

Title: Whole-of-School physical activity promotion: Findings from elementary schools in the United States

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Journal: American Journal of Preventive Medicine

Appendix Table 1. Whole-of-School Index Questions from NFL PLAY 60 FitnessGram Project End-of-Year Survey

Physical Education
Q1. How many days a week do PE classes usually meet in your school?
Q2. How long is the typical PE class?
Recess
Q3. In a typical week, how many days do students at your school have a scheduled recess period?
Q4. How many times per day do students at your school go outside for recess?
Q5. How many minutes are the typical scheduled recess periods?
Classroom-based Approaches
Q6. To what extent were classroom-based physical activity approaches such as physically active breaks or active learning lessons used at your school?
Before-school Programs
Q7. At my school, we had before-school programs involving physical activity that were accessible to all students (e.g., a morning run club).
After-school Programs
Q8. At my school, we had after-school programs involving physical activity that were accessible to all students.
Active Transportation
Q9. At my school... a) We encouraged kids who lived nearby to walk or bike to school. b) We had an active commuting to school program(s) that was accessible to all students (e.g., organized walking/biking to school, safe routes to school, or walking school bus).

Appendix Table 2. Adjusted Associations between School-Level Characteristics and Whole-of-School Physical Activity Opportunities (B 95% CI)

Model Variables	PE (n =160)	Recess (n =152)	BSP (n =162)	ASP (n =162)	CBPA (n =162)	AT (n =162)
Economically Disadvantaged Students Served (ref: 0–19%)						
20–39 %	-0.38* (-0.74, -0.02)	-0.19 (-0.86, 0.49)	-0.41 (-0.86, 0.03)	-0.37 (-0.78, 0.04)	-0.68 (-1.41, 0.04)	-0.50** (-0.82, -0.19)
40–59 %	-0.54* (-0.98, -0.10)	-0.01 (-0.78, 0.76)	-0.72 (-1.46, 0.02)	-0.58* (-1.09, -0.06)	0.06 (-0.49, 0.61)	-0.73** (-1.16, -0.30)
60–79 %	-0.36 (-0.83, 0.12)	-0.13 (-0.99, 0.74)	-0.54* (-1.01, -0.07)	-0.58* (-1.13, -0.03)	-0.15 (-0.69, 0.38)	-0.53* (-0.97, 0.09)
≥ 80 %	-0.45* (-0.85, -0.06)	-0.13 (-0.91, 0.65)	-0.24 (-0.73, 0.24)	-0.39 (-1.07, 0.30)	-0.47 (-1.01, 0.07)	-0.60* (-1.13, -0.08)
Students Served by Race/Ethnicity (ref: Majority non-Hispanic White)						
Majority non-Hispanic Black	0.52** (0.15, 0.90)	-0.60 (-1.26, 0.06)	-0.32 (-0.86, 0.22)	0.19 (-0.31, 0.68)	0.13 (-0.44, 0.70)	0.04 (-0.53, 0.61)
Majority Hispanic	0.02 (-0.29, 0.33)	-0.43 (-1.06, 0.21)	-0.51* (-0.93, -0.08)	< -0.01 (-0.42, 0.41)	0.06 (-0.52, 0.63)	-0.18 (-0.67, 0.32)
Majority another race/ethnicity	0.29 (-0.13, 0.71)	0.01 (-0.50, 0.51)	-0.30 (-0.71, 0.12)	-0.88** (-1.50, -0.25)	0.09 (-0.57, 0.76)	-0.06 (-0.61, 0.50)
Diverse	0.17 (-0.18, 0.52)	-0.25 (-0.71, 0.21)	-0.08 (-0.42, 0.26)	0.08 (-0.23, 0.39)	0.19 (-0.32, 0.69)	-0.05 (-0.48, 0.37)
School Locale (ref: City)						
Suburban	-0.13 (-0.39, 0.12)	0.22 (-0.16, 0.59)	0.29* (0.05, 0.54)	-0.10 (-0.32, 0.11)	0.08 (-0.24, 0.41)	-0.16 (-0.44, 0.12)
Town	0.49* (0.13, 0.86)	< 0.01 (-0.89, 0.89)	< -0.01 (-0.54, 0.54)	-0.23 (-0.62, 0.17)	0.56 (-0.58, 0.24)	-0.41 (-0.94, 0.11)
Rural	0.37 (-0.12, 0.86)	0.51 (-0.30, 1.32)	-0.51 (-1.33, 0.32)	-0.40 (-0.96, 0.17)	0.16 (-0.38, 0.71)	-0.46 (-0.125, 0.33)

Note: Boldface indicates statistical significance (p<0.05). *p < 0.05; **p < 0.01; ***p < 0.001

Final linear regression models adjusted for total student enrollment, NFL PLAY 60 FitnessGram Project cohort, and state-level clustering

PE = Physical education; BSP = Before-school programs; ASP = After-school programs; CBPA = Classroom-based physical activity; AT = Active transportation