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Impact of community-based participatory initiative on children's pedometer-determined physical activity

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Publication Details

Ajja, R., Shah, R., Tilley, F., Weaver, R. Glenn., Winnicka, D., Hughey, M., Webster, C. A., Beighle, A., Pate, R. R., Saunders, R. & Beets, M. W. (2013). Impact of community-based participatory initiative on children's pedometer-determined physical activity. *Research Quarterly for Exercise and Sport*, 84 (S1), A65-A65.

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Abstract

Abstract of poster that presented at 2013 AAHPERD National Convention & Exposition, Charlotte, NC , 23-27 April 2013.

Keywords

determined, pedometer, activity, children, physical, initiative, participatory, community, impact

Disciplines

Medicine and Health Sciences | Social and Behavioral Sciences

Publication Details

Ajja, R., Shah, R., Tilley, F., Weaver, R. Glenn., Winnicka, D., Hughey, M., Webster, C. A., Beighle, A., Pate, R. R., Saunders, R. & Beets, M. W. (2013). Impact of community-based participatory initiative on children's pedometer-determined physical activity. *Research Quarterly for Exercise and Sport*, 84 (S1), A65-A65.

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Impact of Community-Based Participatory Initiative on Children's Pedometer-Determined Physical Activity

Wednesday, April 24, 2013

Exhibit Hall Poster Area 2 (Convention Center)

Rahma Ajja¹, **Rohan Shah**¹, **Falon Tilley**¹, **R. Glenn Weaver**¹, **Daria Winnicka**¹, **Morgan Hughey**¹, **Collin A. Webster**², **Aaron Beighle**³, **Russell R. Pate**¹, **Ruth Saunders**¹ and **Michael W. Beets**¹, (1)University of South Carolina, Columbia, SC, (2)University of Wollongong, Australia, (3)University of Kentucky, Lexington, KY

Background/Purpose: State and national physical activity (PA) guidelines recommend all children attending afterschool programs (ASPs) accumulate 4600 steps per day while attending an ASP. Research indicates less than 20% of children meet this guideline in ASPs. The purpose of this study was to evaluate the impact of comprehensive and coordinated approach on pedometer-determined PA levels of children attending four-large scale ASPs programs

Method: Five hundred and fifty children (255 girls) attending four ASPs participated in a quasi-experimental pre-post study. Children wore Walk4LifeMVPa pedometers on 4 nonconsecutive, unannounced days (Mon-Thru) during baseline (Fall 2011) and post-intervention (Spring 2012). The intervention (January-April 2012) consisted of: policy implementation, professional development training, on-site booster sessions and ongoing technical assistance. Random-effects linear and logit models evaluated the impact of the intervention on steps/day and the percentage meeting the 4600 steps/day guideline.

Analysis/Results: An increase from 2,558 to 3,264 steps/day and 3375 to 4258 steps/day from Fall to Spring was observed, representing a 4.41 (95CI 2.49-7.83) and 2.24 (95CI 1.57-3.21) increase in the odds of meeting the 4600 steps/day guideline for girls and boys, respectively. The proportion meeting 4600 steps/day increased from 8.3% to 21.1% and 25.1% to 39.1% for girls and boys, respectively.

Conclusions: The comprehensive and coordinated approach implemented over 4 months is effective in increasing the number of children attending ASPs meeting the 4600 steps/day guideline. Additional efforts are required to ensure all children meet the activity guideline.

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