

## **Preliminary findings of a pilot outdoor activity intervention to increase physical activity and reduce cancer related behaviors among rural adolescents**

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PRESENTATION FORMAT: Oral Presentation

TOPIC/TARGET AUDIENCE: Physical Activity

**ABSTRACT:** Introduction: After-school programs and time spent outdoors are important for addressing health behaviors, particularly physical activity (PA). The purpose of the pilot program was to evaluate an outdoor lifestyle activities program. Methods: Get Outside - After School Activity Program (GO-ASAP) is 20-week (2 X wk/150-180 mins) project aimed to increase PA and reduce health risk behaviors. Baseline assessment of social cognitive (SCT) and self-determination (SDT) constructs were measured on a 5-point Likert scale. Attitudes, behaviors, and beliefs for cancer risk behaviors were assessed. PA was measured with accelerometers. Descriptive statistics were calculated for SCT, SDT, PA, and cancer risk behaviors. Results: Participants were recruited from a middle school (male = 10, female = 7) 12.6 + 0.9 yrs. No differences were found between males/females or grade level. Mean SD for SCT constructs include: barriers to self-efficacy (3.4 1.0), self-management (2.9 1.1), enjoyment of PA (4.3 0.9), perceived barriers (2.3 0.8), outcome expectancy value (3.8 0.6), social support-friends (2.5 1.3), social support - family (2.9 0.8). SDT constructs include: perceived autonomy (3.7 0.5), and self-determined motivation (3.2 0.5). PA was 26.19.2 min of MVPA/day and 49371382.0 steps/day. Percentages of participants that felt daily use of smokeless tobacco, e-cigarettes, marijuana, and 1-2 drinks of alcohol/day had no to slight risk, respectively (41.1%, 41.1%, 47.1%, 52.9%). 41.3% had tried alcohol before the age of 11. Conclusion: Program will evaluate change in PA, SCT, SD constructs and cancer risk behavior from pretest, middle and posttest.

### **OBJECTIVE(S):**

- Describe physical activity levels of rural middle school youth.
- Identify changes in social cognitive constructs in outdoor after-school program.

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