

# Activate! Digest



Year 3, Quarter 4, July - September 2017

## Summary of Activities

### *Data and Methods*

#### Aim 1

The Aim 1 2013-2014 and 2014-2015 statewide databases have been updated with more current/detailed National Center for Education Statistics (NCES) data that recently became available and % Needy data from the West Virginia Department of Education (WVDE); data dictionaries were updated accordingly. The supplemental PE and Principal online surveys databases have been reviewed and prepped for analysis, and data dictionaries developed. Two manuscripts are being developed based on these data; one addressing recent Physical Education (PE) and Physical Activity (PA) practices in WV elementary schools and the second comparing student health and academic outcomes based on school practices.

#### Aim 2

Data meeting, begun in June 2017, continues as needed to coordinate/track progress of survey entry/database storage for the excitingly huge amount of data accumulating for analysis. Cohort 3 organization was finalized with 6 participating schools, prep of recruitment and baseline materials, and timeline planning. Final Cohort 3 schools roster includes 3 control (Wood – Blennerhassett, Martin; Jackson - Evans), 2 school intervention (Wood – Waverly; Jackson – Kenna), and 1 family intervention schools (Wood - Fairplains).

#### Aim 3

Research briefs/thank you notes were mailed to principals of Cohort 1 & 2 schools. These briefs had overall information and school level information on them about how many participants they had for their schools. Success Stories contact began with calls made to parent/school personnel participants who provided positive comments on surveys. The sustainability project, an outgrowth of the success stories was developed and approved by IRB, with surveys mailed to Family Intervention parents and School Intervention classroom teachers in September. Community Partnership Board (CPB) feedback was used in development of both the success stories and sustainability projects.

### **Action Steps:**

#### Aim 1:

- July – September: Principal and PE teacher supplemental survey databases updated/cleaned (Dustin Long, Traci, Jarrett); Development of data dictionaries for statewide principal and PE teachers (Nancy O'Hara Tompkins, Traci Jarrett, Karen Northrup, Hannah Ludwick)
- July – September: Continued clarification of statewide databases, including PA groupings and indicators for SES (Admin)
- August – September: Thematic PE/PA determination of an additional 50 schools in the 2014-15 database (Dustin Long, Hannah Ludwick)
- September: % Needy data from WVDE added to 13-14 and 14-15 databases for SES proxy (Nancy O'Hara Tompkins, Dustin Long); data dictionaries revised (Karen Northrup)

### Aim 2, Cohort 2:

- July: continued Cohort 2 Fitbit collection/data download (Sue Workman, Sherry Ellem)
- July – August: Completion of Cohort 2 data entry (Zachary Ramsey, Sue Workman)

### Aim 2, Cohort 3

- July – August: Magnet timeline for family intervention group + school intervention teachers developed/printed (Liesl Kammer, Sue Workman)
- August: School recruitment completed with invitation packet sent/phone follow-up to new principal in Jackson County (Sue Workman, Nancy O’Hara Tompkins)
- August 30: School intervention group conference call for Cohort 3 planning (Nancy O’Hara Tompkins, , Mary Weikle, Linda McLead, Karen Northrup, Sue Workman)
- August 31: Designee training (Sue Workman, Lesley Cottrell, Traci Jarrett)
- September 11-13: School-based presentations with distribution of consent/survey packets to potential Cohort 3 participants (Designees)
- September 25-26: Collection of consent/survey packets for review and project enrollment (Designees, Lesley Cottrell, Sue Workman)
- September: REDCap review and prep for Cohort 3 application (Traci Jarrett, Sue Workman)

### Aim 3

- July – August: Phone contact initiated with potential success story candidates. Postcards mailed to those not reachable by phone (Liesl Kammer, Sue Workman, Traci Jarrett, Nancy O’Hara Tompkins)
- August (week of 7<sup>th</sup>): Research briefs mailed to Cohort 1 & 2 principals (Liesl Kammer, Sue Workman)
- September: Sustainability surveys mailed to Cohort 1 family intervention families and school intervention classroom teachers

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

The group has access to a link of R2P presentations and Digests on One Drive for their reference. We send best wishes and many thanks to Fred Rader for his time and talent while serving on the council.

### **Action Steps:**

- August 23: Year 3 Quarter 3 *Activate!* Digest and Infographic e-mailed to Council (Liesl Kammer)
- September 14: Fall meeting held at the Kanawha-Charleston Health Department
  - *Activate!* updates
  - R2P timeline for years 3,4, & 5
  - WVPRC Translational Product Plan Review
  - Sustainability and Policy breakout sessions

### ***Intervention***

Family Fun Night scheduling underway as well as the school intervention training planned, in preparation for an intervention start date October 30.

## **Action Steps:**

- July-August: School intervention toolbox materials ordered/received (Carrie Brainard), and tool boxes prepped (Linda McLead)
- September: Family Intervention Training/Call for October planning through Webinar (Lesley Cottrell, Sue Workman)

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

### **Presentations**

- September 19: CPB meeting presentation
  - *Activate!* Updates during Adolescent Retreat (Traci Jarrett, Sue Workman)

### **Reports**

- August 23: R2P Digest and infographic also e-mailed to WVPRC CBP and the *Activate!* Listserve (Liesl Kammer)

### **Upcoming events/reports/publications**

- October: Fitbit distribution/collection for baseline measures, Intervention starts
- November 4-8: Four *Activate!* presentations at APHA (2 oral, 2 poster)
  - Physical education and physical activity policy implementation in West Virginia Schools (Nancy O'Hara Tompkins, Lesley Cottrell, Joshua Grant, Karen Northrup, Zachary Ramsey, Dustin Long, John Bassler), oral presentation Tues Nov 7 @10:30a.m. (session #4159.0)
  - Research to Policy: Using Community Health Workers to Implement *Activate!* to Increase Physical Activity and Overall Health in West Virginia (Sue Workman, Lesley Cottrell, Traci Jarrett, Nancy O'Hara Tompkins), poster presentation Tues Nov 7 4:30-5:50p.m. (session #4358.0)
  - Research to Policy: *Activate!* School and Family Intervention Strategies to Increase Physical Activity and Reduce Obesity Rates in West Virginia Fifth Graders and their Families (Sue Workman, Lesley Cottrell, Traci Jarrett, Nancy O'Hara Tompkins), oral presentation Mon Nov 6 @3:30p.m. (session #3408.0)
  - Research to Policy Council: Translating Effective Home and School-base Physical Activity Strategies into Sustainable Environmental and Policy Recommendations in WV (Lesley Cottrell, Karen Northrup, Nancy O'Hara Tompkins, Traci Jarrett, Shannon Michael), poster presentation Tues Nov 7 2:30-3:30p.m. (session #4260.0)