



# 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 4<sup>th</sup> grade Fitnessgram data for 5<sup>th</sup> 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 4<sup>th</sup> grade Fitnessgram data (for 5<sup>th</sup> 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 5<sup>th</sup> 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

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