

Activate! Digest

Year 2, Quarter 3, April - June 2016



Summary of Activities

Data and Methods

This quarter focused on continued analysis of Aim 1 data, collection of Cohort 1 post measures (surveys + process evaluation, Fitbits, FitnessGram), and data entry/cleaning. Post-surveys were submitted by 11 of 19 families in the control group (57.9%), 33 of 55 in the school intervention group (60.0%), and 27 of 51 in the family intervention group (47.1%), 31 of 32 classroom teachers (96.9%), 14 of 18 PE teachers (77.8%), and 11 of 13 principals (84.6%). In addition, Cohort 2 recruitment was conducted, committed Cohort 2 schools were notified of study arm assignment, and 4th grade FitnessGram results collection begun.

Action Steps:

Aim 1:

- April 18: Code Book developed by Dustin Long and John Bassler released to research team for development of research questions beyond those originally posed
- May 2: Initial Aim 1 analysis and summaries begun (Lesley Cottrell, Dustin Long, John Bassler)
- June 9: Data meeting (Dustin Long, John Bassler, Lesley Cottrell, Traci Jarrett, Karen Northrup)
- June 13: manuscript outline development with suggested research questions/analyses begun (Lesley Cottrell, Dustin Long, John Bassler)

Aim 2, Cohort 1:

- April 9 – 25: Development of process evaluation questions with submission to IRB (Nancy O'Hara Tompkins, Lesley Cottrell, Traci Jarrett, Sue Childers, Karen Northrup, Sherry Ellem)
- April 18 – 28: Preparation of all post-survey data collections measures (surveys, Fitbits, gift cards) (Liesl Kammer, Rebecca Grimm, Melissa Kuhn)
- May 2 – 13: Distribution/collection of post-intervention surveys/process evaluation for school staff, Fitbits to students for control and school intervention study arms (Sue Childers) and family intervention study arm (Sherry Ellem, Carrie Brainard, & AmeriCorps Members).
- April 25: Collection of (Cohort 1) 5th grade Fitnessgram data (for 5th grade participants of all 3 study arms) from PE teachers begun (Sue Childers)
- May 1: Graduate credit of Pass processed for all school personnel registered (Mary Weikle)
- May 19: Small group meeting for Cohort 1 process review/evaluation (Liesl Kammer, Leesa Prendergast, Valerie Frey-McClung, Adam Keath, Lesley Cottrell, Nancy O'Hara Tompkins, Mary Weikle, Sue Childers, Dustin Long, Carrie Brainard, Sherry Ellem, Karen Northrup, Traci Jarrett)
- May 20: Summer Activity planning (Dustin Long, Les Cottrell, Nancy O'Hara Tompkins, John Bassler)
- June 6: Planning for intervention materials dissemination meeting (Traci Jarrett, Nancy O'Hara Tompkins, Lesley Cottrell, Karen Northrup)
- June 9: Data review meeting (Lesley Cottrell, Nancy O'Hara Tompkins, Traci Jarrett, Dustin Long, John Bassler, Karen Northrup)
- June 13: School intervention debriefing/planning (Nancy O'Hara Tompkins, Sue Childers, Mary Weikle, Karen Northrup)

- June 28: Family Intervention debriefing/planning (Les Cottrell, Sherry Ellem)

Aim 2, Cohort 2:

- April 4: Second Cohort 2 planning/recruitment meeting, Cohort 2 Principal Packet for recruitment finalized (Nancy O’Hara Tompkins, Sue Childers, Karen Northrup)
- April 6: Cohort 2 principal letter with study arm notification finalized (Nancy Tompkins, Karen Northrup)
- April 12: Cohort 2 recruitment begun of schools with no response last year (Nancy O’Hara Tompkins, Sue Childers, Karen Northrup)
- April 26: Cohort 2 study arm notification mailing begun
- May 6: Collection of (Cohort 2) 4th grade Fitnessgram data (for 5th grade participants of all 3 study arms) from PE teachers begun (Sue Childers)
- May 17: Doodle for Activate! Designee training (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. Two new members joined the Council (Teresa Harper and Teresa Mace). Potential other new members with expertise in family interventions are being sought. This quarterly review included updates on Aim 1 data, school and family interventions, and a conversation addressing research, contextual, and implementation barriers within the vision of eventual dissemination and sustainability.

Action Steps:

- April 1: R2P meeting set by Doodle poll for May 24 in Charleston (Liesl Kammer, Karen Northrup)
- May 4: Year 2 Quarter 2 Activate! Digest and Infographic e-mailed to Council (Liesl Kammer)
- May 24: R2P meeting held 10:30 – 2:30 at the Health Sciences Center of WVU – Charleston Division
- June 1: WVPRC Activate! One Drive link sent to R2P Council members (Traci Jarrett)

Intervention

Aim 2 Cohort 1 school and family interventions ended. Initial communications with Cohort 2 schools begun.

Action Steps:

- April 13 – 18: Distribution of (mailed) thank you gift cards to participants who completed mid-year data collection (Liesl Kammer, Lesley Cottrell)
- April 14 – 26: Final Family Fun Nights with beach theme (Carrie Brainard, Sherry Ellem, AmeriCorps Members)
- May 2 – 13: Cohort 1 thank you letters/school gift cards delivered to principals, and school personal gift cards (to those who turned in survey during school-based Fitbit collection during post survey delivery/collection) (Sue Childers, Sherry Ellem, Carrie Brainard, AmeriCorps Members)
- April 28: Mailing of Cohort 2 study arm assignments begun (Karen Northrup)
- May 25: - Family Intervention PA equipment orders begun (Carrie Brainard)
- June 15: Distribution of PA equipment to Family Intervention families begun

- July 1: PE teacher gift card mailing begun (for 5th grade Fitnessgram results)
- July 1 : Participant gift card mailing begun (for post survey and final participation)

Meetings/Presentations/Reports/Publications

Presentations

- April 7 - National Health Outreach Conference, Roanoke, VA - Poster Presentation: *Activate! Increasing Classroom-based Physical Activity in Elementary Schools* (Nancy O'Hara Tompkins, Sue Childers, Karen Northrup, Mary Weikle)
- April 13-15: CDC visit included Family Fun Night at Madison April 14 and a meeting with (school intervention) classroom teachers at Mineral Wells April 15
- WVPRC's Community Partnership Board
 - June 21 – Applied Research Project (Lesley Cottrell)

Reports

- May 4: R2P Digest and infographic also e-mailed to WVPRC CBP and the *Activate!* Listserve

Upcoming events/reports/publications

- NOVA chapter in final stages of completion for submission: *The Changing Public School Setting: Children's Health and Academics*
- Adam Keath developed an abstract for an upcoming CDC-sponsored marketing and communications conference: *Like this! Engaging Parents Using Facebook Groups*
- 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, MSPH, Joshua Grant, Nancy O'Hara Tompkins, PhD, Lesley Cottrell, PhD

Activate! is a product of the West Virginia Prevention Research Center and was supported by Cooperative Agreement Number 1-U48-DP-005004 from the Centers for Disease Control and Prevention. The findings and conclusions in this digest are those of the author (s) and do not necessarily represent the official position of the Centers for Disease Control and Prevention.