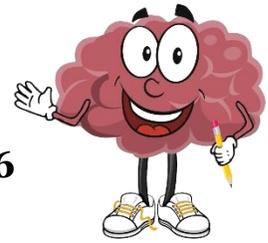


# Activate! Digest

Year 3, Quarter 1, October - December 2016



## Summary of Activities

### *Data and Methods*

#### Aim I

Data entry was completed and the initial analysis reviewed. We conducted a preliminary literature review to assess which school level variables are appropriate for the next phase of analysis and potential manuscript development. We are also reviewing policy and measurement at the state level to determine next steps for analysis and interpretation.

#### Aim 2

This quarter focused on review of completeness of consents of participants, baseline data collection (survey, Fitbit), and start of school and family interventions. Final student/parent participant numbers include 133 in the family intervention (5 schools), 75 in the school intervention (4 schools), 113 in the control intervention (4 schools), and 40 school personnel (22 classroom teachers, 10 PE teachers, and 8 principals).

### **Action Steps:**

#### Aim 1:

- November 16: Initial review of Aim 1 analyses (Dustin Long, Lesley Cottrell, Nancy O'Hara Tompkins, Traci Jarrett, Karen Northrup)
  - Unexpected results led us to consider policy and measurement changes between the 13-14 and 14-15 academic years more closely
- November: Literature search for school level variables appropriate for the next phase of Aim 1 analysis (Traci Jarrett)

#### Aim 2, Cohort 1:

- December: Data Entry complete (Dustin Long, John Bassler)

#### Aim 2, Cohort 2:

- Oct 3-10: Review of consent packets for completeness of consent, Fitbit preparation for baseline data collection (Lesley Cottrell, Liesl Kammer)
- Oct 10 - deadline for correction of incomplete consent
  - Oct 11: School Intervention Teacher training held at RESA V in Parkersburg (Sue Childers, Mary Weikle, Adam Keith, Melissa Kuhn, Liesl Kammer, Nancy O'Hara Tompkins, Karen Northrup)

- October 13-19: Distribution of Fitbits to fully consented student participants (Sue Childers, Karen Northrup, Sherry Ellem, AmeriCorps Members)
- October 20-26: Collection of Fitbits (Sue Childers, Sherry Ellem, AmeriCorps Members)
- October 28-30: Download/sync of student (Family Intervention) Fitbits and readied for distribution during Family Intervention family visits along with parent Fitbit (Lesley Cottrell, Adam Keith)
- December: Download of Control and School Intervention student Fitbits completed (Lesley Cottrell, Adam Keith)

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

The group has access to a link of R2P presentations and Digests on One Drive for their reference: [R2P OneDrive Folder](#). A new member with expertise in family interventions was invited to join the council.

#### **Action Steps:**

- November 2: Year 3 Quarter 1 Activate Digest and Infographic e-mailed to Council (Liesl Kammer)
- December 2: Jennifer Anderson, School Wellness Coordinator/Organizer for Try This WV accepted the invitation to serve on the Council as a parent representative

### ***Intervention***

Year 3, Quarter 1: Aim 2 Cohort 2 school and family interventions began October 27.

#### **Action Steps:**

- October 27: Family Intervention family visits begun
- November 1: Monthly e-mail to school intervention school staff
- November 10 - December 19: Family Fun Nights: Nov 10 at Smithville, Nov 15 at Ellenboro, Dec 14 at Greenmont, Dec 19 at Ripley (Sherry Ellem, Americorps members, Liesl Kammer, Adam Keith, Sue Workman)

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

#### **Presentations**

- October 31: APHA (Denver) poster presentation
  - *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
- November 16: Regional Prevention Research Center (Philadelphia) panel presentation
  - *Activate! WV Prevention Research Center* (Lesley Cottrell)

- December 19: WVPRC Community Partnership Board meeting
  - Updates: Aim 1 and Aim 2, Cohort 2 (Traci Jarrett, Nancy O’Hara Tompkins, Sherry Ellem)
  - Sue Workman, introduced to the group as the new Operations Manager for *Activate!*; Sue explained her past experiences and the skill set she is bringing to *Activate!* Welcome, Sue Workman!

### **Reports**

- November 2: R2P Digest and infographic also e-mailed to WVPRC CBP and the *Activate!* Listserve (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*
- 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)