

Together we STRIDE

Midpoint Community Brief



Summary

Children in rural communities have higher rates of overweight and obesity.¹ Together We STRIDE is a 2-year community-academic partnership intervention project that aims to reverse obesogenic trends among elementary school-age children (3rd - 5th grades) by targeting their nutrition and physical activity.²

Methods

The intervention promotes healthy eating and physical activity with program activities delivered to the individual child, children's families, their school and their community. The research team collected data on children's nutrition (fruit and vegetable consumption and sugar intake from sugar-sweetened beverages (SSBs)) and physical activity at baseline and 6-month follow up to see preliminary effects of the intervention.

Key Findings³

Trends in nutrition showing:

- ★ An increase in fruit consumption in the intervention and comparison groups.
- ★ No change in vegetable consumption in the intervention group and a decrease in the comparison group.
- ★ A decrease in sugar consumption from SSBs in the intervention group, but an increase in the comparison group.

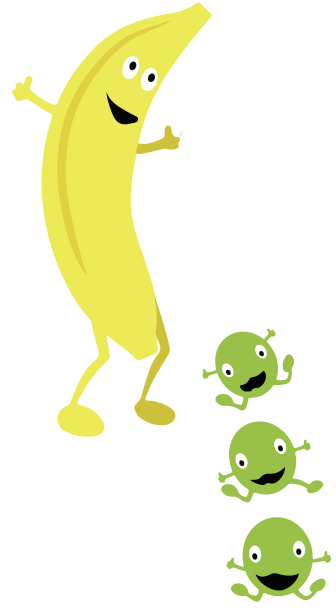
Trends in physical activity showing (next page):

- ★ Light physical activity increasing in the intervention group, but decreasing in the comparison group.
- ★ Moderate physical activity increasing in the intervention group, but decreasing in the comparison group.
- ★ Vigorous physical activity decreasing in both the intervention and comparison groups, but to a greater extent in the comparison group.

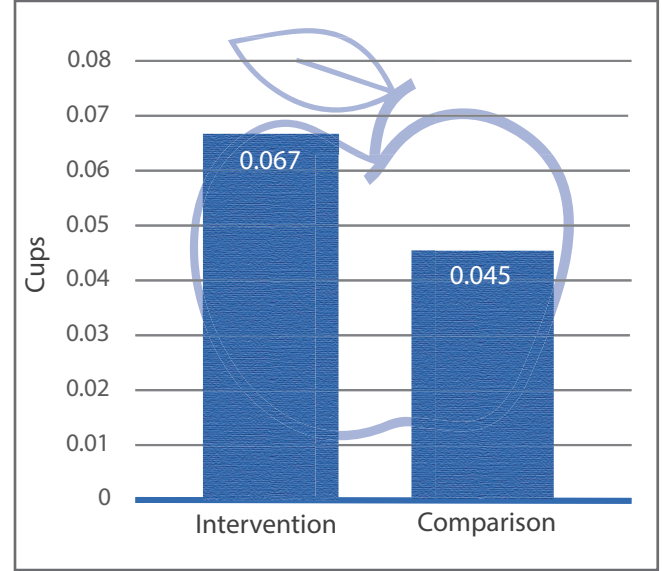
Next Steps

At the time of 6-month follow up, only part of the intervention had been rolled out so the results only represent a midpoint assessment. Final data from 18-month follow up is currently being collected.

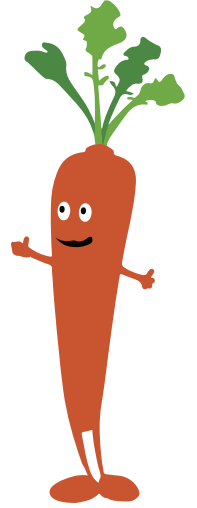
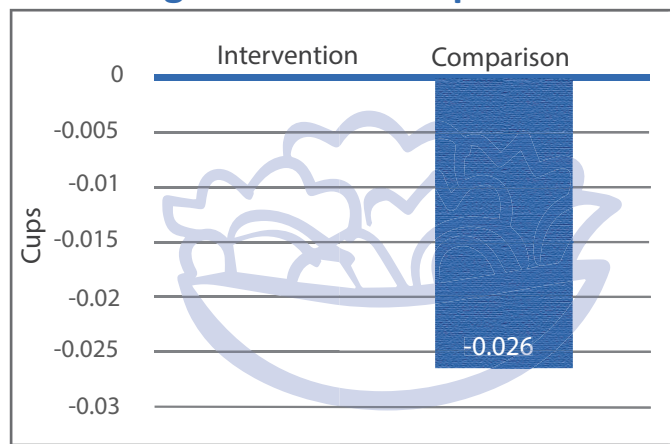
Change in...



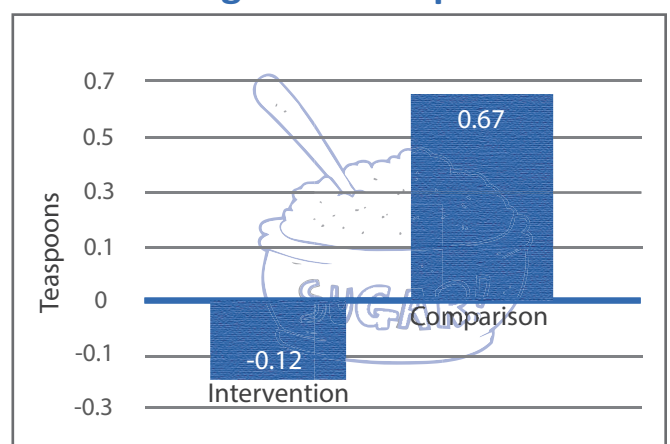
Fruit Consumption



Vegetable Consumption

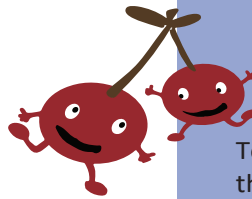
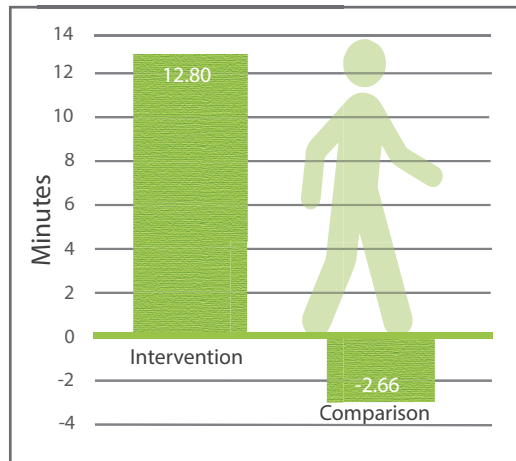


Sugar Consumption



Change in...

Light Physical Activity



Program Activities

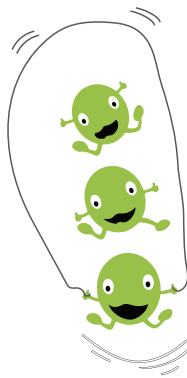
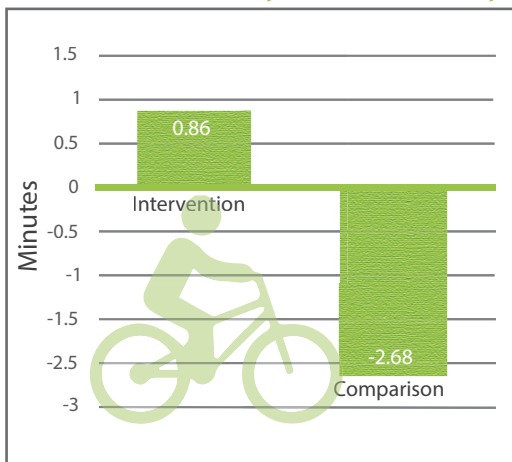
Together We STRIDE is a multi-level intervention that targets children, families, schools and the community.

- ★ Children received a comic book series
- ★ Families learned healthy recipes and participated in group-based physical activity
- ★ Schools implemented classroom “activity breaks” and media literacy curriculum
- ★ The community led an open streets ciclovia event to promote physical activity

Children Comic Books



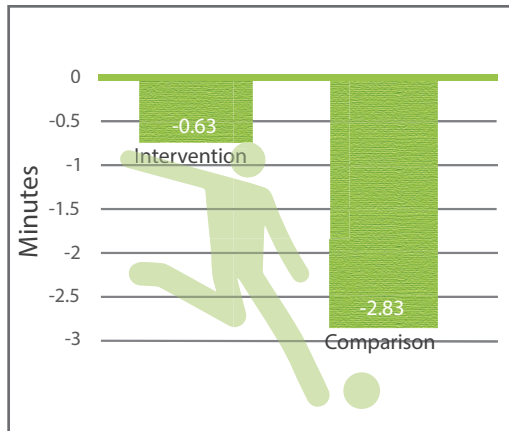
Moderate Physical Activity



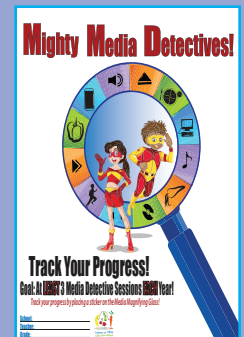
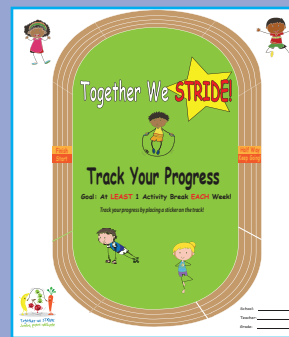
Family Classes



Vigorous Physical Activity



School-level Activities



Community Ciclovia



References

1. The health and well-being of children in rural areas: A portrait of the nation, 2011-2012. U.S. Department of Health and Human Services, Health Resources and Services Administration, and M.a.C.H. Bureau. <https://mchb.hrsa.gov/nsch/2011-12/rural-health/child/health-status/overweight-obesity.html>. 2015. Accessed June 12, 2018.
2. Ko LK, Rillamas-Sun E, Bishop S, Cisneros O, Holte S, Thompson B. Together We STRIDE: A quasi-experimental trial testing the effectiveness of a multi-level obesity prevention intervention for Hispanic children in rural communities. *Contemporary Clinical Trials*. 2018;67:81-86.
3. Brown E. Impact of a Community-Wide Multi-Level Obesity Prevention Intervention for Children in Rural Communities [master's thesis]. Seattle, Washington: University of Washington;2018.

