



### Summary of Activities

#### *Data and Methods*

##### Aim 1

Review of Aim 1 databases is nearing completion, with analyses of the groupings, as well as associations with variables such as student health and academic outcomes, anticipated in the near future. Two manuscripts are being developed based on this data; one addressing current Physical Education and Physical Activity practices in WV elementary schools and the second comparing student health and academic outcomes based on school practices.

##### Aim 2

Cohort 2 end-of-year data collection occurred late April – mid-May. (family participants – 106 in control, 73 in school intervention, 128 in family intervention). The family intervention team was able to use a REDCap form to document their contacts with families, review action plans, family fun night contacts, fitbit and incentive PA equipment contacts, and communicate with Activate! staff. This form proved a useful tool for monitoring and tracking contacts for our family intervention group.

Cohort 3 finalized with the following schools providing letters of support: Wood County - Fairplains, Blennerhassett, Waverly, and Martin; Jackson County - Kenna, Evans.

##### Aim 3

A research brief template was designed and will be used to send process report updates/thank you to Cohort 1 and Cohort 2 schools. Models for sharing participant success stories and assessing sustainability are being developed.

##### Personnel changes:

Congratulations to our grad student John Bassler for completing his masters degree! – We welcome Hannah Ludwick to take over John's duties!

Congratulations to our beloved Sue Childers, she has, hands down, been one of the biggest helps in getting Activate! off the ground and into schools! Sue's knowledge of physical education at the local and state levels has impacted the Activate! project immensely. We will miss her dearly and wish her well in her retirement and move to sunny Florida. – We welcome Linda McLead to assume Sue's duties!

#### **Action Steps:**

##### Aim 1:

- April 19: Admin meeting dedicated to Aim 1 manuscript planning, themes for 2 potential papers developed, one qualitative/process related and the other outcome related (Admin)
- May – June: database & data dictionary review/revisions with more current NCES data (Dustin Long)
- June: Development of data dictionaries for statewide principal and PE teachers begun (Nancy O'Hara Tompkins, Karen Northrup)

### Aim 2, Cohort 2:

- April 24: Family surveys mailed, due date May 15 (Sue Workman)
- May 1: Fitbit distribution, school personnel survey distribution, and Fitnessgram collection begun and with Fitbit/survey collection 1 week later. Included school and school personnel gift card distribution as well as packets for those requesting graduate credit (Sue Childers, Sherry Ellem, AmeriCorps members, Melissa Kuhn). Reminders sent to families 3 times (survey coming, did you get it, due date reminder (Liesl Kammer)
- May – June: End-of-Year Fitbit inventory and data download (Sue Workman, Adam Keath)
- June 1: End of Year review meeting at MOVHD with Cohort 2 wrap-up and process considerations for Cohort 3 (Admin, Designees)
- June 2: Comprehensive review of existing datas/storage (Morgantown group)

### Aim 2, Cohort 3

- May 19: Study arm assignment letters mailed to the 6 committed schools – 3 control, 2 school intervention, and 1 family intervention (Sue Workman, Karen Northrup)
- Late May: 4<sup>th</sup> grade Fitnessgram collection (Sue Childers)
- June 15: School intervention group met for Cohort 3 planning (Nancy O'Hara Tompkins, Sue Childers, Mary Weikle, Linda McLead, Karen Northrup)
- June: Fitbits cleaned, new Fitbit accounts being set up (Sue Workman, Liesl Kammer)

### Aim 3

- May: Research briefs template finalized (Traci Jarrett, Liesl Kammer)
- June: Research briefs developed for Cohort 1 & Cohort 2 schools as well as a cover letter (Liesl Kammer)
- Overall study (to date) research brief developed for group presentations (CPB, R2P, etc.) (Liesl Kammer)

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

The group has access to a link of R2P presentations and Digests on One Drive for their reference:  
<https://1drv.ms/f/s!Akno4NnQ3Dyprxn8JyzHCOIyARm5>.

#### **Action Steps:**

- April 26: Year 3 Quarter 2 *Activate!* Digest and Infographic e-mailed to Council (Liesl Kammer)
- June: Initial planning for fall meeting begun (Traci Jarrett, Sue Workman, Karen Northrup)

#### ***Intervention***

May: Aim 2 Cohort 2 school and family interventions concluded.

#### **Action Steps:**

- Monthly e-mail to school intervention school staff continued (Mary Weikle)
- Social media/monthly mailings, contact with family intervention participants, and Physical Activity Equipment deliveries continued (Liesl Kammer, Adam Keath, Sherry Ellem, Carrie Brainard, AmeriCorps members)

- April 19: Principal updates emailed re: end-of-year activities (Sue Childers, Sherry Ellem, Carrie Brainard)
- Family Fun Nights: April 10 at Kanawha, April 19 at Smithville, April 20 at Ellenboro, April 26 at Ripley (Sherry Ellem, AmeriCorps members, Adam Keath, Sue Workman)

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

### **Presentations**

- June 22: CPB meeting
  - Interactive presentation/discussion re: Research Briefs for participating schools in Cohorts 1 & 2, success story project, and sustainability survey for family and classroom teacher participants (Traci Jarrett, Sue Workman)

### **Reports**

- April 26: R2P Digest and infographic e-mailed to WVPRC CBP and the *Activate!* Listserve (Liesl Kammer)

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

- September: Cohort 3 consenting/baseline surveys & Fitbit preparation
- November 4-8: Four *Activate!* presentations at APHA (2 oral, 2 poster)
  - Physical education and physical activity policy implementation in West Virginia Schools (Nancy O'Hara Tompkins, Lesley Cottrell, Joshua Grant, Karen Northrup, Zachary Ramsey, Dustin Long, John Bassler)
  - Research to Policy: Using Community Health Workers to Implement *Activate!* to Increase Physical Activity and Overall Health in West Virginia (Sue Workman, Lesley Cottrell, Traci Jarrett, Nancy O'Hara Tompkins)
  - Research to Policy: *Activate!* School and Family Intervention Strategies to Increase Physical Activity and Reduce Obesity Rates in West Virginia Fifth Graders and their Families (Sue Workman, Lesley Cottrell, Traci Jarrett, Nancy O'Hara Tompkins)
  - Research to Policy Council: Translating effective home and school-base physical activity strategies into sustainable environmental and policy recommendations in WV (Lesley Cottrell, Karen Northrup, Nancy O'Hara Tompkins, Traci Jarrett, Shannon Michael)
- Fall: In-person R2P meeting