly completed, on SOLE), released to research team for development of additional research questions beyond those originally posed
- November 9-March 18: Collection of 4th grade Fitnessgram data (for 5th grade participants of all 3 study arms) from PE teachers (Sue Childers)
- February 3: Cost-effectiveness evaluation planning process begun with a pilot activity (Lesley Cottrell, Jane Ruseski, Health Economist, and Valerie Frey-McClung, Director of Evaluation), as this process will be required by CDC for Activate!
- February 29-March 4: Distribution of parent and 5th grade classroom teacher mid-intervention surveys (Liesl Kammer)
- March 2-18: – Distribution/collection of mid-intervention Fitbits, distribution of graduate credit registration packet to school intervention personnel who requested this as their incentive (Sue Childers)
- March 24: Media class from Parkersburg South HS traveled to Mineral Wells Elementary to begin filming a school intervention video for our CDC visitors

Cohort 2:

- January 21: Initial Cohort 2 planning meeting (Lesley Cottrell, Nancy O’Hara Tompkins, Traci Jarrett, Liesl Kammer, Karen Northrup)
- February 15: Principal packet updated and available. Recruitment plans developed for schools with no response to invitation last year, those with new principals, etc.
- March 17: Jackson County superintendent signed on for 2 elementary schools that expressed interest in more information

Research to Policy (R2P) Advisory Council

Spring in-person meeting and agenda under development for May 24, 2016. Agenda to include topics such as an historical timeline of Physical Education/Physical Activity at School, status updates on Aims 1 and 2, and a brainstorming session about barriers, potential solutions, and sustainability.

Action Steps:

- February 19: Year 2, Quarter 1 *Activate!* Digest, along with an infographic newsletter e-mailed to the R2P Council
- March 7: doodle poll to R2P members to determine date of spring meeting
- March 29: Founding R2P member invitation revised for future use
- Teresa Harper and Teresa Mace accepted invitations to join R2P

Intervention

Aim 2 school and family interventions are in full swing.

Action Steps:

- February 16: Finalized Communication Guidance Process Expectations for school and family interventions
 - School and Family Intervention monthly communication to teachers/families and posted on OneDrive
- February 9-March 8: Beach Party themed Family Fun Nights
- February 5: Superintendent E-mail Update
- February 23-25: Designee e-mail update sent to principals

Meetings/Presentations/Reports/Publications

Presentations

- March 9: WVPRC's Community Partnership Board (CPB): *Activate!* (Traci Jarrett, Nancy O'Hara Tompkins)

Reports

- February 19: R2P Digest and Newsletter infographic also e-mailed to WVPRC CBP and *Activate!* list serves

Upcoming events/reports/publications

- NOVA chapter in final stages of completion for submission: *The Changing Public School Setting: Children's Health and Academics*
- Submitted abstract for CDC-sponsored conference, National Conference on Health Communication, Marketing, and Media: *Like this! Engaging Parents Using Facebook Groups* (Adam Keath, Liesl Kammer)
- April 7: National Health Outreach Conference, Roanoke, VA - Poster Presentation: *Activate! Increasing Classroom-based Physical Activity in Elementary Schools* (Nancy O'Hara Tompkins, Mary Weikle, Sue Childers, Karen Northrup)
- April 13-15: WVPRC Project Officer visited WV for their CDC site visit at WVU and various *Activate!* locations
- May 2-13: Distribution of End-of-Year fitbits and surveys