

Making Physical Activity Policy Practice

GROUP RANDOMIZED CONTROLLED TRIAL IN AFTERSCHOOL PROGRAMS

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Policy to Practice in Youth Programs

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Focus on physical activity in Out-of-School-Time (OST) programs

Afterschool programs (3-6pm)

Non-sport or single activity focused

Serve Snacks, Homework, Enrichment, Physical Activity

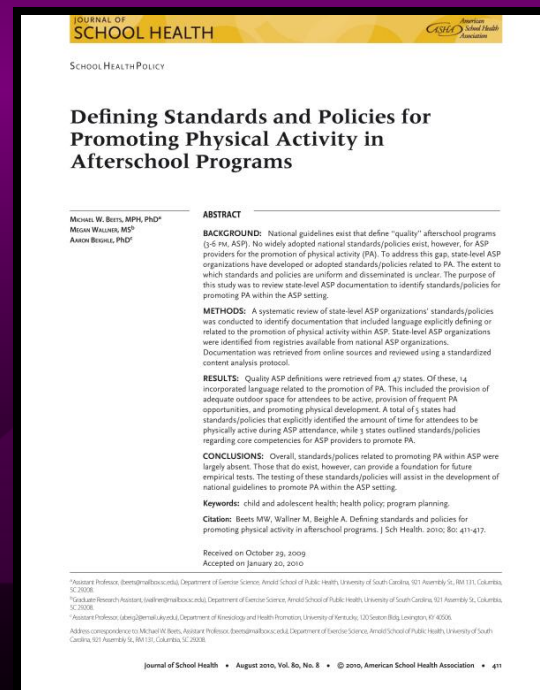
Operate everyday of school year

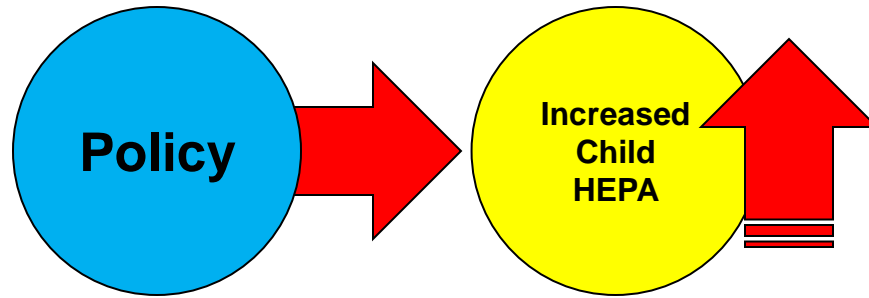
10.2 million youth attend

Physical Activity Policies in OST Programs

Amount of physical activity accumulated

Amount of PA to schedule





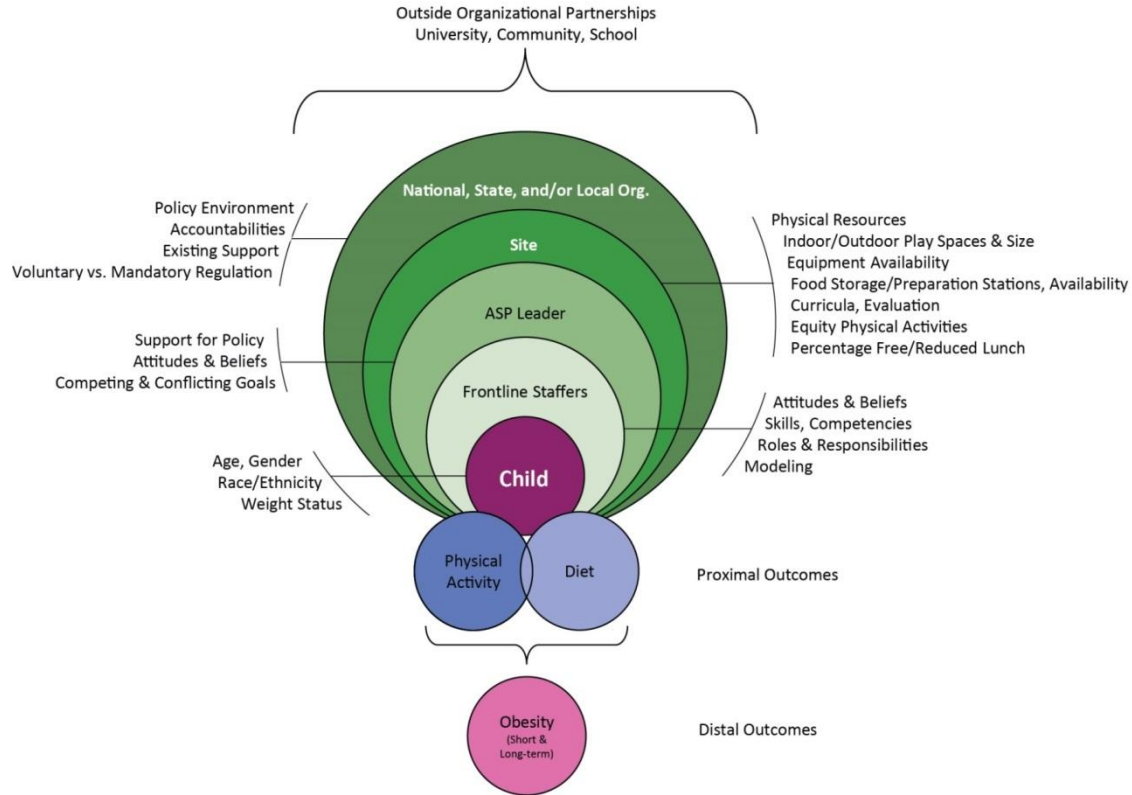
How we think policy works

Policy is necessary, but... alone it's insufficient

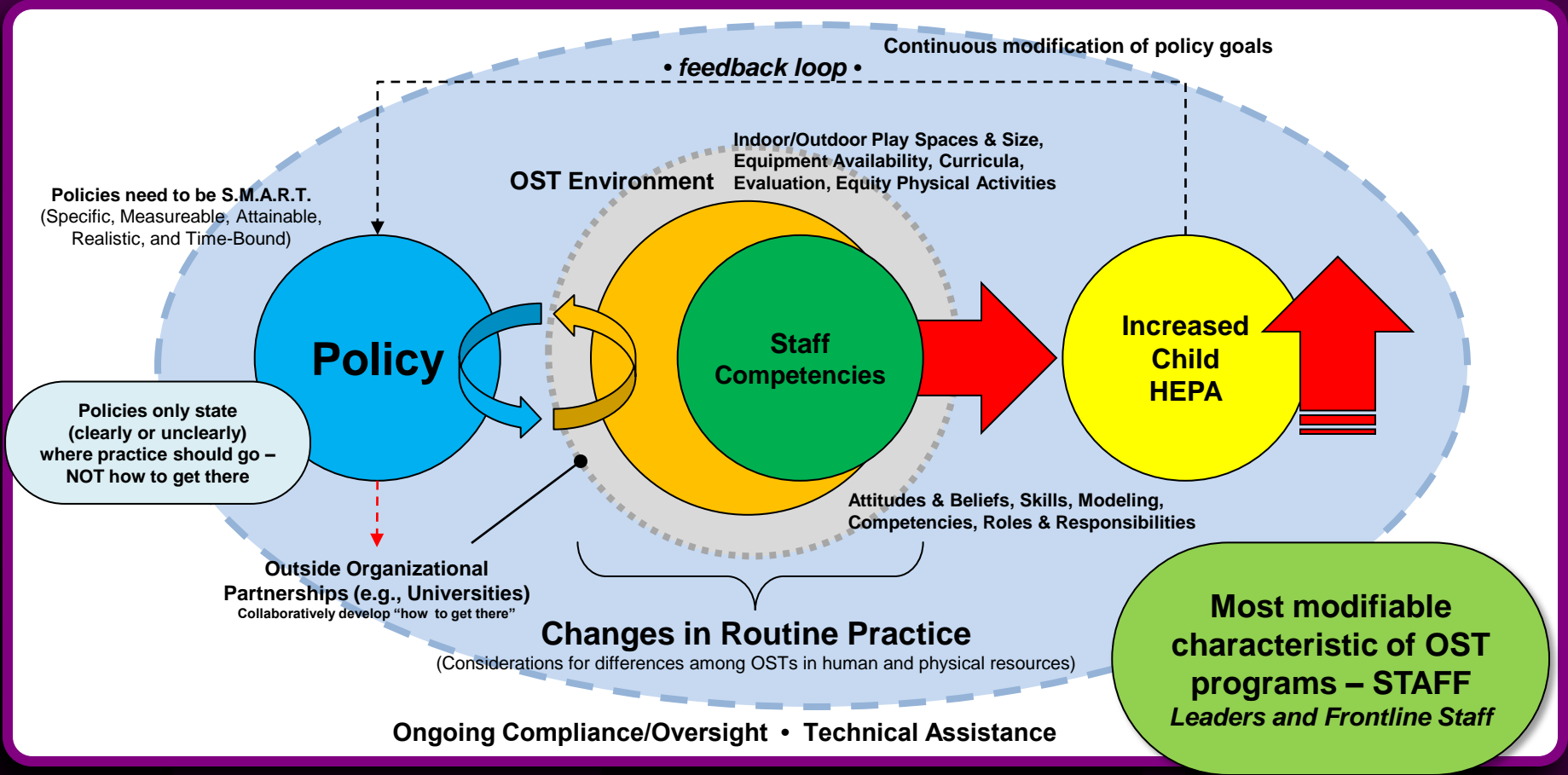
“Best” Policy

**Nexus of public health impact and
what practice can deliver
(given a realistic amount of resources)**

**Policy is adopted,
Strategies are implemented to
reach specified policy goals**



OST Programs more complex than simply adding policy to make changes



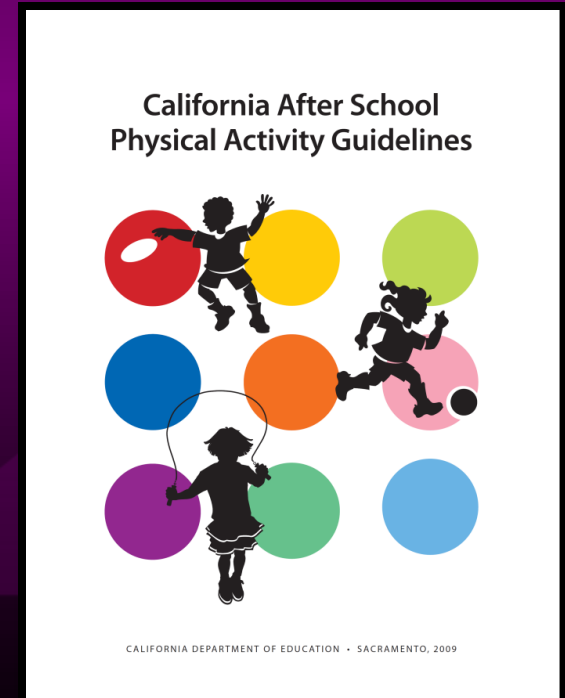
How policy “actually” works, maybe...

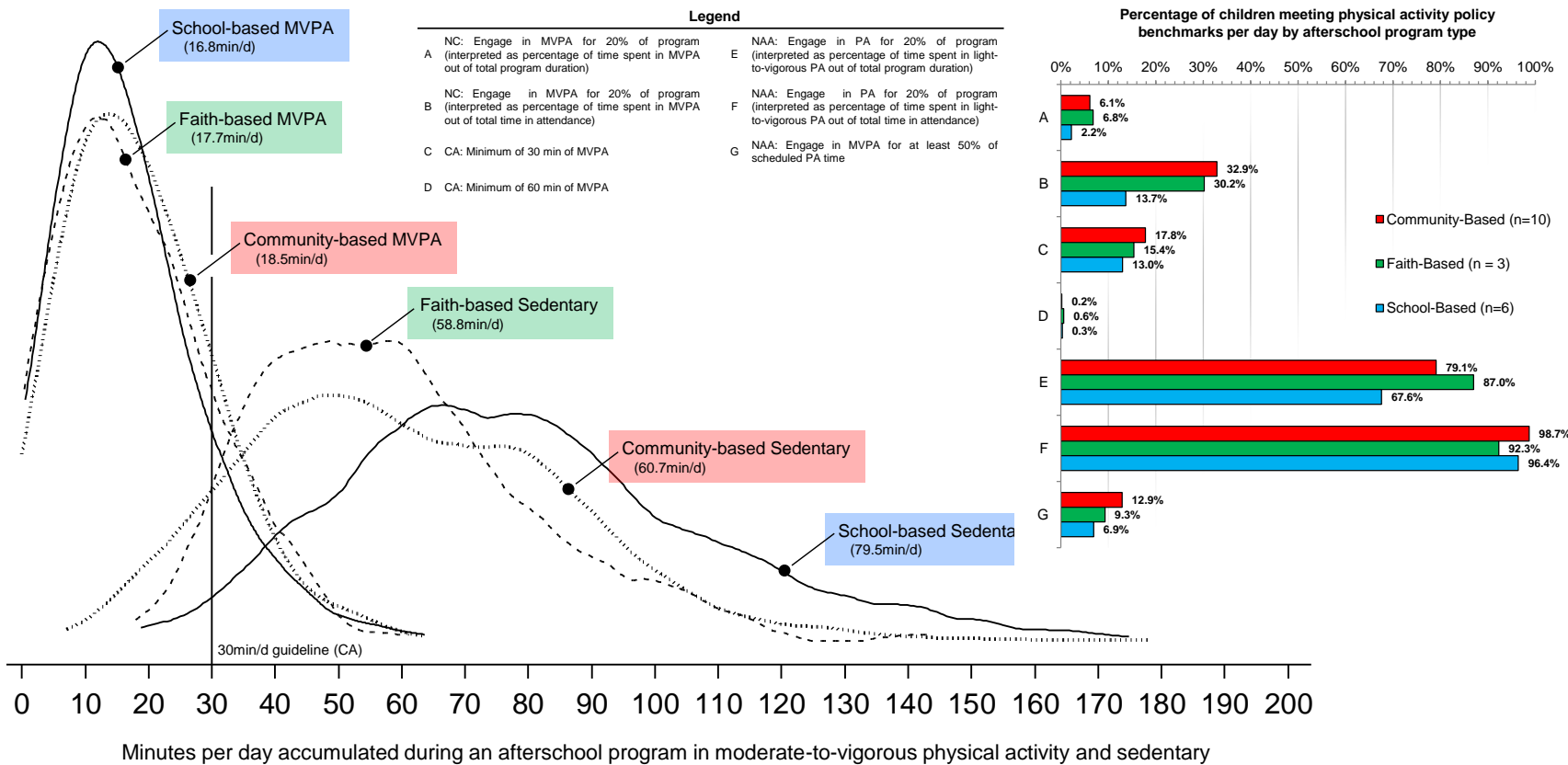
Physical Activity Policies in OST Programs

Schedule 60min PA Opportunities daily

Children accumulate 30min MVPA

Practice can't do it!



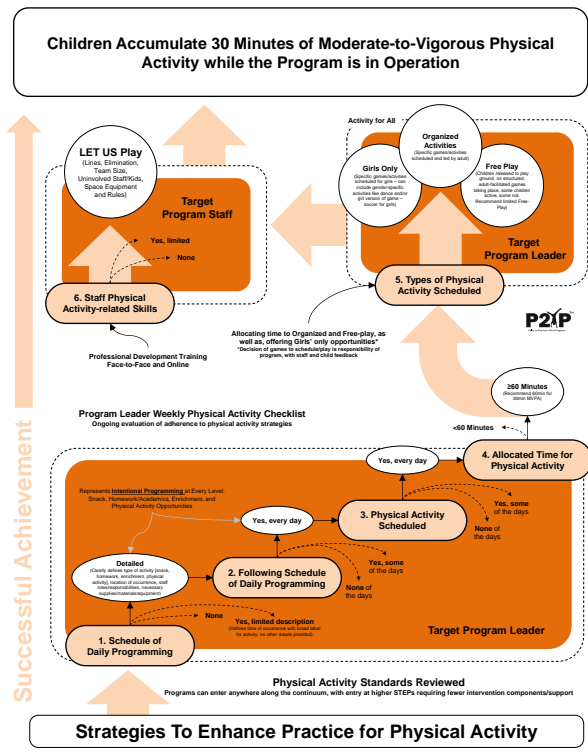


Children attending ASPs fail to accumulate 30min MVPA/day

Research Design and Methods

- **Group randomized controlled trial**
 - **20 ASPs serving >1,700 children (5-12yrs)**
 - **Diverse settings – school, community centers, faith-based**
 - **Randomized post-baseline data collection**
- **Baseline (spring 2013)**
- **Training August 2014, Boosters Fall 2014**
- **Post (spring 2014)**
- **Accelerometer-derived MVPA**
 - **Evenson cutpoints**
 - **% Children meeting 30min/d MVPA guideline**
 - **Minutes of MVPA**

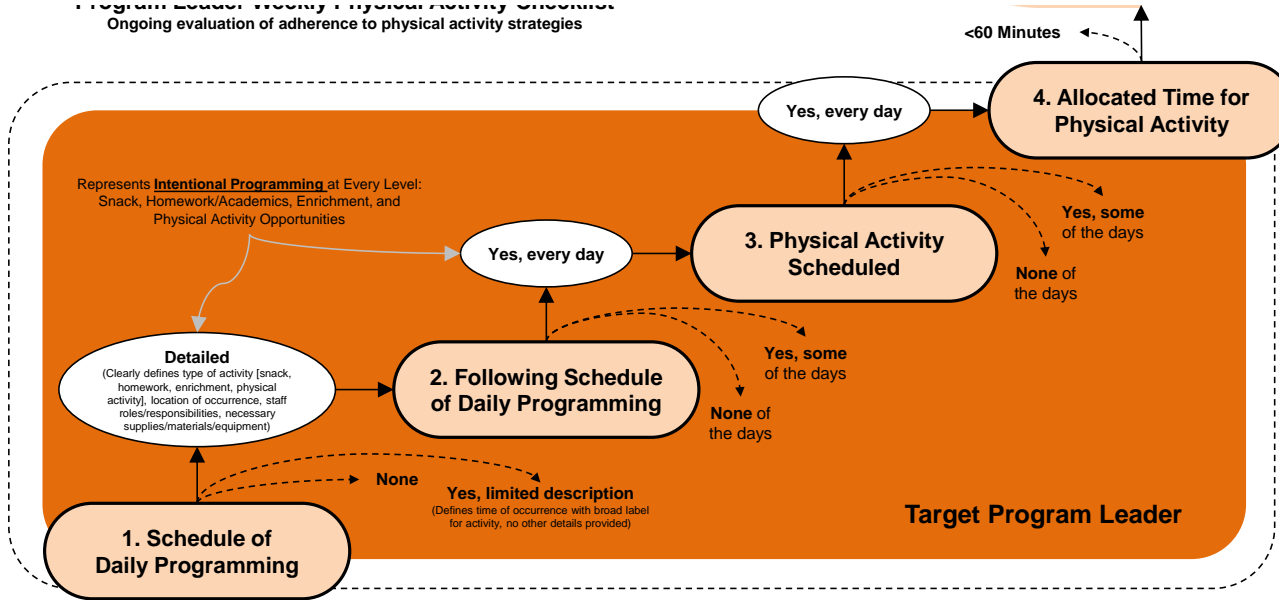
PHYSICAL ACTIVITY POLICY GOALS



Framework for Practice to Meet Policy - Maslow's Hierarchy of Needs, Capacity Building

Successful Achievement

Program Leader Weekly Physical Activity Checklist
Ongoing evaluation of adherence to physical activity strategies



Physical Activity Standards Reviewed

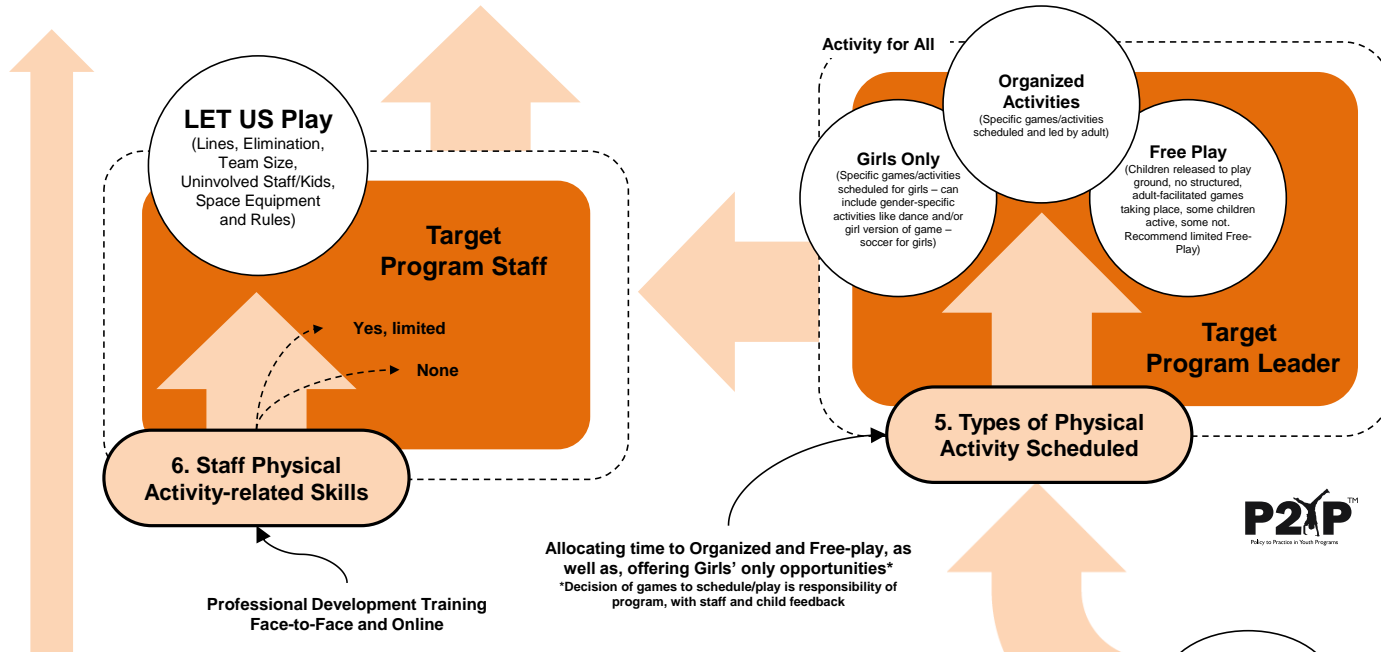
Programs can enter anywhere along the continuum, with entry at higher STEPs requiring fewer intervention components/support

Strategies To Enhance Practice for Physical Activity

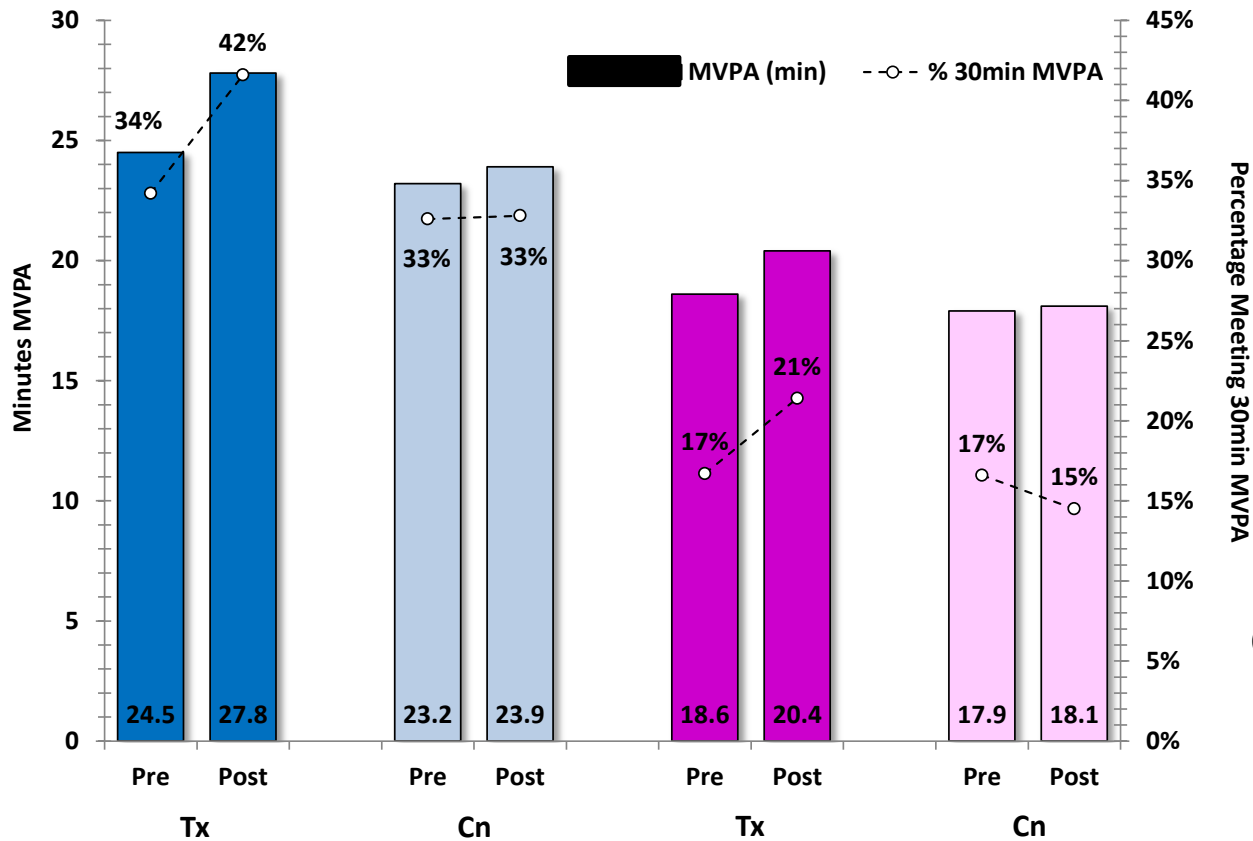
ALL ELEMENTS ARE EMBEDDED WITHIN AND ARE RESPONSIVE TO EACH UNIQUE PROGRAM ENVIRONMENT

Framework for Practice to Meet Policy - Maslow's Hierarchy of Needs, Capacity Building

Children Accumulate 30 Minutes of Moderate-to-Vigorous Physical Activity while the Program is in Operation



Framework for Practice to Meet Policy - Maslow's Hierarchy of Needs, Capacity Building

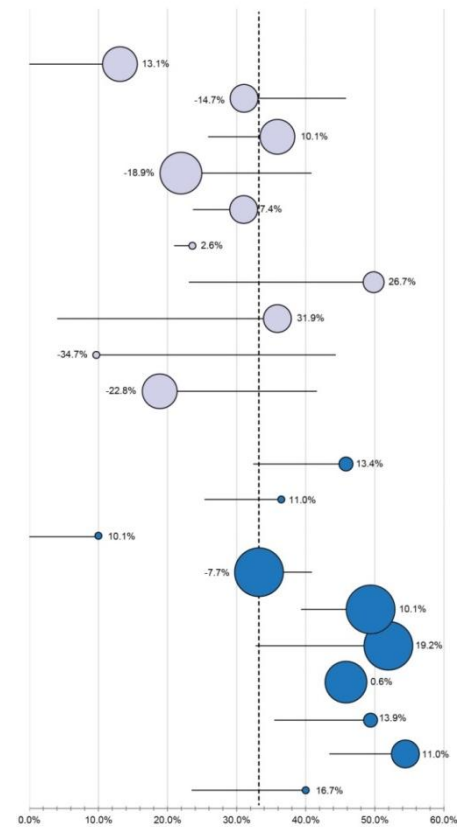
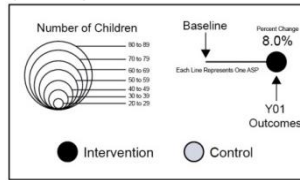
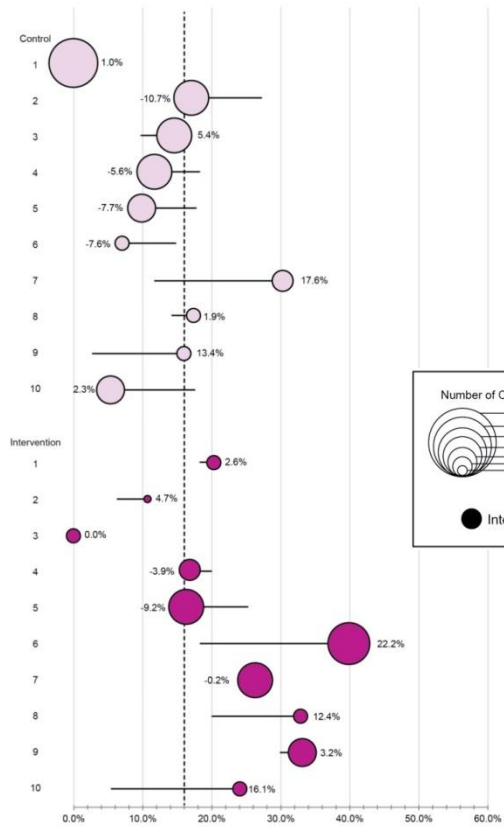


Boys
OR 2.26 (95CI 1.35 to 3.80)

Girls
OR 2.85 (95CI 1.43 to 5.68)

Effectiveness of STEPs to PA – 1st Year MVPA Outcomes

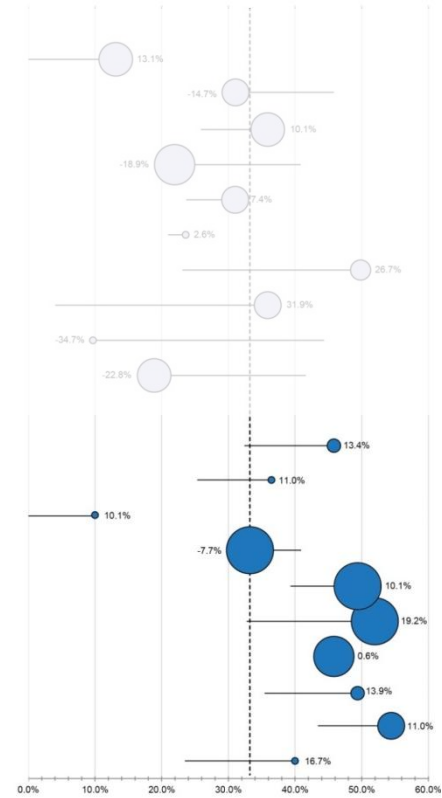
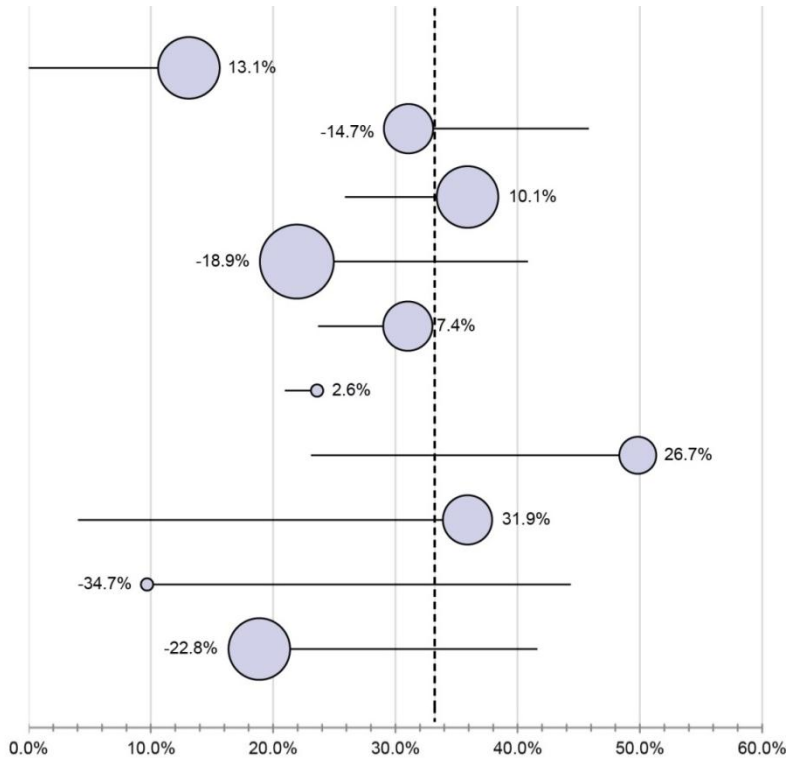
R01, GRCT 20 ASPs serving >1,700 children, highly diverse sample of ASPs, Spring 2013 (baseline) to Spring 2014 (1st Yr)



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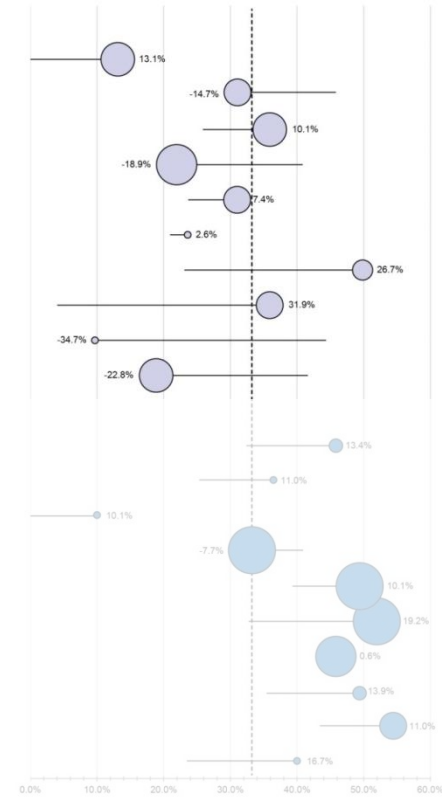
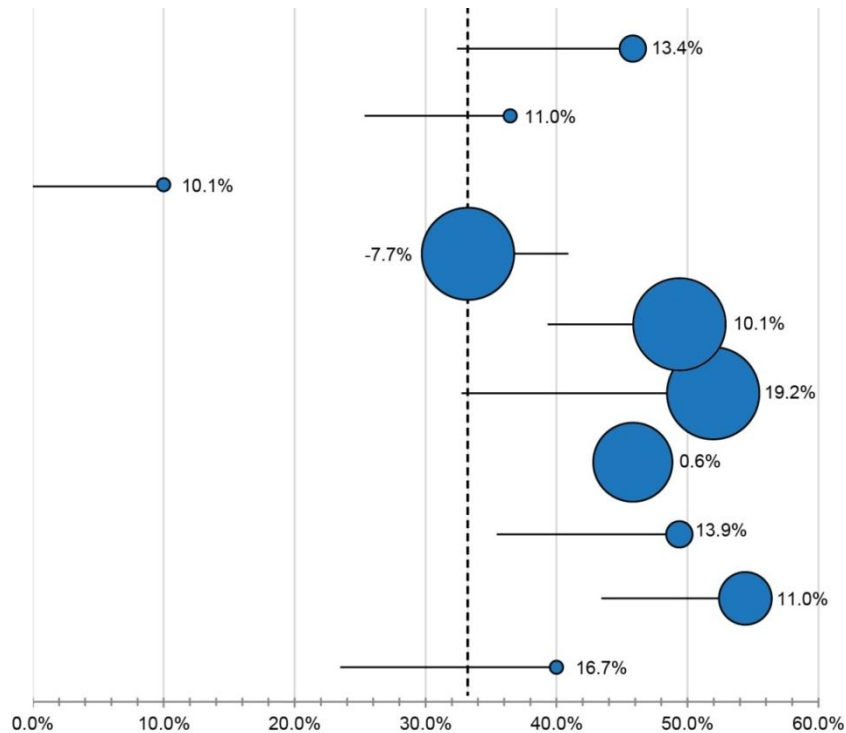
Control ASP Boys: 5 of 10 increase



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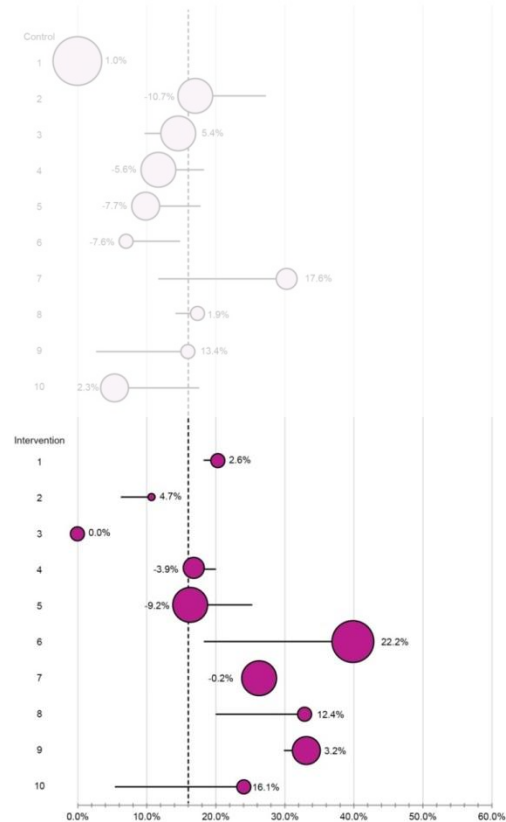
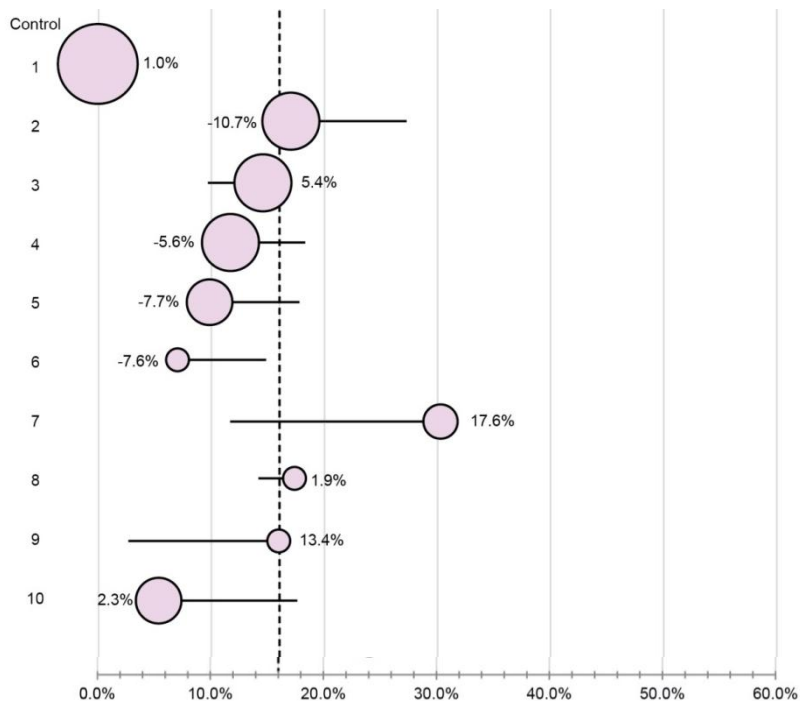
Tx ASP Boys: 8 of 10 increase



Effectiveness of STEPs to PA – 1st Year MVPA Outcomes

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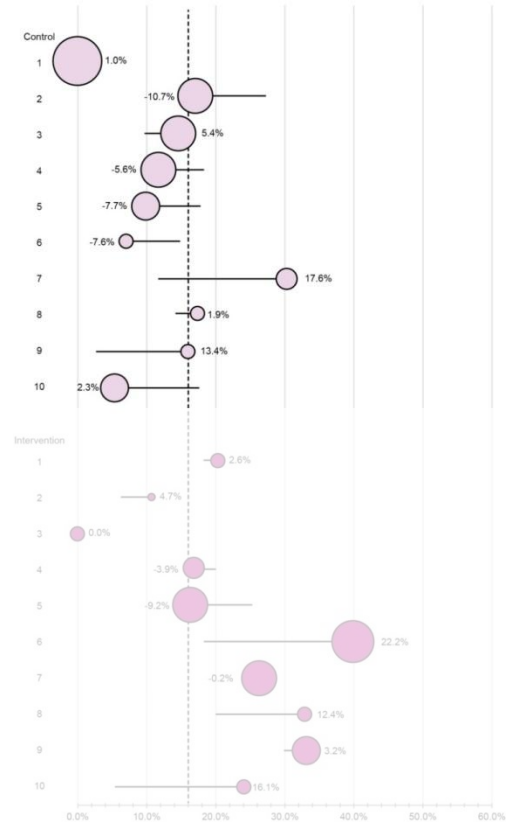
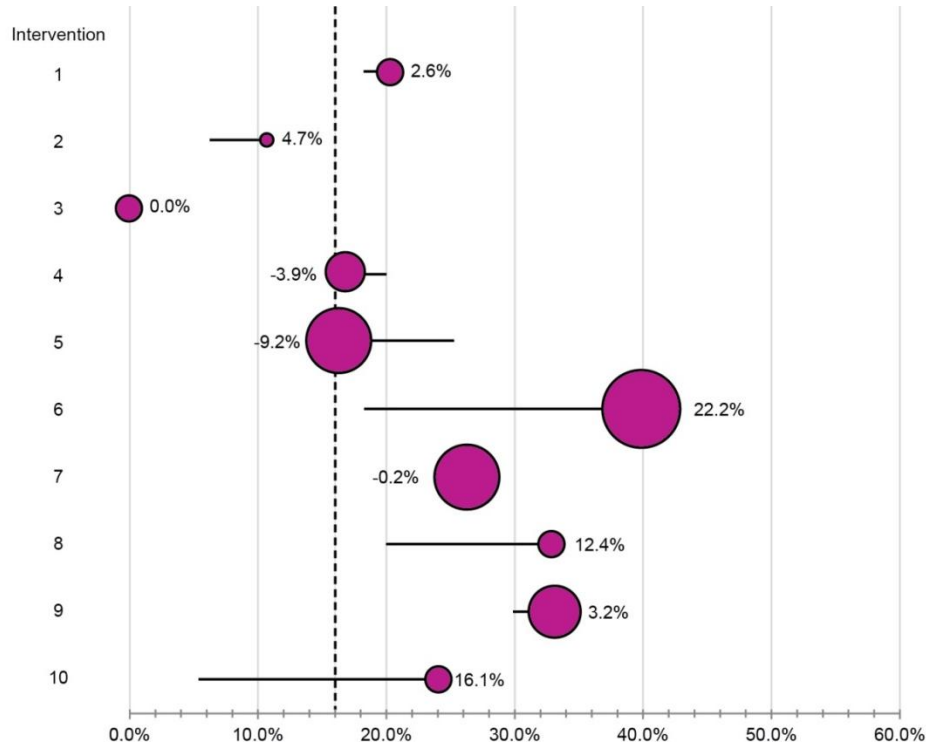
Control ASP Girls: 4 of 10 increase



Effectiveness of STEPs to PA – 1st Year MVPA Outcomes

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Control ASP Girls: 6 of 10 increase



Effectiveness of STEPs to PA – 1st Year MVPA Outcomes

R01, GRCT 20 ASPs serving >1,700 children, highly diverse sample of ASPs, Spring 2013 (baseline) to Spring 2014 (1st Yr)

Take Away

- Improving MVPA in ASPs is **difficult** – but not impossible
- **30min MVPA** – realistic?
 - 3-2-1, 30-20-10min MVPA (school, ASP, home)
- **Diversity of programs** – if it can happen here, it can happen anywhere
- **2 Year** outcomes (spring 2015)
 - 2 years of implementation vs. 1 any better?

Thank you

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