## Background

In elementary school students, national studies show that only 42% of children ages 6 to 11 engage in 60 minutes or more of moderate-to-vigorous physical activity on five or more days per week. Programs with evidence of effectiveness are specifically needed for schools that serve economically disadvantaged children given the limited evidence on interventions to promote physical activity in children from low socio-economic and diverse backgrounds.

## Method

Quasi-Experimental design (Level 2 with treatment vs. control group) using student questionnaires and pedometer assessment

## Results

Treatment group reported running 67% of the week vs. control 61% of the week—a 6 point difference.

- **67%** Marathon Kids Running Weekly
- **61%** Non-Marathon Kids Running Weekly

During a four day period, Marathon Kids students in Houston:

- **30,000 STEPS**
  - Marathon Kids Activity
- **44% OF 300 MINUTES**
  - Moderate-Vigorous Activity

## Conclusion

While the increased activity is moderate, the higher levels of athletic identity reported by Marathon Kids students in low income schools is important given research that found athletic identity to be positively associated with physical activity in elementary and middle school children.

High satisfaction for the program reported by Hispanic and African American children provides an important basis for further dissemination of the program to ethnically and economically diverse children, families and schools.