



## Activate! Digest

Year 2, Quarter 4, July - September 2016

### Summary of Activities

#### *Data and Methods*

This quarter focused on continued data entry and analysis of Aim 1 data, Aim 2 data entry/cleaning, and outline development for a manuscript publication. Cohort 2 schools recruitment was completed. The cohort includes 3 schools that signed on in year 1 and 10 that signed on in year 2 (either had change in leadership or had not responded in Year 1 (at both superintendent and principal level). In addition, one school that signed on in Year 1 withdrew. Cohort 2 schools were notified of study arm assignment, and 4<sup>th</sup> grade FitnessGram results collection begun. School and Family Intervention materials were reviewed and edited as needed. No changes were made to the core components of these interventions. Changes during the quarter included such tasks as formatting communication materials to families and school personnel with project logo, providing contact information in places throughout the documents, discussing and finalizing routine messaging, and strengthening clarity of materials with regard to their purpose in the larger intervention. Consent/baseline surveys, recruitment processes, and designee training were edited based on Cohort 1 review, and required submissions to IRB occurred. Consent and baseline surveys were distributed and collected.

#### Action Steps:

##### **Aim 1:**

- July: Data entry complete (Dustin Long, John Bassler)
- July 25: Proposed list for Aim 1 manuscript objectives developed, submitted to Dustin Long (Lesley Cottrell & Nancy O'Hara Tompkins)

##### **Aim 2, Cohort 1:**

- July: Data cleaning and entry begun (Dustin Long, John Bassler)
- August: Smarter Balance data placed on a secure network by WVDE for transfer to Activate! (Lesley Cottrell, Andy Whisman)
- August: Cohort 1 Fitnessgram database completed for inclusion in Aim 2 analyses (Karen Northrup)

##### **Aim 2, Cohort 2:**

- July 13: Decision to adopt REDCap as a tracking tool for AmeriCorps Members' interactions with family (Lesley Cottrell, Dustin Long)
- July - August: Training research manual developed for Designee training (Traci Jarrett, Liesl Kammer)
- July - September: School Intervention sub-group updated/prepared training day and training materials (Nancy O'Hara Tompkins, Sue Childers, Mary Weikle, Karen Northrup). Teacher Toolbox ordering completed (Sue Childers, Carrie Brainard), Activity Cards printed (Liesl Kammer)
- July - August: Family Intervention sub-group updated monthly planning documents and processes and organized on One Drive (Lesley Cottrell, Sherry Ellem, Carrie Brainard)
- August - September: REDCap tracking tool developed for Family Intervention (Traci Jarrett)
- July 29: Consent and survey documents submitted to IRB

- August 15: IRB approval of consent and survey documents
- August 12: Designee training held at RESA V in Parkersburg (Lesley Cottrell, Nancy O'Hara Tompkins, Traci Jarrett, Liesl Kammer)
- August 27: Preparation of consent day documents (Liesl Kammer, Lesley Cottrel)
- Sept 8: New AmeriCorps Members on boarding
- Sept 12-14: Distribution of consent/survey packets to schools for participation recruitment (Sue Childers, Sherry Ellem, AmeriCorps Members)
- Sept 21: Fitbit preparation (Liesl Kammer, Lesley Cottrell, Sue Childers, Karen Northrup, Adam Keath)
- Sept 23, 26, 27: Collection of consent/survey packets from schools (Sue Childers, Sherry Ellem, AmeriCorps Members)
- Sept 28: Family intervention team and AmeriCorps Members met to review October materials, consent packets to Morgantown (Lesley Cottrell, Liesl Kammer, Carrie Brainard, Sherry Ellem, AmeriCorps Members)
- Anticipated activity, Year 3 Quarter 1
  - Oct 3-4: Review of consent packets for completeness of consent (Lesley Cottrell)
  - Oct 11: School Intervention Teacher training held at RESA V in Parkersburg (Sue Childers, Mary Weikle, Nancy O'Hara Tompkins, Karen Northrup)
  - October 13-19: Distribution of Fitbits to fully consented student participants (Sue Childers, Sherry Ellem, AmeriCorps Members)
  - October 20-26: Collection of Fitbits (Sue Childers, Sherry Ellem, AmeriCorps Members)

### ***Research to Policy (R2P) Advisory Council***

The group has access to a link of R2P presentations and Digests on One Drive for their reference. Potential other new members with expertise in family interventions are being sought.

#### **Action Steps:**

- August 31: Year 2 Quarter 3 Activate Digest and Infographic e-mailed to Council (Liesl Kammer)
- Sept 21: e-mail update and attached PowerPoint slides (cohorts 1 & 2 general overview, potential policy/practice change developed by R2P at the May, 2016 meeting). This PowerPoint was developed/presented to the WVPRC Sept 14 (Traci Jarrett & Lesley Cottrell)

#### ***Intervention***

Year 3, Quarter 1: Aim 2 Cohort 2 school and family interventions to begin

#### **Anticipated Action Steps:**

- October 27: School and Family Interventions to begin
- October 27-Nov 4: Family Intervention Home Visits, Family Fun Nights to follow

### ***Meetings/Presentations/Reports/Publications***

#### **Presentations**

- September 14: WVPRC's Retreat
  - Cohort 2 General Overview (Lesley Cottrell)
  - Potential Policy/Practice Changes (Lesley Cottrell)

## **Reports**

- August 31: R2P Digest and infographic also e-mailed to WVPRC CBP and the Activate! Listserv (Liesl Kammer)

## **Upcoming events/reports/publications**

- NOVA chapter in final stages, waiting for feedback from book editors: *The Changing Public School Setting: Children's Health and Academics*
- June 16: APHA (Denver, October 31, 2016) abstract accepted: *A rural and urban comparison of West Virginia elementary schools' capacity to meet physical education guidelines*. Angela Dyer, Joshua Grant, Nancy O'Hara Tompkins, Lesley Cottrell
- Sept. 30: 2017 SHAPE America National Convention (Boston, March 14-18) abstract accepted: *Like this! Engaging parents using Social Media* (Adam Keith, Liesl Kammer, Sherry Ellem, Lesley Cottrell)