

Physical Activity Promotion Program Sustainability

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Sustainability

What we know

- 4/46 adolescent studies have measured long term effects of physical activity (PA) programs
 - 2 of these found maintained effects
 - Programs were ≥ 6 months
- 6 adolescent studies observed increasing effects over time
- Several systematic literature reviews indicate the need for long term PA programs for children and teenagers

Sustainability

What we know (cont'd)

- Only one adolescent study has studied the sustainability of a program ([LEAP](#))
 - one-year program provided school staff with PA promotion guidelines regarding instructional practices and the school environment
 - Program based on: ecological model, Social Cognitive Theory, and [Coordinated School Health Program](#)
 - Coordinated by a staff team
 - 3 years following the intervention, 4/11 schools were deemed 'high implementers', "sustaining a substantial number of instructional and environmental elements" ([Saunders](#), et al., 2012, p. 8 of 12)
 - Staff turnover and other organizational issues may have affected program implementation and sustainability

Strategies to sustain programs

Strategies that have been used, to date, in adolescent PA promotion programs

- Involving school staff in aspects of program design and/or promotion
- Providing training for classroom and/or physical education teachers
 - strategies to perform lifetime PA
 - fitness information
 - goal setting
 - program planning
 - importance of engaging girls in MVPA during class

Capacity Building

It's Your Move! (IYM) & *Ma'alahi Youth Project* (MYP)

- promoted leadership of students and teachers to drive the implementation
- created partnerships with other regional organizations and community groups
- created school policy changes regarding healthy eating and physical activity

Capacity Building

It's Your Move! & *Ma'alahi Youth Project*

- Reductions in students' weight, BMI and % body fat
- Project teams successfully mobilized financial resources
- Students exhibited acquisition of leadership skills
 - intervention planning and implementation
 - resource mobilization
- Partnerships developed were instrumental to the success

Capacity Building

Be Active Eat Well & Romp & Chomp

- ↓ weight gain in the intervention group children
- Long lasting policy changes
- Challenges
 - staff turnover
 - unclear governance structures
 - lack of ongoing high level leadership
 - insufficient resources

Capacity Building

Positive and unintended outcomes

- BAEW team provided leadership to other communities addressing similar issues
- Training offered to allied health professionals, child care workers, and settings to implement health promotion projects has been integrated into the statewide health promotion project, *Kids- 'Go for your life'*
- *Kids- 'Go for your life'* is part of the new *'Go for your life' Health Promoting Communities: Being Active Eating Well (HPC:BAEW)* initiative to promote healthy eating and physical activity that targets all age groups in 5 Australian communities