

## **An Evaluation of LiveWell Greenville's Out of School Time Initiative**

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### **Study Background**

As other LiveWell Greenville studies have addressed, childhood obesity is a growing public health concern that must be addressed. Prevention of obesity has been the focus of childhood obesity interventions, and, over the past decade, the role of the environment has been a primary focus of those interventions. The out of school setting has emerged as an area for obesity prevention to target. A preliminary report conducted by the Out of School Time Alliance found that the environment of many programs and the policies of most programs were not directly supporting healthy physical activity, nutrition, or tobacco behaviors.

The afterschool setting provides a unique setting for intervention efforts because, unlike the typical school day, there is greater flexibility in scheduling of the after school agenda. The LiveWell Greenville Out of School Initiative emphasizes the study of these environments and current policies and has created best practices models to increase physical activity, to provide healthy and nutritious options, and to promote a tobacco free lifestyle to students and staff members.

### **Study Objectives**

1. To allow for self-assessment using the NAP-SACC tool and provide feedback based on a site's physical activity, nutrition, and tobacco practices and policies
2. To evaluate the type and quality of nutrition provided to students in after school settings
3. To review policies related to nutrition and to provide feedback on those policies
4. To evaluate the type, duration, and frequency of physical activity using objective and subjective measures.
5. To review policies related to physical activity and provide feedback on ways to encourage moderate to vigorous activity in an afterschool setting.
6. To assess for evidence of tobacco use on after school campuses
7. To review policies related to tobacco product use and tobacco promotion in the after school setting.

## **Study Setting**

This study is currently being implemented in 36 after school settings in Greenville County.

## **Study Methods**

The study was designed to follow the school calendar and includes pre-testing in the fall and posttests in the spring. Sites are invited to attend a launch meeting during which information about the study is disclosed. Sites that agree to partner with OST are trained in the CATCH curriculum. Sites are then emailed a link to an online survey, the NAP-SACC. This tool is a brief survey developed by researchers at the University of North Carolina School of Public Health to measure the practices and policies in place related to physical activity and nutrition. The OST team recently partnered with Greenville Family Partnership and added an additional section on tobacco use. Once sites complete the NAP-SACC, their data is recorded and reported to the intervention team.

The evaluators will use the Environmental Policy Assessment Observation tool when observing one day of program staff and student physical activity, eating and tobacco use practices as well as recording findings from a review of policies and procedures provided to the evaluators by the out of school time program staff. One week prior to the evaluators' visit to the out of school time sites, a supervisor or designated out of school time staff member will be provided an informed consent form and a document-review list. The supervisor for each out of school time program will be asked to review and sign the informed consent and to collect policy and procedure documents and weekly snack and meal menus for the evaluators to review if they agree to participate. The evaluators will collect the informed consent document and other documents at the onsite visit prior to conducting the site observation. During the observation, the evaluators will score each out of school time program concerning physical activity, nutrition and tobacco practices and policies. Following the document review and observation, the evaluators will create a summary report for LiveWell staff. The staff then meets individually with the site to set goals for nutrition, physical activity, and tobacco use.

An addition to the subjective environmental assessment was made in 2013 as an objective measure for physical activity. Certain sites were selected to participate in the pedometer study. Pedometers are small, light weight devices that have been shown to provide a valid measure of activity levels in children. Three sites were selected for the pedometer study. Researchers obtained parental consent and child assent for two days prior to the study at the after school program. On the third day, researchers placed pedometers on the children and measured the time that the pedometer was worn and the number of steps taken over that time period.

### Study Timeline

Study Activities (2013-2014)	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug
Site Participate in Launch Meetings and Completed CATCH training														
Pre- NAP-SACC surveys are completed online; EPAO visits are scheduled, Pedometer Studies are conducted														
Follow Up Visits with Y1 and Y2 sites														
Post NAP-SACC survey link created and administered, scheduling for Post EPAO														
Post NAP-SACC submitted, post EPAO visits conducted														
Data analysis and drafting of relevant manuscripts														

### Study Funding Source

Community Transformation Grant  
Piedmont Health Foundation

### Study Current Status

Currently, the study is in its third year. This year, 15 new sites were added. Of the 15 new sites, three were selected for the pedometer study. The evaluation team has begun preliminary data analyses. Years 1 and 2's NAP-SACC data have been analyzed and the team is in the process of writing the syntax to analyze Year 3 NAP-SACC data. Next steps include writing a new scoring for the EPAO data and writing a new program to analyze NAP-SACC and EPAO data together. Initial pedometer data has been analyzed and a general report created. Two of the three sites have already completed post data collection. The final site will be completed in late April and the first report comparing self-reported physical activity, subjective physical activity measures, and objective measures will be generated.