

The BEPA-Toolkit and Elementary-Aged Children's School-Time Physical Activity

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PRESENTATION FORMAT: 15 minute oral presentation

TOPIC/TARGET AUDIENCE: Public Health Professionals with an interest in physical activity promotion at schools.

ABSTRACT: Purpose: To evaluate the association of Balanced Energy Physical Activity (BEPA) Toolkit use by teachers to children's physical activity (PA).

Methods: In 2014, six schools received BEPA-Toolkits and training with three schools receiving one per grade and three receiving one per classroom. We surveyed teachers' use of the BEPA-Toolkit and objectively measured child PA levels. PA data were connected to teacher response by classroom and regression was run to examine the relationship between survey responses and PA data.

Results: Regression was used to associate time spent in moderate to vigorous physical activity (MVPA) with three categories of self-reported BEPA-Toolkit use (never, rarely/sometimes, regular). Adjusting for children's sex, grade, BMI categories, pedometer wear time, school, and attendance (n=1103, 53% boys), children attending classrooms of regular BEPA-Toolkit users spent 2.3 more minutes per day at school in MVPA ($p < 0.05$). Being male, younger, and of healthy weight were associated with more MVPA ($p < 0.05$). No other teacher-specific measured covariates were related to MVPA.

Conclusion: Children attending classrooms of regular BEPA-Toolkit users engage in more MVPA/day than children whose teachers are non-users. Using the BEPA-Toolkit to promote PA at schools in rural communities has promising potential and a more rigorous evaluation is warranted.

OBJECTIVE(S): Participants will learn about a new resource, the Balanced Energy Physical Activity Toolkit (BEPA-Toolkit), designed to support implementation of physical activity (PA) programming in school-based settings.

Participants will learn about the school-day PA patterns of rural Oregon elementary aged children. Participants will learn about the relationship of BEPA-Toolkit use to children's PA behaviors during the school day.

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