

Title:	GROW Healthy Kids and Communities: Generating Rural Opportunities for Weight-Healthy Kids and Communities		
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Program Code: A2101

Program Name: Childhood Obesity Prevention: Integrated

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Recipient Organization

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Non-Technical Summary

The problem of obesity in children is in the forefront of research efforts across disciplines. A plethora of data support that physical health outcomes such as metabolic, orthopedic, pulmonary and endocrine conditions and mental health outcomes such as sleep disorders, social exclusion, and depression are associated with obesity, and data are emerging that suggest childhood obesity is associated with poor academic performance. Many risk factors have been associated with children being overweight or obese, including rural residency. Attributes of the rural environment make it difficult for children to access and eat healthy foods, walk or bike to destinations and participate in physical activity and recreational sport programs. Furthermore, features of rural schools, particularly those in under-resourced communities, are such that students often face long bus commutes, minimal/no provision of health and physical education by certified teachers, and few resources to support health and/or enrich the academic environment. Rural community features pose unique challenges for rural residents that differ from those faced by individuals residing in more metropolitan regions. Nevertheless most evidence-based strategies to combat obesity have been developed and tested in non-rural settings. The overarching goal of the Generating Rural Options for Weight-Healthy Kids & Communities (GROW HKC) project is to prevent obesity in rural children. Toward this end, we will take a solution-focused, two-pronged approach. Our first aim is to understand the rural obesogenic environment. To do so Oregon State University (OSU) will partner with Extension Services in six Western States to engage rural people in community-based participatory research efforts to (1) assess features of rural communities that are viewed as obesity preventing/promoting, community resources and readiness to implement and support environmentally-based obesity prevention efforts, (2) create a database to aggregate the data from community assessments, and (3) develop a new eXtension Community of Practice as a vehicle to help practitioners and the public learn from our research findings. Our second aim is to plan, implement, and evaluate a multi-level intervention targeting rural home, school, and community behavioral settings to promote healthful eating and increase physical activity, and thus improve body mass index among rural children aged 5-8 years old (grades K-3). Toward this end, we will develop and test the GROW HKC obesity prevention program in rural communities from three counties in Oregon. Applying a "people and places" framework, our intervention will utilize evidence-based strategies to affect positive changes in person-level attributes and in family home, school, and community environments related to healthful eating and physical activity.

Accomplishments

Major goals of the project

The goal of the Generating Rural Opportunities for Weight-Healthy Kids & Communities (GROW HKC) project is to prevent obesity in rural children. We will take a two pronged approach. Our first aim is to understand the rural obesogenic environment. To do so Oregon State University (OSU) will partner with Extension Services in six Western States to engage rural people in community-based participatory research efforts to: (Objective 1) assess features of rural communities that are

viewed as obesity preventing/promoting, measure community resources and readiness to implement and support environmentally-based obesity prevention efforts, create a database to model the data from community assessments, and (Objective 2) develop a new eXtension Community of Practice as a vehicle to help practitioners and the public learn from our research findings. OUTPUTS: Initial outputs of Aim One activities will be addressed during project years 1-2 and will include: GROW HKC community-campus teams and trainers in Oregon and partnering Western states, community profile and plan inventory including narrative maps and environmental attributes, and an eXtension CoP interested in rural obesity prevention. Our second aim is to plan, implement, and evaluate a multi-level intervention targeting rural home, school, and community behavioral settings to promote healthful eating and increase physical activity, and thus improve body mass index among rural children aged 5-8 years old (grades K-3). Toward this end, we will develop and test the GROW HKC obesity prevention program in rural communities from three geographically diverse counties in Oregon. Our intervention will employ a "people and places" framework and utilize evidence-based strategies to affect positive changes in person-level attributes and in family home, school, and community environments related to healthful eating and physical activity. Aim 2 objectives include implementing and evaluating a comprehensive multi-level intervention (Objective 3) to promote healthy eating and increase physical activity on obesity (change in BMI) among rural kindergarten through 3rd grade children, and (Objective 4) to increase supports and remove barriers in home, school, and community food and physical activity environments. OUTPUTS: Outputs of Aim Two activities include: 1) improved children's knowledge, skills, dispositions, and healthful eating and physical activity behaviors; and 2) families, schools, and communities use GROW HKC strategies to improve home, school, and community food and physical activity environment. Long-term outcome of Aim Two is no change or improved BMI scores in rural children grades K-3.

What was accomplished under these goals?

AIM 1 activities accomplished in PY4 include train-the-trainer workshops and HEAL MAPPS (Healthy Eating Active Living: Mapping Attributes using Participatory Photographic Surveys) community events. We trained one Extension Western Region partner on the HEAL MAPPS process on March 26, 27 and 28 (ID). Each HEAL MAPPS training includes instruction on delivering three distinct community-engaged processes: participatory photo mapping, focus group, and community conversation. HEAL MAPPS programs were conducted by trained Extension facilitators in six communities in Colorado, New Mexico, Idaho, and Washington, two of which are Native American communities. Contracts (n=5) were issued to land-grant partners (WSU, UI, UNR, NMS, CSU) to support AIM 1 activities and funding for improving rural environmental contexts identified by rural communities during HEAL MAPPS as presenting barriers to HEAL for rural children and families. Implementation funds were distributed to Extension partners (i.e. WSU) who have completed all HEAL MAPPS in their respective states.

Outcomes and Impacts: HEAL MAPPS training for UI Extension personnel (n=10), 10 HEAL MAPPS programs implemented and report provided (Kalama, Connell, Fairfield - WA; Wells, Laughlin, Gardnerville, Caliente - NV; Tucumcari - NM; Fleming, Wray - CO. HEAL MAPPS webinar for The Ohio St U Cooperative Extension and invited guests.

- John, DH. Using MAPPS™ Assessments to Prioritize and Prompt Community Health Action. Invited webinar provided for The Ohio State University Cooperative Extension; July 23, 2014
- WSU County Extension Facilitator, S. Calodich, WSU Extension GROW Lead, in cooperation with OSU Winfield, T., K. Gunter, and John, D (2014). HEAL MAPPS Community Report. (n=3)
- UNR County Extension Facilitator, A. Lindsay, UNR Extension GROW Lead, in cooperation with OSU Winfield, T., K. Gunter, and John, D (2014). HEAL MAPPS Community Report. (n=4)
- NMS County Extension Facilitator, S. Koukel NMS Extension GROW Lead, in cooperation with OSU Winfield, T., K. Gunter, and John, D (2014). HEAL MAPPS Community Report. (n=1)
- CSU County Extension Facilitator, L. Bellows CSU Extension GROW Lead, in cooperation with OSU Winfield, T., K. Gunter, and John, D (2014). HEAL MAPPS Community Report. (n=2)

AIM 2 activities conducted in PY4 include environmental, informational, and behavioral interventions, and formative evaluations. School-wide height and weight (body mass index; BMI kg/m²) assessments were conducted at two time points (spring 2014; fall 2014) and PA (physical activity) assessments in fall 2014 in each of the participating GROW elementary schools (n=6). At present we have measured data on approximately 2000 rural elementary school children in grades K-5/6 collected over the listed time points (fall 2012, spring 2013, fall 2013, spring 2014, fall 2014). Focus groups with parents from families enrolled in the GROW research were conducted in all six participating GROW communities. SPAN-ET (school environmental scans) were conducted in fall 2014 in six elementary schools. Environmental (policy, system and environmental; PSE) strategies have been implemented in schools and communities to increase access to healthy eating and physical activities. Community Action Teams (CAT) in the six participating Oregon communities were fostered and supported by GROW staff. The CATs applied for GROW implementation funding in order to make PSE changes in their communities based on data from the community-level assessments (HEAL MAPPS and Community Food & PA Resource Audits). School wellness committees were formed and supported by GROW staff. These wellness committees worked with school stakeholders and GROW staff to apply for GROW implementation funding in order to make PSE changes based on data from the school-level assessment (SPAN-ET). Newsletters were distributed to all families enrolled in the intervention group of the GROW study. An existing Extension-based newsletter, Food Hero, was distributed to all families enrolled in the control

group of the GROW study. GROW website is updated weekly and maintained to communicate findings and program accomplishments.

Outcomes and Impacts include:

REACH: We have facilitated and delivered trainings, workshops and community meetings to OSU Extension educators, teachers and school administrators, parents and children and other community members. Our GROW County Extension teams have provided local education and outreach events (n=76) in participating communities and schools engaging 1,373 participant counts. Some counts are repeated exposures though multiple events or sessions. The number is relevant in that it reflects population exposure - the frequency with which rural residents (adults and youth) were exposed to strategies (see ENVIRONMENTAL IMPACTS below) and engaged in activities aimed at increasing obesity prevention readiness, capacity, and resources.

ENVIRONMENTAL IMPACTS: GROW intervention funds have been given to the intervention and control (to a lesser degree) schools and intervention communities. Wellness committees (at the school level) and community action teams (at the community levels) were required to complete a Request for Funding Application and have (or will) followed up with mid- and final reports. Thus far, **\$14,142** in funding has been allocated to the projects, such as the following examples:

- Molalla Youth Football Club - PA pathways to fields (\$1,800).
- Molalla River Academy - 2-Tier grow light school garden (\$600).
- Mulino & Rural Dale Elementary Schools - BEPA Toolkits and banners (\$3420).
- Scout Lake, Columbia County - Scouts improve trail access (\$145).
- Clatskanie Parks & Rec and Action Team - Check-It-Out recreation equipment (\$310).
- Clatskanie Farmer's Market - Produce scale and signage (\$867).
- Molalla Resource Center - Refrigerator to store donated produce (\$2,000).
- Bonanza Elementary School - Playground 40' rock wall. (\$3,300).
- Hudson Park Elementary School - Water bottle refilling station (\$1,000).

ADDITIONAL ECONOMIC and ENVIRONMENTAL IMPACTS resulting from GROW-supported activities/accomplishments include **external grant funding totaling \$63,656**. Grants were submitted by school and community partners, with support from GROW project staff and based on information gained in the HEAL MAPPS and/or SPAN-ET. All listed grants were submitted and awarded between February 1, 2014 and January 30, 2015 through GROW-enabled partnerships:

- The Molalla Library & Oregon DOE - funding from Bob's Red Mill to implement a HEAL Storywalks, expand farm to school and HE to local businesses. (\$25,000)
- Molalla Elementary School - Clackamas County HEAL Grant for run/walk trail (\$8,000)
- Molalla High School & 4-H Culture Club - Pacific Source funding for OSU YA4-H youth school garden microenterprise. (\$5,000)
- Molalla High School & 4-H Culture Club - Clackamas County Small Grants for refrigerator to store garden produce distribution. (\$2,500)
- Columbia County - Oregon Health Authority for HIA focusing on pedestrian/bicycle safety (\$15,000)
- Clatskanie Elementary School - Oregon 4-H Foundation, Community Pride Grant Program to create a healthy playscape. (\$1,500)
- Chiloquin Elementary School - National Fuel Up to Play. (\$950)
- Bonanza Elementary School - National Fuel Up to Play 60. (\$1,000)
- Bonanza Elementary School - Run-A-Thon School Fundraiser for PE equipment and indoor climbing wall (\$4,206).
- Chiloquin Elementary School and Klamath Master Gardeners - Tribal Food Security Funding for raised garden beds (\$500).

What opportunities for training and professional development has the project provided?

The project has provided opportunities for training of students, Extension personnel in Oregon, current partnering states, and new partnering states. HEAL MAPPS (Healthy Eating Active Living: Mapping Attributes using Participatory Photographic Surveys) train-the-trainer workshops, including workshops for UI Extension (grant funded) and The Ohio State U Extension (provided as contracted service). HEAL MAPPS was adapted for practitioner (non-research implementation), resulting in a HEAL MAPPS Toolkit - Practitioner. SPAN-ET (School Physical Activity and Nutrition Environmental Tool) training for SNAP-Ed personnel, NVivo workshops for students engaged in research apprenticeships, and community capacity-building events. The following graduate students have been learning through project activities and are conducting research toward the completion of their degrees relative to the project: Patrick Abi-Nader, Doctoral Candidate, Physical Activity and Public Health; Jennifer Jackson, MS, RD, Doctoral Candidate, Public Health; Alinna Ghavami, MPH, Health Behavior Health Promotion, Evan Hilberg, Doctoral Student, Physical Activity and Public Health. We have engaged undergraduate students (n=15) and masters level students (n=2) through internships and university research programs.

We have facilitated and delivered trainings, workshops and community meetings to OSU Extension educators, teachers and school administrators, parents and children and other community members. In all, we have engaged 1,373 participant counts. Some counts are repeated exposures though multiple events or sessions. The number is relevant in that it reflects population exposure - the frequency with which rural residents (adults and youth) were exposed to strategies and engaged in activities aimed at increasing obesity prevention readiness, capacity, and resources.

How have the results been disseminated to communities of interest?

In PY 4, in addition to refereed scientific journal articles and published presentation abstracts, and we disseminated information about our measures, approaches and findings at conferences, symposia and workshops and through web-based distribution of materials. Outcomes and impacts have been disseminated to communities of interest by oral presentations, written reports, website updates, social, print, and media.

Peer-reviewed Presentations and Published Abstracts

- Halverson, B., Case, P., Rudolph, J., Devlin, E., Hardin, L., Rojina, J. (March 2014). GROW Healthy Kids and Communities Project Update from the Perspective of County Faculty and Faculty Research Assistants. 4-H & FCH Spring Conference, Portland, OR. March 2014. Abstract published in conference program.
- Gunter, K. and Booth, C. Generating Rural Options for Weight-Healthy Kids and Communities: Examining the rural family home nutrition and physical activity environment. Oregon State University, College of Public Health and Human Sciences Celebration of Excellence. **May 2014.**
- John, D. and Bridget Jamieson. Exploring Rural People's Perceptions of Weight-Healthy Attributes of Community Place. Oregon State University, College of Public Health and Human Sciences Celebration of Excellence. **May 2014.**
- John, D. and Bridget Jamieson. Examining Rural Resources and Readiness to Change the Context for Obesity Prevention. Oregon State University, College of Public Health and Human Sciences Celebration of Excellence. **May 2014.**
- Gunter, K. and VanMeter, E. Generating Rural Options for Weight-Healthy Kids and Communities: Examining the School Environment. Oregon State University, College of Public Health and Human Sciences Celebration of Excellence. **May 2014.**
- John, D. Winfield, T., Langelotto G., Ghavami, A., Gunter, K. Mapping Rural Food and Physical Activity Availability: Using Spatial Analysis to Explain Access an Obesogenic Factor. Oregon Public Health Association Annual Conference, Corvallis, OR. **October 2014.** Abstract published in conference program.
- Halverson, B., Devlin, E., Case, P., Rojina, J., Rudolph, J., Harden, L., John, D., Gunter, K. School Wellness: Moving Toward Action to Prevent Childhood Obesity in Rural Communities. Oregon Public Health Association Annual Conference, Corvallis, OR. **October, 2014.** Abstract published in conference program.
- Case, P., Rojina, J., Rudolph, J., Harden, L., Halverson, B., Devlin, E., John, D., Gunter, K. Using Participatory Approaches to Mobilize Community Action for Weight Healthy Youth in Three Rural Counties. Oregon State University Extension Annual Conference, Corvallis, OR, **October, 2014.**
- John, D., Langelotto, G., Winfield, T., Hystad, P., Manore, M., Gunter, K. Preventing Obesity in the Rural Populations: Visualizing the Need for Cross-Program Collaborations in Research, Education, and Extension to Address the Local Food and Physical Activity Systems. Oregon State University Extension Annual Conference, Corvallis, OR, **October, 2014.**
- Winfield, T., Caldwell-Kan, S. Determining environmental assets in six Oregon communities to explain the rural obesogenic context. Annual Occupational, Environmental and Public Health Conference, Semiahoo, WA, **January 2015**

Websites:

- GROW HKC <http://extension.oregonstate.edu/growhkc/> website was maintained by personnel supported by this grant.
- BEPA website provides free access to the physical activity cards in the BEPA Toolkit as well as videos of select activities for families and teachers: <http://extension.oregonstate.edu/physicalactivity/BEPA>
- Let's Move! Molalla social media websites (<https://www.facebook.com/letsmovemolalla?ref=hl>) and (<https://www.facebook.com/groups/230816293709041/>) were created and maintained by personnel supported on this grant.

Media:

- Hansen, S. (2014, September 9). Obesity solutions discussed. Quay County Sun. Retrieved from <http://www.qcsunonline.com/2014/09/09/obesity-solutions-discussed/>.
- WSU Extension Staff. (2014, September 9). A New Extension Collaborative Effort on Community Health and Growing Local Food Systems with Four Tribal Communities on the Olympic Peninsula. Peninsula Tribal Extension. Retrieved from <http://native.wsu.edu/tribal-liaison/news/june2013/peninsula.html>.
- Halverson, B. (2014). OSU - GROW Healthy Kids & Communities Receives Community Partner Award from Molalla River School District. FOCUS on Extension, 15(5), 1.
- Molalla River School District. (2014) OSU - Grow Healthy Kids. Molalla River School District Newsletter, 1(1). Retrieved from <https://madmimi.com/p/9ec7c4?fe=1&pact=24964041383>.
- Winfield, T. and John, D. (2014). GROW Healthy Food Environments for Oregon's Rural Communities. Oregon Small

Farm News, 9(3). Retrieved from <http://smallfarms.oregonstate.edu/sfn/su14grow>.

- Child Obesity: Solving the Weighty Matter of Kids' Health <http://oregonstate.edu/terra/2015/02/child-obesity-solving-the-weighty-matter-of-kids-health/>

Reports:

- Hicks, J, Abi Nader, P, Gunter, K, John D. (2014). Family Physical Activity Summary Report. Reports were mailed to every child and parent/guardian who participated in the 2014 Physical Activity Assessment at the family level (n=66)
- Gunter, K., Abi-Nader, P., Klein, B., Jackson, J., John, D. (2014). Promoting Healthy Active Schools: (n=6; Estacada, Molalla, Clatskanie, Rainier, Bonanza, Chiloquin) Elementary School Physical Activity and Nutrition Report.
- Jackson, J., John, D., Gunter, K.. (2014). School Physical Activity and Nutrition Environmental Assessment (SPAN-ET) Report: (n=6; Estacada, Molalla, Clatskanie, Rainier, Bonanza, Chiloquin) Elementary.
- John, D., Winfield, T., Ghavami, A., Devlin, E., Halverson, B., Gunter, K. (2014). Community Food and Physical Activity Environmental Resource Spatial Audit Report (n=6; Estacada, Molalla, Clatskanie, Rainier, Bonanza, Chiloquin).

What do you plan to do during the next reporting period to accomplish the goals?

Aim 1 - We will convene Western state partners, Oregon state and county partners, and community stakeholders for a summit to share accomplishments and inform dissemination of results, data-informed, theoretical model of rural Western US obesogenic community contexts to guide obesity prevention interventions.

Aim 2 - We will collect community-level environmental data (HEAL MAPPS; R-CFPA audit) beginning summer 2015 - fall 2015. We will conduct school-level environmental (SPAN-ET) and PA data fall 2015. We will collect school family household level (Family HEAL Survey) data spring 2015. We will analyze data and share results with rural community residents and stakeholders, county and state partners, and the scientific community. We will host media events to broadly communicate impacts resulting from the efforts and resourcing.

Participants

Actual FTE's for this Reporting Period

Role	Non-Students or faculty	Students with Staffing Roles			Computed Total by Role
		Undergraduate	Graduate	Post-Doctorate	
Scientist	1.1	0	1.2	0	2.3
Professional	3.8	0	0	0	3.8
Technical	3	0	0	0	3
Administrative	1	0	0	0	1
Other	0.8	0	0	0	0.8
Computed Total	9.7	0	1.2	0	10.9

Student Count by Classification of Instructional Programs (CIP) Code

Undergraduate	Graduate	Post-Doctorate	CIP Code
	3		51.22 Public Health.

Target Audience

Target audiences included demographically diverse residents from geographically diverse rural communities, and multi-sectorial rural community stakeholders in six Western U.S. states. In 2014, GROW activities took place in 16 communities in Oregon (n=6), Washington (n=6), New Mexico (n=1), Idaho (n=1), Colorado (n=2). A second target audience in Oregon included children and families from six elementary schools in three Oregon counties. All targeted schools were based on 50% or more of enrolled students were eligible for free and reduced price meals or free milk in rural communities of less than 10,000 population.

Products

Type	Status	Year Published	NIFA Support Acknowledged
Conference Papers and	Published	2014	YES

Citation

Abi Nader, P., Klein, B. Hicks, J., John, D. Gunter, K. School Day Physical Activity Levels among Rural, Low Income, Elementary Age Students in Oregon. *Medicine & Science in Sports & Exercise*. 2014; 46(5S): p:227–35. Presented at the American College of Sports Medicine Annual Conference, Orlando, FL, May 2014. Abstract published in conference program and special issue of the *International Journal of Exercise Science*.

Type	Status	Year Published	NIFA Support Acknowledged
Conference Papers and	Published	2014	YES

Citation

John, D., Abi Nader, P., Ghavami, A., Gunter, K. Using Mixed Methods to Explain Physical Activity Attributes of Older Residents and Their Community Place. *Medicine & Science in Sports & Exercise*. 2014; 46(5S): p:S96. Presented at the American College of Sports Medicine Annual Conference, Orlando, FL, May 2014. Abstract published in conference program and special issue of the *International Journal of Exercise Science*.

Type	Status	Year Published	NIFA Support Acknowledged
Conference Papers and	Published	2014	YES

Citation

John, D., Gunter, K., Etuk, L., Langellotto, G., and Manore, M. Generating Rural Options for Weight (GROW) Healthy Kids and Communities. Society for Nutrition Education and Behavioral Annual Conference, Milwaukee, WI, June-July 2014.

Type	Status	Year Published	NIFA Support Acknowledged
Conference Papers and	Published	2014	YES

Citation

John, D. Winfield, T., Langellotto G., Ghavami, A., Gunter, K. Mapping Rural Food and Physical Activity Availability: Using Spatial Analysis to Explain Access an Obesogenic Factor. Oregon Public Health Association Annual Conference, Corvallis, OR. October 2014. Abstract published in conference program.

Type	Status	Year Published	NIFA Support Acknowledged
Conference Papers and	Published	2014	YES

Citation

Halverson, B, Devlin, E, Case, P, Rojina, J, Rudolph, J, Harden, L, John, D, Gunter, K. School Wellness: Moving Toward Action to Prevent Childhood Obesity in Rural Communities. Oregon Public Health Association Annual Conference, Corvallis, OR. October, 2014. Abstract published in conference program.

Type	Status	Year Published	NIFA Support Acknowledged
Conference Papers and	Published	2014	YES

Citation

John, D. Langellotto, G., Winfield, T., Hystad, P., Manore, M., and Gunter, K. Mapping Local Food and Activity Assets to Visualize Spatial Relationships between Obesity and Attributes of Rural Place. American Public Health Association National Conference, New Orleans, LA. November 2014. Abstract published in conference program.

Type	Status	Year Published	NIFA Support Acknowledged
Conference Papers and	Published	2014	YES

Citation

Gunter, K., Abi Nader, P., Klein, B., Hicks, J., John, D. Setting the Context for Obesity Prevention in Rural Schools: GROW Healthy Kids & Communities. American Public Health Association National Conference, New Orleans, LA. November 2014. Abstract published in conference program.

Type	Status	Year Published	NIFA Support Acknowledged
Journal Articles	Published	2014	YES

Citation

Jackson, J, Branscum, A, John, D, Smit, E, & Gunter, K. Healthy Eating (2015). Physical Activity, and Learning Behaviors. Health Behavior and Policy Review, 2(1): 24-24.

Type	Status	Year Published	NIFA Support Acknowledged
Journal Articles	Published	2014	YES

Citation

Gunter, K., Abi-Nader, P., Klein, B., & John, D. (2014). Assessing family level behaviors for obesity prevention: development and preliminary validation of the family stage of change tool. Journal of Human Sciences and Extension, 2(3).

Type	Status	Year Published	NIFA Support Acknowledged
Journal Articles	Awaiting Publication	2015	YES

Citation

John, DH, Jackson, JJ, Manore, M, Gunter, KB. Developing the School Physical Activity and Nutrition-Environment Tool (SPAN-ET). In press: Journal of School Health, Accepted Apr 23, 2015.

Type	Status	Year Published	NIFA Support Acknowledged
Journal Articles	Published	2015	YES

Citation

Gunter, KB, Abi-Nader, P, John DH. Physical Activity Levels and Obesity Status of Oregon Rural Elementary School Children. Preventive Medicine Reports. Accepted manuscript (unedited version) available online: 26-APR-2015 DOI information: 10.1016/j.pmedr.2015.04.014

Other Products**Product Type**

Evaluation Instruments

Description

Family Healthy Eating, Active Living Survey (Family HEAL Survey) Tool was developed using existing questions from the GROW Family Information Form (demographic questions) and Family Nutrition and Physical Activity (FNPA) Survey. Eight additional questions were created. The purpose of this survey is to measure family nutrition and physical activity policies and practices and gather demographic and food insecurity information on families who experienced GROW through the school intervention, regardless of whether or not they were enrolled in the family-level component of GROW.

Product Type

Evaluation Instruments

Description

HEAL MAPPS Training and Toolkit for Extension Educators, including manual, processes, and editable files, adapted for practitioner community engagement and evaluation applications (in contrast to scientific research applications).

Product Type

Educational Aids or Curricula

Description

HEAL MAPPS materials and program has been adapted as a mechanism to explore and explain environmental factors contributing to healthy eating and physical activity across cultures (e.g. Latino and Native American populations) and settings (e.g. urban) in Oregon, Ohio and South Dakota.

Changes/Problems

Enrolling individual families in research has been problematic, resulting in lower enrollments and fewer returned family-level surveys than proposed. We have adapted our methodology to collect de-identified data, which allows for implied consent (return survey implies consent to participate) from families of students attending our participating schools. Additionally, distributing surveys (Family HEAL) in students' school materials, and providing a stamped, self-addressed envelope for adult family member to use to return completed survey, has been a successful evaluation method in schools resulting in adequate response rates with previous surveys.