

# Walking for Wellness: Physical Activity in the School Setting

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## INTRODUCTION

- ❑ One in three children in the U.S. is obese<sup>1</sup>
- ❑ Obese children are at risk for heart disease, diabetes, and cancer<sup>2</sup>
- ❑ Inactive children struggle with academics and are often bullied<sup>3</sup>
- ❑ Children spend a large amount of time in school<sup>4</sup>
- ❑ School-based physical activity is important in addressing childhood obesity<sup>4</sup>

## PROBLEM

- ❑ No faculty or physical activity content requirements for private schools in Pennsylvania<sup>5</sup>
- ❑ No oversight, licensing, or accreditation requirement for physical activity in parochial schools in Pennsylvania<sup>5</sup>
- ❑ A K-8 parochial school has no structured physical education for students

## PURPOSE

- ❑ To develop a walking program for school leaders to engage fourth and fifth grade parochial school students in school-based, structured physical activity



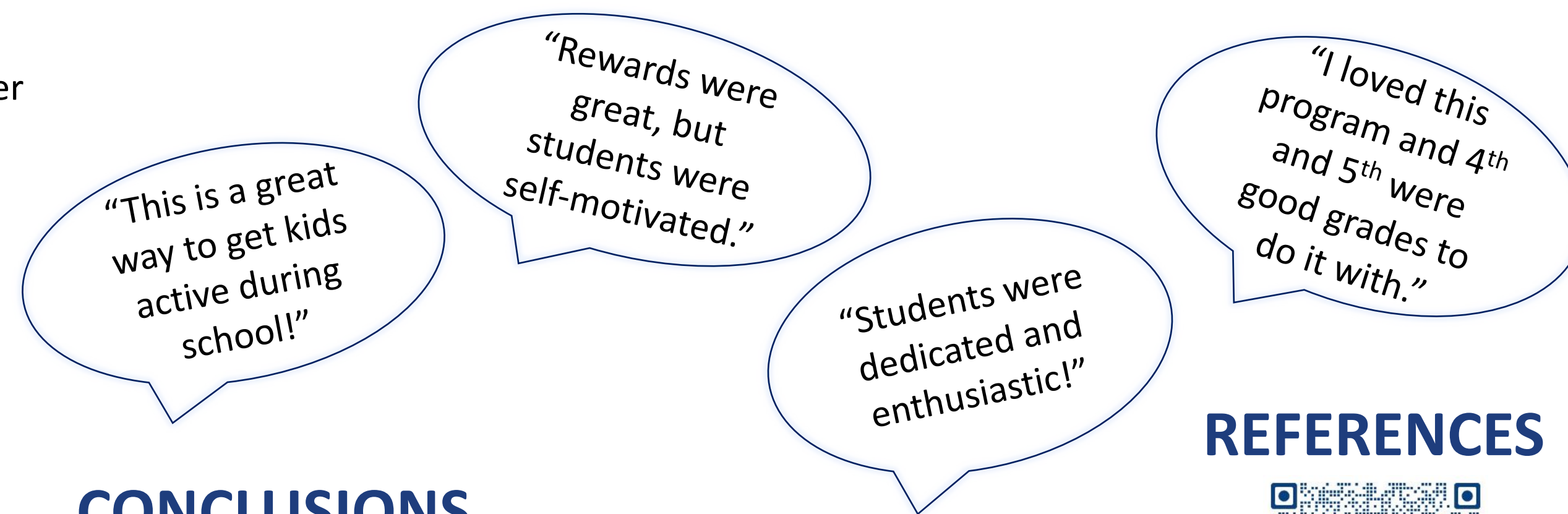
## METHODS

- ❑ Quality improvement design guided by a logic model
- ❑ K-8 parochial school setting
- ❑ 25 fourth and fifth grade students, fourth and fifth grade teachers, school nurse, school principal participated
- ❑ 100 Mile Club<sup>®</sup> program adapted to a goal of 50 miles per student over 60 school days
- ❑ School nurse provided education
- ❑ Students wore pedometers, walked daily, and recorded steps daily
- ❑ Teachers kept daily logs of days walked and time spent walking
- ❑ School principal updated parents
- ❑ Review of individual student step count charts/teacher logs following implementation
- ❑ Process evaluation through guided interviews with school leaders following implementation



## RESULTS

	4 <sup>TH</sup> GRADE (n = 13)	5 <sup>TH</sup> GRADE (n = 12)	TOTAL (n = 25)
Number of days of structured walking per class and mean total structured walking days	37	55	46
Mean time of structured walking per day	16.6 min	11.54 min	14.07 min
Mean daily miles of structured walking per student over 60 days	0.88 miles/day	0.65 miles/day	0.77 miles/day
Mean total miles of structured walking per student over 60 days	32.6 miles	35.7 miles	35.4 miles



"This is a great way to get kids active during school!"

"Rewards were great, but students were self-motivated."

"Students were dedicated and enthusiastic!"

"I loved this program and 4<sup>th</sup> and 5<sup>th</sup> were good grades to do it with."

## CONCLUSIONS

- ❑ Easily implemented; Can be easily replicated
- ❑ Process evaluation: feasible, valuable, and sustainable
- ❑ Results and recommendations communicated to school leaders

## REFERENCES

