

ACTIVATE! A RANDOMIZED CONTROL STUDY WITH WEST VIRGINIA 5TH GRADERS TO INCREASE PHYSICAL ACTIVITY

Did you know?



Less than one quarter of children participate in the recommended guidelines of 60 minutes of moderate to vigorous physical activity daily.



60 Minutes of PA (24%)
Less than 60 Minutes of PA (76%)

Study Arms

54.9%
Home Visits

54.9%
Monthly Mailings

70.4%
Family Fun Events

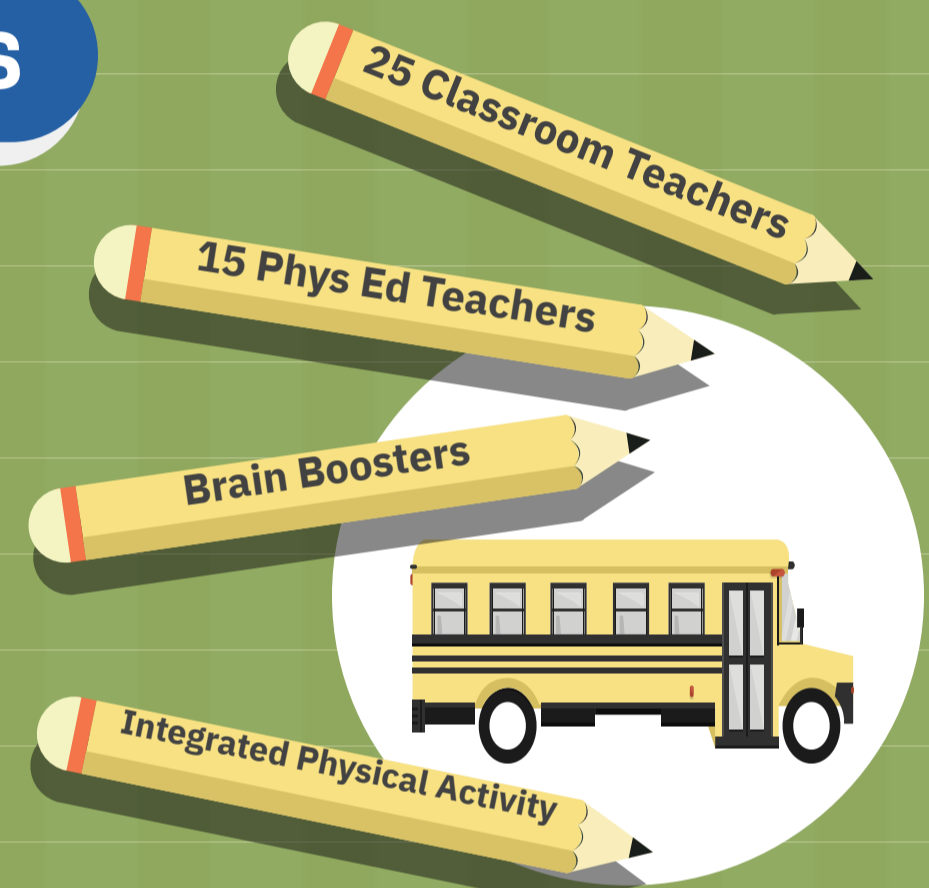
54.3%
Social Media



200 Families Participated in activities in the Family Intervention HOME SETTING



205 Families Participated in the CONTROL SETTING



171 Families Participated in activities in the School Intervention SCHOOL SETTING

PREDICTORS OF INCREASED PHYSICAL ACTIVITY :

So we asked...



*Parents who provided monthly transportation, encouragement, and had knowledge of child's physical activities

*Students with pride in their school



*School tracks and walking paths being open for family recreational use

*Teachers who encouraged their students to do physical activity once a week

*Teachers who agreed that integrating physical activity into their lessons would increase students' interest of physical activity



DO SCHOOL & FAMILY BASED INTERVENTIONS INCREASE PHYSICAL ACTIVITY IN 5TH GRADE STUDENTS?

1 FAMILY INTERVENTION



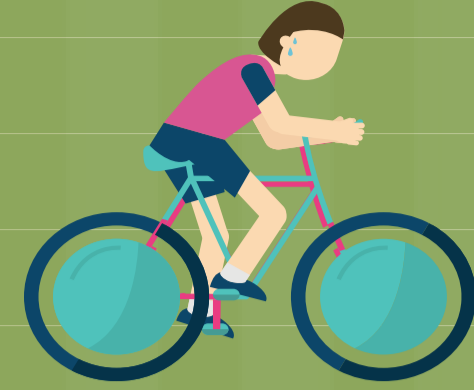
*More children in the home was associated with greater involvement.



*Children received greatest benefit if their family had engaged in at least 4 different components.

4

*Level of Participation impacted average weekday minutes of physical activity.



*Limited transportation changed the way families participated - parent perspective.

*Children who felt safe walking in their neighborhoods had higher participation - child perspective.



2 SCHOOL INTERVENTION

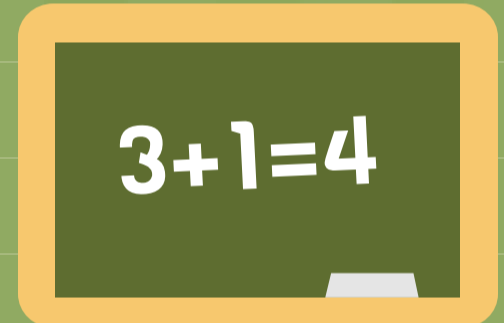


*The more students in class, the higher use of Integrated Physical Activity.



*Brain Boosters and Integrated Physical Activity were used in 25 Classrooms.

*Brain Boosters are short bursts of movement used during transitions. Integrated physical activity is movement purposefully integrated into the curriculum.



*More minutes of Brain Boosters were used per week.



PARTICIPATING SCHOOLS

- | | | | | | |
|---------------|----------------|----------------|----------------|---------------|---------|
| Gilmer County | Mason County | Ritchie County | Wirt County | Gihon | Vienna |
| Sand Fork | Ashton | Ellenboro | Wirt | Greenmont | Waverly |
| Jackson | Beale | Harrisville | Wood County | Jefferson | |
| Evans | Leon | Smithville | Blennerhassett | Kanawha | |
| Kenna | New Haven | Roane County | Criss | Lubeck | |
| Ravenswood | Point Pleasant | Geary | Emerson | Madison | |
| Ripley | Roosevelt | Spencer | Fairplains | Mineral Wells | |
| | | Walton | Franklin | Martin | |

KEEP UP THE GOOD WORK!



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National Survey of Children's Health. Indicator 1.5 physical activity age 6-17 years; 2016-2017. Available from: <https://www.childhealthdata.org/browse/survey/results?q=5283&r=1>.