

Data compiled and analyzed by Michael & Susan Dell Center for Advancement of Healthy Living, University of Texas School of Public Health

SAMPLE

ASSESSMENT

Pedometer logs
Student questionnaires

ESSA EVIDENCE

Level 2

GRADES

4-5

EVALUATION PERIOD

2008-2009

KEY FINDINGS

Students in Marathon Kids schools showed significantly higher outcomes on three key measures.

- Increased physical activity
- Increased fruit and vegetable consumption
- Increased athletic self-perception

BIPOC students reported the highest program satisfaction.

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.