



Hearts N' Parks—Report of 2004 Magnet Center Performance Data

National Recreation and Park Association

In cooperation with the:

National Heart, Lung, and Blood Institute

National Institutes of Health

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES





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I. Report Summary

Hearts N' Parks (HNP) is a national, community-based program supported by the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health (NIH) and by the National Recreation and Park Association (NRPA). This program is designed to reduce the growing trend of obesity and the risk of coronary heart disease in the United States by encouraging Americans of all ages to aim for a healthy weight, follow a heart healthy eating plan, and engage in regular physical activity while taking part in local park and recreation department programs.

These goals are especially important because of the striking prevalence and growth of overweight and obesity in the United States. In just 3 decades, childhood overweight (defined here as gender- and age-specific body mass index [BMI] at or above the 95th percentile on 2000 Centers for Disease Control and Prevention [CDC] BMI charts) more than doubled among children ages 2–5 and adolescents ages 12–19, and more than tripled among youth ages 6–11. Nearly one-third of all adults are now classified as obese and extreme obesity (BMI equal or greater than 40) has increased significantly from 2.9 percent to 4.7 percent. Associated with a variety of health consequences, including high blood pressure, high blood cholesterol, metabolic syndrome, type 2 diabetes, cardiovascular disease (CVD), pulmonary complications, abnormal growth acceleration, psychosocial issues, and musculoskeletal problems, the epidemic of overweight and obesity poses significant challenges for our nation.

In 2002, 56 sites were selected to implement the national Hearts N' Parks program. Sites were selected from the following 11 States: Arizona, Florida, Georgia, Illinois, Indiana, Maryland, Michigan, Missouri, New Mexico, Nevada, and Ohio, as well as 6 U.S. Marine Corps bases. Known as Magnet Centers, their selection was based on the risk level of cardiovascular disease in their areas, whether they served special populations (e.g., seniors or racial/ethnic minority groups), the level of park and recreation agency interest, and program capability.

To build program sustainability, Magnet Center sites were required to make a 3-year commitment to Hearts N' Parks and to undertake specific responsibilities, such as expanding heart healthy programming efforts each consecutive year, measuring program performance by administering pre- and postquestionnaires to participants, and sharing their data with NHLBI via a Web-based tracking and reporting system. In the last year of programming (2004), the number of sites reduced to 50 because 6 sites either dropped out, did not meet program requirements or, in one case, two marine sites combined to form one site to ease staffing constraints.

As previously discussed in the 2002 and 2003 “Magnet Center Performance Data Reports,” all Magnet Center sites were expected to initiate Hearts N' Parks with one youth and one adult program. In a second year of programming, Magnet Centers were asked to implement two youth and two adult programs. In the third and final year of Hearts N' Parks programming, Magnet Centers were expected to implement 3 youth and 3 adult programs over a 6–8 week period with a minimum of 25 participants in each program. In addition, the sites were encouraged to target “hard to reach” groups, such as adolescents and adult males, as part of their programming efforts.

Annual training sessions were held for Magnet Center personnel and local program partners. In 2004, these training sessions emphasized building on successes of previous years. In addition to sharing success stories and challenges, the Magnet Center sites received nutrition education resources, and tools for local implementation; instructions on how to improve the data submission process; and information on how to use the performance outcomes for enhanced public visibility at the local level.

Magnet Center sites implemented Hearts N' Parks programs throughout 2004. On average, sites implemented four programs (less than the third year program requirement). The size of the programs ranged from 4 to nearly 76 participants, with an average of 21 participants, slightly less than HNP requirement. As in 2002 and 2003, most of the 2004 child and adolescent programs consisted of summer camps and afterschool programs. Children's programs lasted an average of 8 weeks, while adolescent programs lasted closer to 9 weeks (better than HNP requirement). As in 2003, adult Hearts N' Parks programs consisted of senior programs, city employee programs, general park and recreation programs, and one heart healthy eating program for developmentally disabled adults. These programs averaged approximately 10 weeks in length.

Performance evaluation began with the administration of questionnaires by Magnet Center staff to all participants at the beginning of the programs (pretest), and again at the completion of the programs (posttest). These questionnaires were designed to assess participants' knowledge, self-reported attitudes, and behavior related to heart healthy eating, overweight/obesity, and physical activity. Questionnaires for adults also addressed knowledge of high blood pressure and high blood cholesterol. They were created from a collection of previously validated and refined performance instruments used in programs such as the Child and Adolescent Trial for Cardiovascular Health (CATCH), and surveys such as the CDC Youth Risk Behavior Surveillance System (YRBSS) and the Behavioral Risk Factor Surveillance System. Magnet Center staff entered their participants' pretest and posttest questionnaire responses into spreadsheet templates, uploaded the spreadsheets into the Web-based tracking and reporting system, and received a basic analysis of their programs.

Overall 2004 Data Analysis

- A total of 43 Magnet Center sites collected data for analysis in 2004. On average, the sites collected four programs each. Data were collected for 177 programs: 88 child, 35 adolescent, and 54 adult programs. Of these, 168 programs had valid data for analysis: 86 child, 33 adolescent, and 49 adult programs.
- A total of 3,772 children, adolescents, and adults participated in Hearts N' Parks programs based on the number of questionnaires received. Of these, approximately 3,573 participants completed both the pre- and posttest.

The quality of the data varied between the Magnet Center sites. Project staff cleaned, processed, and merged the submitted data into separate child, adolescent, and adult SPSS databases, and conducted a comprehensive analysis. Child participants were largely between the ages of 6 and 11; most adolescent participants were between the ages of 12 and 17; and nearly all of the adult participants were over the age of 21.

Based on the results of the 168 programs and approximately 3, 573 participants who completed the pretest and posttest, Hearts N’ Parks was clearly a success in 2004. Improvements were demonstrated from pre- to posttest in **all** indicators of heart healthy eating knowledge, self-reported attitude and behavior, and physical activity.

Children

- A total of 88 children’s programs with 2,112 participants were implemented; of these, 2,066 participants (in 86 programs) completed both pre- and posttests.
- Results indicated significant improvement by children in all areas of heart healthy eating, which included knowledge, self-reported behavior, and intention—suggesting increased ability and willingness of children to identify and choose healthy foods over less healthy ones.
- Scores in attitude towards physical activity also increased significantly, suggesting an increase in children’s interest in various kinds of physical activities while participating in Hearts N’ Parks programs.
- Children reported learning a wide range of new activities during the programs—an average of five per child—including such heart healthy activities as games, football, and basketball.
- Most children’s interest in various kinds of physical activities grew while participating in Hearts N’ Parks programs as indicated by higher numbers of activities that they “got better at” and “want to play again” after their programs than they initially reported as activities that they “had done in the past week” or “wanted to learn” (respectively) before the programs.
- Both boys and girls demonstrated significant improvement in all tested areas¹ and showed little difference from each other except in the area of “Heart Healthy Eating Knowledge” in which boys showed better improvement.
- Both the older children (10–11-year-olds) and younger children (9 years and younger) showed improvement in all tested areas. The younger children improved more than the older children in heart healthy eating knowledge indicating that Hearts N’ Parks program content is able to connect with children even at an early age.
- Across the 3-year period (2002–2004), children showed improvement in every section of the questionnaire where pre- and posttest comparisons were possible. Children’s improvement in “Heart Healthy Eating Knowledge and Intention” was significantly greater in 2004 than in 2002 and 2003.

¹ The four pre- to posttested areas were “Heart Healthy Eating Knowledge,” “Heart Healthy Eating Behavior,” “Heart Healthy Eating Intention,” and “Physical Activity Attitude.”

- Based on the number of significantly improved tested areas and the number of program participants, the standout child programs in 2004 were Gary (IN), “Come Out and Cheer,” Prince George’s County (MD), “Healthy Kids, Healthy Future 2004,” Prince George’s County (MD), “Kids Care,” Prince George’s County (MD), “Summer Day Camp 2004,” Roswell (NM), “Kids Aerobics Child,” and South Bend (IN), “Charles Black Hearts N’ Parks Day Camp.

Adolescents

- A total of 35 adolescent programs with 672 participants were implemented; of these, 657 participants (in 33 programs) completed both pre- and posttests.
- The 33 adolescent programs with pre- and posttest data showed significant improvement in all 7 tested areas², most notably in the categories of “Physical Activity Level,” “Heart Healthy Eating Behavior,” and “Heart Healthy Eating Attitude.”
- Both adolescent boys and girls improved equally in all the tested categories. However, boys scored higher than girls in both pre- and posttests for the categories “Overweight/Obesity Attitude,” “Heart Healthy Eating Behavior,” and “Heart Healthy Eating Intentions.”
- Unlike 2003, all adolescent age groups improved in almost all categories equally, except for the younger adolescent group (12–13 years of age) that improved more in one category, “Heart Healthy Eating Behavior.” All age groups scored similarly in most categories except that older adolescents (14 years and older) earned higher scores in “Heart Healthy Eating Knowledge” and younger adolescents scored higher in “Physical Activity Level.”
- Across the years, adolescents’ scores improved in almost all tested areas. While most improvements were similar, adolescents in 2004 improved more in “Overweight/Obesity Attitude” and in 2003 improved the greatest in “Heart Healthy Eating Intention.”
- Based on the number of significantly improved tested areas and the number of program participants, the standout adolescent programs in 2004 were Gary (IN), “Come Out and Play,” Lee County (FL), “Teen Summer Camp,” and Rio Rancho (NM), “Lincoln Middle School 2.”

Adults

- A total of 54 adult programs with 988 participants were implemented; of these, 850 (in 49 programs) participants completed both pre- and posttests. One program for 22 developmentally challenged adults used the child questionnaire as a more

² The seven tested areas were “Heart Healthy Eating Knowledge,” “Overweight/Obesity Knowledge,” “Heart Healthy Eating Attitude,” “Overweight/Obesity Attitude,” “Heart Healthy Eating Behavior,” “Heart Healthy Eating Intention,” and “Physical Activity Level.”

developmentally appropriate instrument and therefore was not included in the overall adult analysis.

- Adult program participants finished their programs with increased scores in all five knowledge categories: heart healthy nutrition, overweight/obesity risks, engaging in proper physical activity, causes of high blood pressure, and controlling high blood cholesterol.
- Posttest scores suggest far healthier attitudes toward overweight/obesity, eating habits, and physical activity; a significant increase in how frequently adults report making healthy food choices; and significantly increased time reported doing moderate physical activity.
- Men and women improved similarly for the most part with differences in only two areas: men improved significantly more in their attitudes toward overweight/obesity and women learned more about controlling high blood cholesterol.
- Seniors (adults over 60 years of age) improved their scores more than adults 60 and younger in knowledge about overweight/obesity risks, the need for physical activity, and causes of high blood pressure.
- Adults without college education showed significantly greater improvement than those with some college education.
- All adult scores improved from pretest to posttest across all 3 years. In comparison to participants in previous years, 2004 adult participants made the most progress in 8 out of 12 tested areas. On the other hand, 2003 participants had better overall scores for 6 out of 12 tested areas.
- Based on the number of significantly improved tested areas and the number of program participants, the standout adult programs in 2004 were Elyria (OH), “Motion to Music,” Poplar Bluff (MO), “Busy Bees,” South Bend (IN), “City Employee Hearts N’ Parks 2004,” and Springfield (MO), “Healthy Lifestyles 04–01.”

Overall, performance results confirm that the third full year of Hearts N’ Parks was an unequivocal success, and included specific improvements over the 2002 and 2003 programs:

- The number of programs that submitted data grew overall from 68 to 142 to 177, an average of 4 programs per Magnet Center.
- The number of participants measured for pretest-to-posttest analysis increased from approximately 1,200 in 2002 to 2,800 in 2003 to 3,573 in 2004.
- Sites continued to meet performance objectives, improving the quality of data they collected, and increasing the number of areas in which statistically significant improvements were made for all age groups.

We would like to acknowledge the work of the 50 Magnet Centers, key administrators, the staff, the program participants, community leaders, and all those who helped to make the 3- year pilot of Hearts N' Parks a success. Due to their commitment of time, energy, and finances, Hearts N' Parks has been able to make a difference in the communities that were served. From this effort, NHLBI and NRPA have learned important lessons that will help improve and extend Hearts N' Parks to many additional communities across the country.

The results of the 3 full years of Hearts N' Parks demonstrate the ability of community-based organizations such as park and recreation departments to positively impact heart healthy knowledge and behavior changes among residents of all ages. The success of the programs is in large part due to the dedication of park and recreation professionals who are committed to educating the community about the principles of heart healthy eating and physical activity. Many have become role models for heart healthy behavior and have worked tirelessly to engage their communities in this effort.

II. Introduction

Project Overview

Hearts N' Parks is a national, community-based program supported by the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health (NIH) and by the National Recreation and Park Association (NRPA). This program is designed to reduce the growing trend of obesity and the risk of coronary heart disease in the United States by encouraging Americans of all ages to aim for a healthy weight, follow a heart healthy eating plan, and engage in regular physical activity while taking part in local park and recreation department programs.

The specific performance objectives of Hearts N' Parks are:

- Increase the percentage of children, adolescents, and adults who engage in heart healthy behaviors (heart healthy eating and physical activity) to prevent the development of cardiovascular disease (CVD) risk factors
- Increase children's, adolescents', and adults' knowledge of nutrition and healthy eating habits
- Improve children's, adolescents', and adults' attitudes toward healthy eating and physical activity.

These goals are especially important because of the striking prevalence and growth of overweight and obesity in the United States. In just 3 decades, childhood overweight (defined here as gender- and age-specific body mass index [BMI] at or above the 95th percentile on 2000 Centers for Disease Control and Prevention [CDC] BMI charts) more than doubled among children ages 2–5 and adolescents ages 12–19, and more than tripled among youth ages 6–11. Nearly one-third of all adults are now classified as obese and extreme obesity (BMI equal or greater than 40) has increased significantly from 2.9 percent to 4.7 percent. Associated with a variety of health consequences, including high blood pressure, high blood cholesterol, metabolic syndrome, type 2 diabetes, cardiovascular disease (CVD), pulmonary complications, abnormal growth acceleration, psychosocial issues, and musculoskeletal problems, the epidemic of overweight and obesity poses significant challenges for our nation.

In 2002, 56 sites were selected to implement the National Hearts N' Parks program. Sites were selected from the following 11 States: Arizona, Florida, Georgia, Illinois, Indiana, Maryland, Michigan, Missouri, New Mexico, Nevada, and Ohio, as well as 6 U.S. Marine Corps bases. Known as Magnet Centers, their selection was based on the level of risk of CVD in their areas, whether they served special populations (e.g., seniors or racial/ethnic minority groups), the level of park and recreation agency interest, and program capability. In the last year of programming (2004), the number of sites reduced to 50 because 6 sites either dropped out, did not meet program requirements or, in one case, two marine sites combined to form one site to ease staffing constraints.

To build program sustainability, Magnet Center sites were required to make a 3-year commitment to Hearts N' Parks, beginning in 2002, in which they would:

- Attend annual trainings for Hearts N’ Parks
- Measure program performance by administering pre- and postquestionnaires to participants and by submitting data to NHLBI via a Web site/database system
- Evaluate annually the program’s sustainability and growth by tracking additional markers related to the five Ps of Hearts N’ Parks (People, Programs, Public Visibility, Partners, and Performance Indicators)
- Report progress annually
- Utilize an Extranet and listserv to communicate with other sites
- Serve as ambassadors and trainers for other sites interested in Hearts N’ Parks
- Initiate Hearts N’ Parks with one youth and one adult program in the first year and expand heart healthy programming efforts each consecutive year (two youth and two adult programs in Year 2 [2003]; three youth and three adult programs in Year 3 [2004]).

In exchange for participating in Hearts N’ Parks for 3 years, Magnet Center sites received the following types of support from NHLBI and NRPA: stipends to travel to trainings; NHLBI materials including the “Hearts N’ Parks Community Mobilization Guide,” videotape, and other educational information for the community; press releases to use for the annual FunFit Festival; program support and technical assistance from project staff; a listserv to be used as a tool to communicate with other sites; an electronic newsletter containing heart health and program information; and access to a Web-based system to submit performance data and obtain basic results.

In keeping with the 3-year commitment to program sustainability, in 2004, the Magnet Center sites were expected to increase the number of implemented programs from two in Year 1 and four in Year 2, to six in Year 3. Sites were encouraged to administer three adult programs and three youth programs (child or adolescent), and to target “at risk” or “hard to reach” participants such as male adults and adolescents. In 2004 while sites ran an average of 4 programs per year, not meeting their required 6 programs, they reached 348 adolescent boys and 266 adult males.

2004 Magnet Center Trainings

In 2004, the focus of the trainings shifted from how to implement Hearts N’ Parks to how to build on the previous year’s success. In addition to sharing success stories and challenges, the Magnet Center sites received supplementary nutrition education, resources, and tools for local implementation; instructions on how to improve the data submission process; and information on how to use the performance outcomes for enhanced public visibility at the local level.

Report Format

The analysis of pretest and posttest data from Hearts N’ Parks sites is provided in two chapters. Chapter IV presents the results for the entire program, subdivided by child, adolescent, and adult

data, including demographic data, performance scores, significance of test results, and interpretation. Chapter V provides an analysis comparing 2002, 2003, and 2004 Hearts N' Parks results. The report concludes in chapter VI with an overall assessment of the program based on each level of analysis and also includes recommendations for any future scale up of the program.

Finally, an appendix divided into two sections follows the end of the report details. The first section presents the results for each individual program at the Magnet Centers organized by State. The second section lists the overall scores for each question answered in each of the three questionnaires in both pretest and posttest. For each individual item within each pre- and posttest questionnaire, the appendix lists the total number of participants who responded to that item (whether they completed both pretest and posttest), the average score of that item, and the standard deviation of the scores.

III. Methodology

Data Collection

Data collection methods and instruments remained the same in 2004. The three different participant questionnaires used to assess program performance were included as reproducible pages in the “Hearts N’ Parks Community Mobilization Guide” that was provided to each Magnet Center. The questionnaires applied specifically to child, adolescent, and adult programs, and were administered before and after participants completed their programs (i.e., as pretests and posttests). All questionnaires focused on heart healthy eating and physical activity. The adolescent and adult questionnaires also contained questions related to knowledge and attitude regarding the risks of overweight and obesity, which fell within the target area of heart healthy eating. The adult questionnaire included two additional target areas that were not included in the child and adolescent questionnaires: causes of high blood pressure and actions to control high blood cholesterol. The questionnaires were subdivided into sections that queried participants about their knowledge, attitude, behavior, and intention in the various target areas.

The same Web-based data-collection system, which was created for the 2002 Hearts N’ Parks program, was used through all 3 years. Magnet Centers used the system to register their programs, obtain spreadsheet templates, and submit program-performance data directly to staff through a secure NHLBI Web site (with the exception of a few sites that submitted their data via e-mail). Once submitted, project staff processed and cleaned the data, and compiled it into an SAS database to conduct the analysis detailed in this report. As in 2002, Magnet Center staffs were able to view basic results of their participants’ performance measures after submitting their spreadsheets through the Web site and database system.

As of January 2005, pre- and posttest performance data from 177 programs (88 child, 35 adolescent, and 54 adult) across 43 Magnet Centers were submitted to the tracking and reporting Web site.

In 2004, seven Magnet Centers did not submit any data and other Magnet Centers did not submit all the data they could potentially have submitted due to the following circumstances:

- Centers did not have adequate staffing to take on the burden of implementing pre- and posttests and collecting data.
- A few Magnet Centers did not allow enough time after completion of some programs to collect posttest performance data.
- At some Centers, site lead staff turnover resulted in organizational challenges such as lack of knowledge by current staff about events that had already taken place, incomplete data entry, loss of data files, and lack of adherence to programming schedule.
- Bad weather caused electrical and flooding problems at some Centers.
- As in previous years, Magnet Centers noted that the data entry was labor intensive and that they lacked the staffing or time for data entry.

- The use of college students or other temporary staff by some Centers led to being unable to correct problems later found in data.
- Some Magnet Center personnel misinterpreted the timeline for final data submission, and thus, were not prepared to submit data on time.
- While Centers were required to submit data by December 2004, some Centers were still doing programming in the last month leading to their inability to submit data on time.

Data Quality

Although restrictions built into the spreadsheets—such as rejecting false answers (i.e., values lying outside a specified range or misspelled words) and matching pre- and posttest identification numbers automatically—reduced the amount of time necessary for data cleaning, the data still required a significant amount of cleaning. Other major problems included sites submitting the same data in both pre- and posttest spreadsheets, and sites that submitted only pretest data without accompanying posttest data.

These problems were due to a number of factors: lack of communication between site leads and data entry personnel leading to confusion about what data was entered; personnel turnover at the sites without orientation of the new staff to the data submission process by predecessors; the use of older versions of Microsoft Excel software, which necessitated the need for project staff to reformat spreadsheets into the current version of Excel; and data-entry issues at the site level, such as the failure to check key section boxes. In addition, since the Web-based data-collection system does not track whether programs submitted both pre- and posttests, some Centers submitted only pretest data leading to a significant amount of time spent by program staff trying to verify the availability of posttest data. Phoning or e-mailing the appropriate sites to ask them to register 2004 programs and download the appropriate spreadsheets on the Web site rectified some of these problems.

However, the quality of data in 2004 had improved significantly. While 75 percent of participants had both pre- and posttests that could be analyzed in 2003, 94 percent of participants had pre- and posttest data in 2004. This may be an indication of an improvement in sites' program coordination and testing scheduling.

Finally, most participants completed the majority, if not all, of the questions in the various sections in 2004; on average, each section was completed by more than 70 percent of participants. In a few cases, participants completed less than half of the questions in a section, which meant not counting the section score of the participant. If at least half the questions in a section were answered, then the participant's score was calculated based on the average of all valid answers.

Analysis Tables

In the analysis tables that follow, the sample size for each group, "N," represents the number of participants who completed both pretest and posttest questionnaires. Pretest-to-posttest improvement is indicated by a star (*) next to a bold **YES** if the score increase is *statistically*

significant at the .05 level ($p < .05$, 95 percent confidence interval), based on matched-pairs t-tests of significance. Analysis of variance (ANOVA) was used to compare scores between groups (e.g., males and females) for pretest-to-posttest change. For the children's sections, "Things I Like and Things I Do" (pretest) and "Things I Learned and Did This Summer" (posttest), an independent, sample t-test was used for boy/girl and older/younger child comparisons, because the pretest and posttest measures were not identical and therefore could not be analyzed as matched pairs.

IV. Analysis of Overall Program Data

Children

Magnet Centers

Thirty-five Magnet Centers submitted pretest or posttest data for analysis of 88 child programs. A total of 2,112 children participated in these programs, representing an average of 24 participants per program. The programs were a combination of summer camps and afterschool programs. Children's programs lasted from 2 weeks to 6 months. The average program length was approximately 8 weeks (within the third year requirement of 6 to 8 weeks).

Magnet Center Children's Programs

State	Magnet Center	Program	Number of Participants ³
Arizona	Glendale	Burton Elementary Summer Program	6
		Katchina Elementary Hearts N' Parks Program	16
	Phoenix	Eat Well, Be Well at Stardust	18
		Sheely Farms Project	20
	Sierra Vista	Starting Smart Child	16
Florida	Lee Co.	Matlacha Summer Camp	29
		North Park Summer Camp	50
		Schandler Hall Summer Camp 2004	28
	Oldsmar	Rec Center Kids	25
		Summer Camp 2004	38
	Tallahassee	Healthy Kids 2004	6
		Healthy Young Hearts 2004	9
	Tamarac	Kids Fall Shape Up	20
		Kids Summer Shape Up	15
	Georgia	Roswell	Healthy Kids
Savannah		Day Trippers	37
		Dream Makers	21
Illinois	Decatur	Cardio Kids	12
	Homewood	Extra Innings-F.H. Fall 2004	11
		Extra Innings Spring 2004	40
Urbana	Sports Camp 2004	31	
Indiana	Bloomington	3rd Grade Hearts N' Parks 2004	19
		After School Adventure 2004	23
		Crestmont After School 2004	10
	Fort Wayne	Hearts N' Parks	15
		Summer Playground-Lakeside	13
		Summer Playground-Memorial	11
	Gary	Come Out and Cheer	25
		Kids Learn 2 Live 4 Life	15
	Indianapolis	Recreation Adventure Program Christel House Academy	16
		Spring 2004	16

³ These are the number of participants for whom either pre- or posttest data were collected.

State	Magnet Center	Program	Number of Participants ³
		Recreation Adventure Program Indianapolis Public School-31 Spring 2004	20
		Recreation Adventure Program Indianapolis Public School-46 Spring 2004	6
		Recreation Adventure Program Indianapolis Public School-82 Spring 2004	21
		Summer Adventure Day Camps, East	50
		Summer Adventure Day Camps, West	50
	Lafayette	McAllister Day Camp 2004	56
	South Bend	Charles Black Hearts N' Parks Day Camp	25
		Kids World	61
		Martin Luther Hearts N' Parks Day Camp	31
Marines	Camp LeJeune	School Age Children Program	15
	Camp Pendleton	Browne Child Development Center Summer Vacation Program	26
	Kaneohe Bay	A Plus Afterschool Program through Youth Activities 2004	16
Maryland	Baltimore	Fit Kids Fun Camp, Ella Bailey	28
		Fit Kids Fun Camp, Gardensville	22
		Fit Kids Fun Camp, Leithwalk	19
		Fit Kids Fun Camp, Liberty	27
		Fit Kids Fun Camp, Madison	20
		Fit Kids Fun Camp, Mary E. Rodman	21
		Fit Kids Fun Camp, Morrell Park	20
		Fit Kids Fun Camp, Northwood	34
		Fit Kids Fun Camp, Patterson Park	22
		Fit Kids Fun Camp, Roosevelt	31
		Fit Kids Fun Camp, Walter P. Carter	27
		Fit Kids Fun Camp, Woodhome	20
	Howard Co.	Gorman Crossing Recreational Licensed Childcare Center 2004	25
		Lisbon Recreational Licensed Childcare Center 2004	14
		Manor Woods Recreational Licensed Childcare Center 2004	15
		West Friendship Kinder 2004	12
	Montgomery Co.	Afterschool-Kids Corner	31
		FUN-ergy	65
		Stretch and Grow	18
	Prince George's Co.	Kids Care	25
		Healthy Kids, Healthy Future 2004	28
		Summer Day Camp 2004	38
Michigan	Meridian Twp.	Playground Program	11
Missouri	Jefferson City	Youth Sports Day Camp	17
	Kansas City	Healthy Habits, Brush Creek	22
		Healthy Habits, Don Bosco Night Hoops	8
		Healthy Habits, Hillcrest	16
		Healthy Habits, Longview	30
		Healthy Habits, Marlborough	18
		Healthy Habits, Memorial	31
		Healthy Habits, Southeast	19
		Healthy Habits, Terrace Lake	19
	Springfield	Playgrounds Program, Fassnight Park	26

State	Magnet Center	Program	Number of Participants ³
		SPARC Day Camp	31
Nevada	Henderson	Safekey at Newton with University of Nevada-Las Vegas	29
		Summer Kids Zone	25
	Las Vegas	3-a-Day of Dairy	20
		Round Up Tot Program	38
New Mexico	Albuquerque	Heart Healthy Eating for Children Fall 2004	21
		Heart Healthy Eating for Children Summer 2004	10
		Physical Activity for Children Summer 2004	26
	Rio Rancho	Sportzcamp Nutrition	30
	Roswell, NM	Kids Aerobics Child	39
		Swim Team Child	18
	Ohio	Elyria	Eat Well, Play Hard 2004
Swim Team 2004			27
Total			2,112

Child Questionnaire

The children’s questionnaire is primarily based on the Child and Adolescent Trial for Cardiovascular Health (CATCH) instruments. The questionnaire first asks the child’s gender and age category, and then covers five heart healthy sections. The first four sections are identical in pretest and posttest; however, the last section’s pre- and posttest formats are not identical.

Heart Healthy Eating Knowledge (7 questions): Under the heading “Which food is better for your health?” this section asks children to choose the healthier of two foods for each question. Scores are presented as the percentage of questions answered correctly.

Heart Healthy Eating Behavior (7 questions): Under the heading “What foods do you eat most of the time?” this section asks children to mark for each question which of two foods they eat more often. Scores are presented as the percentage of questions in which participants chose the healthier food.

Heart Healthy Eating Intention (7 questions): Under the heading “What would you do?” this section asks children to identify which of two foods they *would* eat in a given circumstance (e.g., at the movies, for a snack, at a fast-food restaurant). Scores are presented as the percentage of questions in which participants chose the healthier food.

Physical Activity Attitude (6 questions): Under the heading “Physical Activity and You!” this section measures children’s attitudes toward physical activity on a scale of 0–12 (6 questions; 0–2 points per question; higher score is favorable).

Things I Like and Things I Do (pretest only): This section consists of a table with 14 rows listing different types of physical activity (jump rope, soccer, swimming, etc.) and the following 3 column headings: “I like to do this,” “I’ve done this in the past week,” and “I would like to learn how to do this.” This section measures children’s self-reported interest and involvement in physical activity. Scores are measured in two ways:

- (1) The percentage of children who marked each activity under each heading
- (2) The average number of activities marked in each column

Things I Learned and Did This Summer (posttest only): This section is identical to the previous one in format, and the activity rows are the same; however, the column headings are switched to “Something new I learned,” “I got better at this,” and “I would like to play this again.” Scores are presented in the same way as “Things I Like and Things I Do.” This section seeks to determine the kinds of physical activity that children learned, enjoyed, and are interested in doing again after completing their programs.

Note: For the overall children’s results, “Things I Like and Things I Do” and “Things I Learned and Did This Summer” are initially presented activity-by-activity. For simplicity, the results of these sections are presented thereafter in tables that show the average number of activities checked under each heading, without breaking down all 14 activities beneath those headings.

Age and Gender Distribution

As the following tables indicate, more than 70 percent of children were between 8 and 11 years of age (an increase of 10 percent from last year). Girls and boys were roughly in equal proportions, 51 percent to 49 percent.

Age		
	Number	Percent
Under 6 years	158	7.7%
6 or 7 years	413	20.3%
8 or 9 years	732	35.9%
10 or 11 years	736	36.1%
Total	2,039	100%
Not Given	27	

Gender		
	Number	Percent
Girl	1,038	50.9%
Boy	1,001	49.1%
Total	2,039	100%
Not Given	27	

Performance Scores and Significance Tests

Children’s scores (see the following table) increased significantly from pretest to posttest in every section in which significance tests were possible: the “Heart Healthy Eating Knowledge, Behavior and Intention” sections, and “Physical Activity Attitude.” The posttest score for “Heart Healthy Eating Knowledge” is high (85.5 percent), and when given a choice between eating an

unhealthy food and a similar but healthier substitute, children at posttest said they tend to make the healthier choice (66 percent of the time, on average). Similarly, their *intention* to make a healthy eating choice when provided specific circumstances was indicated in 64 percent of posttest questions, on average. These results strongly suggest that after participating in Hearts N’ Parks, children had significantly improved their knowledge of heart healthy eating, their current self-reported eating behavior, their intention to make healthy eating choices in the future, and their attitude toward physical activity.

At the beginning of the program, in the section entitled “Things I Like and Things I Do,” children checked off things from a list of 14 activities that they like to do, that they’ve done in the past week, and that they’d like to learn how to do. In most of these, children scored similarly and picked the same games as last year. On average, children checked off nearly 9 activities out of the 14 that they “like to do;” the activities cited most frequently were games (e.g., tag and hopscotch), swimming, biking, and bowling. For things they’ve “done” in the past week, they averaged less than four activities, with exercises (e.g., jumping jacks) and games the most common. Activities they “would like to learn” got the fewest checks—an average of 2.7 per child. The most common activities checked in this column were tennis, football, and volleyball.

At the end of the program, children checked off activities from the same list, but with an adjusted format from the pretest, entitled “Things I Learned and Did This Summer.” The questionnaire instructed children to check off activities that they “learned,” activities at which they “got better,” and activities that they “would like to play again.” The children checked off more than five activities, on average, “learned” by the end of the program. The prevalence of activities learned was consistent: each of the 14 was checked off between 34 percent and 43 percent of the time. Under activities that children said they “got better at,” the average was 5.4 per respondent (an improvement from last year). As in the prior years, the most commonly cited item in this group was “Exercises.” Finally, children listed 6.1 activities, on average, that they would like to play again. The most common of these, again same as last year, were swimming and games that incorporate physical activity such as tag, hopscotch, dodgeball, kickball, and 4-square.

Children: 86 Programs

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	1,772	76.7%	85.5%	YES*
Heart Healthy Eating Behavior	% Healthy	1,759	53.6%	65.9%	YES*
Heart Healthy Eating Intention	% Healthy	1,758	50.6%	64.2%	YES*
Physical Activity Attitude	0–12	1,581	8.83	9.27	YES*

Things I Like and Things I Do: N=1,865

(PRE)	I Like To Do This	I’ve Done This in the Past Week	I Would Like To Learn How To Do This
Softball/Baseball	56.8%	24.2%	23.6%
Basketball	64.8%	30.2%	18.7%
Biking	70.4%	29.8%	13.0%
Bowling	69.3%	21.7%	13.9%
Dancing	53.2%	23.9%	20.5%

(PRE)	I Like To Do This	I've Done This in the Past Week	I Would Like To Learn How To Do This
Exercises	60.5%	44.4%	9.5%
Football	50.0%	22.0%	27.6%
Games	76.4%	36.1%	10.7%
Jump Rope	60.9%	29.8%	15.6%
Roller Skating	63.8%	21.7%	20.3%
Soccer	56.6%	24.8%	24.2%
Swimming	73.8%	30.5%	14.2%
Tennis	45.4%	18.1%	31.3%
Volleyball	49.7%	19.5%	27.6%
Average Number of Activities Per Person	8.52	3.77	2.71

Things I Learned and Did This Summer: N=1,744

(POST)	Something New I Learned	I Got Better at This	I Would Like To Play This Again
Softball/Baseball	39.5%	37.3%	42.8%
Basketball	40.0%	42.1%	44.3%
Biking	34.2%	33.8%	46.0%
Bowling	36.9%	35.4%	46.4%
Dancing	35.4%	35.7%	41.1%
Exercises	36.6%	48.7%	41.2%
Football	42.0%	33.0%	39.4%
Games	43.2%	43.8%	47.1%
Jump Rope	37.2%	46.3%	40.3%
Roller Skating	39.0%	35.0%	44.8%
Soccer	39.2%	38.5%	44.4%
Swimming	36.0%	40.3%	51.6%
Tennis	39.3%	29.7%	38.9%
Volleyball	38.0%	34.2%	39.4%
Average Number of Activities Per Person	5.36	5.34	6.08

Child Results, by Gender

Both girls and boys showed significant improvement in all areas including heart healthy eating knowledge, behavior, intention, and attitude (see the following tables). However, boys did improve significantly more than girls in heart healthy eating knowledge. This may be due to the fact that boys also scored significantly less than girls in the pretest in this section. Comparing the pre- and posttests separately and other categories, girls scored better than boys in intention and behavior categories and boys scored better in the physical activity category. However, their improvements in these categories were similar.

Children: Boys

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	899	74.5%	84.6%	YES*
Heart Healthy Eating Behavior	% Healthy	886	51.4%	64.3%	YES*
Heart Healthy Eating Intention	% Healthy	885	47.9%	62.3%	YES*
Physical Activity Attitude	0–12	808	8.95	9.46	YES*

Children: Girls

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	861	78.9%	86.4%	YES*
Heart Healthy Eating Behavior	% Healthy	860	55.7%	67.7%	YES*
Heart Healthy Eating Intention	% Healthy	861	53.3%	66.2%	YES*
Physical Activity Attitude	0–12	772	8.70	9.07	YES*

The following two tables, which display the average number of activities marked in the sections “Things I Like and Things I Do” and “Things I Learned and Did This Summer,” contain two areas where significant differences are observed using independent samples t-tests. The first is the number of activities “would like to do” (pretest), where boys like significantly more activities than girls (8.72 versus 8.33). The second difference is in the number of activities they “would like to learn how to do (pretest),” where girls indicated an average of 2.95 activities while boys indicated an average of 2.47 activities. No other areas of “Things I Like and Things I Do” or “Things I Learned and Did This Summer” have statistically significant differences between boys and girls. (The “N” column represents the numbers of boys and girls who completed both sections of “Things I Like . . . /Things I Learned . . .”)

Children: Boys

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	932	8.72	
I have done this in the past week	# Activities	932	3.82	
I would like to learn how to do this	# Activities	932	2.47	
Something new I learned	# Activities	874		5.54
I got better at this	# Activities	874		5.35
I would like to play this again	# Activities	874		6.10

Children: Girls

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	920	8.33	
I have done this in the past week	# Activities	920	3.70	
I would like to learn how to do this	# Activities	920	2.95	
Something new I learned	# Activities	857		5.22
I got better at this	# Activities	857		5.31
I would like to play this again	# Activities	857		6.05

Child Results, by Age

This analysis compares the results of surveys of younger children (9 years and younger) with those of older children (10–11 years of age) as a way to observe whether Hearts N’ Parks was more beneficial to one age group than another. The two age groups’ results are compared in the following tables. Both groups improved their scores significantly in tested areas with younger children improving significantly more in healthy eating knowledge. However, older children scored better in both pre- and posttests for knowledge and younger groups scored better in self-reported behavior. Both groups scored similarly in attitude toward physical activity and intention toward heart healthy eating.

Children: 10–11 Years of Age

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	634	82.8%	89.0%	YES*
Heart Healthy Eating Behavior	% Healthy	633	51.8%	63.8%	YES*
Heart Healthy Eating Intention	% Healthy	629	49.6%	63.5%	YES*
Physical Activity Attitude	0–12	571	9.14	9.45	YES*

Children: 9 Years and Younger

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	1,128	73.3%	83.5%	YES*
Heart Healthy Eating Behavior	% Healthy	1,115	54.3%	67.2%	YES*
Heart Healthy Eating Intention	% Healthy	1,119	51.1%	64.7%	YES*
Physical Activity Attitude	0–12	1,010	8.65	9.17	YES*

The following two tables, which display the average number of activities marked in the sections “Things I Like and Things I Do” and “Things I Learned and Did This Summer,” demonstrate significant differences between the younger and older children’s scores (using independent sample t-tests). Children 10–11 years old listed significantly more activities that they “like to do” but significantly fewer activities that they “would like to learn how to do,” or “learned in the past summer” compared to children 9 years and younger.

Note: “Pre Mean” represents the average number of activities marked for the pretest section items; “Post Mean” represents the average for the posttest items. These pre- and posttest items are not identical measures and therefore cannot be directly compared. The “N” column represents the number of children in each age group that completed “Things I Like . . . /Things I Learned”

Children: 10–11 Years of Age

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	1,865	8.52	
I have done this in the past week	# Activities	1,865	3.77	
I would like to learn how to do this	# Activities	1,865	2.71	
Something new I learned	# Activities	1,744		5.36
I got better at this	# Activities	1,744		5.34
I would like to play this again	# Activities	1,744		6.08

Children: 9 Years and Younger

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	1,171	8.36	
I have done this in the past week	# Activities	1,171	3.81	
I would like to learn how to do this	# Activities	1,171	2.88	
Something new I learned	# Activities	1,102		5.69
I got better at this	# Activities	1,102		5.34
I would like to play this again	# Activities	1,102		6.16

Adolescents

Magnet Centers

Twenty-four Magnet Centers submitted pretest or posttest data for analysis of 35 adolescent programs. A total of 672 adolescents participated in programs, representing an average of 19 participants per program. These programs were either afterschool programs or summer camps. The average length of adolescent programs was 9 weeks (more than program requirements), though they ranged from 2 weeks to 5 months.

Magnet Center Adolescent Programs

State	Magnet Center	Program	Number of Participants ⁴
Arizona	Sierra Vista	Starting Smart Adolescent	14
Florida	Largo	Physicians of Fun 2004	9
		Teen Summer Camp	27
	Oldsmar	Rec Center Teens	25
		Teen Camp 2004	6
	Tallahassee	Healthy Adolescent 2004	10
	Tamarac	Are You Staying Fit?	12
Georgia	Roswell	Teen Baseball	21
	Savannah	Adolescent Camp	20
Indiana	Gary	Come Out and Play	25
	Indianapolis	Gambold Middle School Spring 2004	15
	Lafayette	Purdue National Youth Sports Program 2004	76
Maryland	Howard Co.	Ellicott Mills NSU 2004–2005	21
	Montgomery Co.	Field Hockey/Fitness Circuit	53
	Prince George's Co.	Junior Lifeguard Camp 2004	8
	Queen Anne Co.	Fall Afterschool Program, Stevensville	8
		Fall Afterschool Program, Sudlersville	15
	Fall Indoor Soccer, Centreville	15	
	Spring Afterschool Program, Centreville	15	
	Spring Afterschool Program, Stevensville	12	
	Spring Afterschool Program, Sudlersville	11	
Missouri	Jefferson City	Health Education	14
		Lifetime Fitness	17
	Kansas City	Healthy Habits, Hillcrest Night Hoops	15
		Healthy Habits, South Side	15
	Rolla	Homeschoolers Sports and Games	22
	Nevada	Henderson	Teen Scene, University of Nevada-Las Vegas
Las Vegas		3-a-Day of Dairy	4
		Lifeguard Hearts N' Parks	30
New Mexico	Rio Rancho	Lincoln Middle School 2	30
	Roswell	Kids Aerobics Adolescent	4
		Summer Fun & Fitness Adolescent	9
		Swim Team Adolescent	5
Ohio	Elyria	Guard for Life	34
	Greene Co.	Summer Caravan	20
Total			672

Adolescent Questionnaire

The adolescent questionnaire is based on accumulated instruments refined specifically for Hearts N' Parks, such as instruments used in CATCH, CDC's Youth Risk Behavior Surveillance System

⁴ This number represents the total number of participants for whom pretest and/or posttest data were submitted, not the number who completed both pre- and posttests.

(YRBSS), and NHLBI materials. The questionnaire first asked the participant’s gender and age category and then covered seven sections on heart health. The pretest and posttest were identical.

Heart Healthy Eating Knowledge (12 questions): The first four questions test knowledge of food groups and proper diet. The last eight questions, under the heading “Which food is better for your health?” ask adolescents to choose the healthier of two foods for each question. Scores are presented as the percentage of questions answered correctly.

Overweight/Obesity Knowledge (9 questions): This section is in true/false format, where adolescents must decide whether each statement concerning overweight/obesity risks and facts is true or false. Scores are based on the percentage of questions answered correctly.

Heart Healthy Eating Attitude (10 questions): This section is based on a 4-point agree/disagree scale, which the respondent uses to indicate how much he or she agrees with each statement expressing a positive attitude toward healthy eating. Section scores represent the average of all questions on a 1–4-point scale, where 4 is the best possible score (“strongly agree”) and 1 is the worst score (“strongly disagree”).

Overweight/Obesity Attitude (8 questions): This section is based on a 4-point agree/disagree scale, which measures respondents’ attitudes toward overweight or obesity. A score of 4 represents the healthiest attitude.

Heart Healthy Eating Behavior (8 questions): Under the heading “What foods do you eat most of the time?” this section asks adolescents to mark which of two foods they eat most often. Scores are presented as the percentage of questions in which participants chose the healthier food.

Heart Healthy Eating Intention (8 questions): Under the heading “What would you do?” this section asks adolescents to identify which of two foods they would eat in a given circumstance (e.g., at the movies, for a snack, at a fast-food restaurant). Scores are presented as the percentage of questions in which participants chose the healthier food.

Physical Activity Level (5 questions): This section measures the level of physical activity in which adolescents have engaged, based on time spent exercising and playing sports. Scores are based on a 0–6-point scale, where 6 is the best score.

Age and Gender Distribution

Fifty-five percent of adolescent participants were ages 12 or 13; 44 percent were ages 14 and older. Seven participants were 10 or 11 years old, ages which are usually included in the child HNP programming. The 1.1 to 1 ratio of boys to girls, while still outnumbering girls, was much more balanced compared to 2003. In 2003, the boy to girl ratio was 1.6 to 1.

Age	Number	Percent
10 or 11 years	7	1.1%
12 or 13 years	360	55.1%
14 or 15 years	156	23.9%

	Number	Percent
16 or 17 years	78	11.9%
18 years or older	52	8.0%
Total	653	100%
Not Given	4	

Gender

	Number	Percent
Boy	348	53.0%
Girl	308	47.0%
Total	656	100%
Not Given	1	

Performance Results

The following table displays the overall results of the 33 adolescent programs. All seven section scores improved significantly from pretest to posttest, an improvement from 2003 which showed improvements in six of the areas. The section that showed the most improvement in both 2002 and 2003, self-reported “Heart Healthy Eating Behavior,” showed the most improvement (15 percentage points) again in 2004. “Heart Healthy Eating Intention and Attitude” also showed similarly high levels of improvement of 11 to 13 percentage points.

Adolescents: 33 Programs

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	492	78.3%	85.5%	YES*
Overweight/Obesity Knowledge	% Correct	518	61.6%	66.1%	YES*
Heart Healthy Eating Attitude	1–4	500	2.75	2.87	YES*
Overweight/Obesity Attitude	1–4	513	2.65	2.73	YES*
Heart Healthy Eating Behavior	% Healthy	476	44.6%	59.8%	YES*
Heart Healthy Eating Intention	% Healthy	513	45.4%	56.6%	YES*
Physical Activity Level	0–6	492	3.36	3.79	YES*

Adolescents’ Results, by Gender

Both boys and girls improved significantly in all the tested sections (see tables below). There were no differences in the magnitude of improvement between girls and boys. However, girls did score better than boys in both pre- and posttests in “Heart Healthy Eating Knowledge, Behavior, and Intention.” Girls also scored better in both pre- and posttest sections of “Overweight/Obesity Attitudes.” Boys scored better in one area at pretest: physical activity level.

Adolescent: Boys

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	264	75.1%	83.5%	YES*
Overweight/Obesity Knowledge	% Correct	286	61.3%	65.3%	YES*
Heart Healthy Eating Attitude	1–4	278	2.75	2.85	YES*
Overweight/Obesity Attitude	1–4	286	2.61	2.68	YES*
Heart Healthy Eating Behavior	% Healthy	256	40.8%	55.5%	YES*
Heart Healthy Eating Intention	% Healthy	285	42.3%	51.3%	YES*
Physical Activity Level	0–6	273	3.56	3.89	YES*

Adolescent: Girls

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	228	82.0%	87.9%	YES*
Overweight/Obesity Knowledge	% Correct	232	61.9%	67.0%	YES*
Heart Healthy Eating Attitude	1–4	222	2.75	2.91	YES*
Overweight/Obesity Attitude	1–4	227	2.70	2.80	YES*
Heart Healthy Eating Behavior	% Healthy	220	49.1%	64.8%	YES*
Heart Healthy Eating Intention	% Healthy	228	49.3%	63.2%	YES*
Physical Activity Level	0–6	219	3.12	3.67	YES*

Adolescents' Results, by Age

Adolescents were separated into two age groups of comparable size for analysis: 12–13-year-olds (55 percent of adolescents) and 14 years and older (44 percent of adolescents)⁵. Both age groups improved significantly in all areas. The magnitude of their improvement was also similar except in self-reported “Heart Healthy Eating Behavior” in which 12–13-year-olds improved significantly more. Both age groups also scored similarly in pre- and posttests except for “Heart Healthy Eating Knowledge,” where older adolescents scored higher and in “Physical Activity Level,” where younger adolescents scored higher.

Adolescents: 12–13 Years of Age

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	263	75.1%	82.1%	YES*
Overweight/Obesity Knowledge	% Correct	277	61.6%	65.6%	YES*
Heart Healthy Eating Attitude	1–4	258	2.73	2.87	YES*
Overweight/Obesity Attitude	1–4	273	2.64	2.73	YES*
Heart Healthy Eating Behavior	% Healthy	254	44.5%	64.3%	YES*
Heart Healthy Eating Intention	% Healthy	272	43.9%	55.1%	YES*
Physical Activity Level	0–6	241	3.50	3.98	YES*

⁵ The seven participants who were 10–11 years old were not included because their ages do not fit with Hearts N' Parks' definition of adolescents, and could not be compared to past analysis.

Adolescents: 14 Years and Older

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	223	82.1%	89.7%	YES*
Overweight/Obesity Knowledge	% Correct	234	61.9%	66.9%	YES*
Heart Healthy Eating Attitude	1–4	234	2.77	2.89	YES*
Overweight/Obesity Attitude	1–4	232	2.66	2.74	YES*
Heart Healthy Eating Behavior	% Healthy	215	45.3%	55.4%	YES*
Heart Healthy Eating Intention	% Healthy	233	47.3%	58.6%	YES*
Physical Activity Level	0–6	243	3.21	3.64	YES*

Adults

Magnet Centers

Twenty-nine Magnet Centers submitted pretest or posttest data for analysis of 54 adult programs. A total of 988 adults participated in these programs, representing an average of 18 participants per program. The programs were a combination of senior programs, city employee programs (usually parks and recreation department staff), general park and recreation programs, and one program at Sierra Vista (AZ), which served developmentally disabled adults. The average length of adult programs was 10 weeks, but ranged from 4 weeks to 10 months.

Magnet Center Adult Programs

State	Magnet Center	Program	Number of Participants ⁶
Arizona	Glendale	Glendale Adult Center I	6
	Sierra Vista	T-Recs	22
Florida	Largo	Healthy Points	18
	Tallahassee	Mature Healthy Hearts 2004	9
	Tamarac	Arthritis & Your Heart	15
		Dancercise Your Heart Healthy Heart	10
		Tamarac Walkfit	25
Georgia	Roswell	Belly Dancing	10
		Sculpt and Stretch	10
	Savannah	Tompkin's Center	21
		Windsor Center's Golden Clogs	25
		Women's Way Out Workout	6
Illinois	Homewood	Dance N' Trim	16
		Hatha Yoga	9
		Healthy Lifestyles 2004	12
	Rockford	Golden Agers	13
		Skyrise	24
Indiana	Bloomington	City Employee Program 2004	22
	Fort Wayne	Summer Playground Staff	17

⁶ This number represents the total number of participants for whom pretest and/or posttest data were submitted, not the number who completed both pre- and posttests.

State	Magnet Center	Program	Number of Participants ⁶
	Gary	Get Up and Play 4 Life	10
		Keep the Beat	7
		Learn 2 Live 4 Life	6
	South Bend	City Employee Hearts N' Parks 2004	34
		Healthy Seniors for Life 2004	10
		South Bend Fire Department Recruits	10
Marines	Cherry Point	Activity Teams I 2004	40
Maryland	Baltimore	Healthy Hearts in Housing	28
		5-a-Day Challenge	25
	Montgomery Co.	Lift Your Way to Stronger Bones	16
		Harmony Hall Adult Aerobics 2004	10
	Prince George's Co.	Wells Ice Rink Adult Skating Class 2004	22
Queen Anne Co.	Walk Across Maryland 2004	52	
Michigan	Adrian	Weight Challenge 2004	23
		Wellness Fan Club Spring 2004	15
Missouri	Jefferson City	City Survivor Challenge III	15
		Maintenance Health and Safety Program	29
	Poplar Bluff	Arthritis Aquatics 2004	18
		Busy Bees	29
	Rolla	Indoor Cycling	13
		Senior Fit	13
	Springfield	Healthy Lifestyles 04–01	25
		Healthy Lifestyles 04–02	10
		Healthy Lifestyles 04–03	8
Nevada	Henderson	50 Days of Fitness	29
	Las Vegas	LVSC Ukulele Nutrition	27
New Mexico	Albuquerque	Heart Healthy Eating for Adults Summer 2004	15
		Heart Healthy Eating for Women Spring 2004	10
		Physical Activity for Adults Summer 2004	12
		Physical Activity for Women Spring 2004	10
	Rio Rancho	Rio Rancho Parks Men	30
	Roswell	Active Roswell Adult Center	36
		Summer Fun & Fitness	7
Ohio	Elyria	Motion to Music	28
		The Active People Cruisin' the Country	26
Total			988

Adult Questionnaire

The adult questionnaire is based on accumulated instruments refined specifically for Hearts N' Parks, such as the CDC's Behavioral Risk Factor Surveillance System (BRFSS) and NHLBI materials. The first four questions of the questionnaire ask the respondent's gender, age group, race, and level of education. Twelve different substantive sections follow. The pretest and posttest are identical.

Heart Healthy Eating Knowledge (6 questions): This section is composed of a series of multiple-choice questions that test respondents' knowledge of proper serving sizes and low-fat diets. Scores represent the percentage of questions answered correctly.

Overweight/Obesity Knowledge (9 questions): A series of true/false questions comprise this section. Adults must decide whether each statement concerning overweight/obesity risks and facts is true or false. Scores are based on the percentage of questions answered correctly.

Heart Healthy Eating Attitude (6 questions): This section is based on a 4-point importance scale ("very," "somewhat," "not too," or "not at all important"), which the respondent uses to indicate how important each of the six healthy eating habits is to him/her. Section scores represent the average of all questions on a 1–4-point scale, where 4 is the best possible score.

Overweight/Obesity Attitude (8 questions): This section is based on a 4-point agree/disagree scale, which reflects a person's predisposition for overweight or obesity. A score of 4 represents the healthiest attitude toward achieving a healthy weight.

Heart Healthy Eating Behavior (7 questions): This section measures the frequency with which adults report making healthy eating choices, such as "low-calorie instead of regular salad dressing." Scores are based on a 0–4-point scale, in which 0 equals "never" and 4 equals "almost always."

Physical Activity Level (7 questions): The questions in this section are designed to measure adults' participation in physical activity, based on past, current, and future levels of activity, plus group activities (e.g., classes, leagues). The maximum number of points achievable in this section is 12.

Physical Activity Attitude (14 questions): The questions in this section are designed to measure how likely respondents are to give excuses for not exercising, based on a 1–4 scale, where 1 equals "very likely" and 4 equals "very unlikely."

Physical Activity Knowledge (12 questions): The questions in this section are designed to measure respondents' knowledge of the need for physical activity, as well as the risks that come with it. Answers are either true or false, and section scores are based on the percentage of correct answers.

High Blood Pressure Knowledge (14 questions): The questions in this section are designed to measure adults' ability to identify the causes of high blood pressure (HBP). The section score represents the percentage of items that the respondents correctly identified as either a cause or not a cause of HBP.

Cholesterol Knowledge (12 questions): The questions in this section are designed to measure adults' ability to identify proper actions to control high blood cholesterol. The section scores represent the percentage of items that the respondents correctly identified as something that either would or would not help control blood cholesterol.

FIT Score: The questions in this section are intended to measure the number of hours adults engaged in each of 14 different types of physical activity over the last 7 days, which are added

up to produce the “FIT score.” A group FIT score is simply the average among those who reported both pre- and post-FIT scores.

SIT Score: This section measures the number of inactive hours spent engaging in each of five different activities (e.g., watching TV, reading, using a computer) over the last 7 days and adds them up to produce the “SIT score.” A group SIT score is simply the average among those who reported both pre- and post-SIT scores.

Age, Gender, Race, and Education Distribution

As in previous years, the largest adult age group participating in Hearts N’ Parks was the older-than-70 group, with the second largest group being 61 to 70 years-old. There was a fairly even distribution among the three age groups that constituted 31 to 60 years-old. As in previous years, women outnumbered men by more than two to one. Whites far outnumbered other racial types at 73 percent, with African Americans coming in second at a far 15 percent. Hispanic participation was higher than all previous years. More than half of the participants reported having obtained at least some college education, 29 percent reported college degrees or graduate education, and slightly more than 90 percent said they were high school graduates.

Age		
	Number	Percent
Under 21 years	13	1.5%
21–30 years	71	8.4%
31–40 years	121	14.4%
41–50 years	116	13.8%
51–60 years	123	14.6%
61–70 years	165	19.6%
Over 70 years	232	27.6%
Total	841	100%
Not Given	9	

Gender		
	Number	Percent
Male	266	31.4%
Female	582	68.6%
Total	848	100%
Not Given	2	

Race

	Number	Percent
White	614	72.7%
African American or Black	126	14.9%
Hispanic	73	8.6%
Asian or Pacific Islander	19	2.2%
American Indian/Alaska Native	7	0.8%
Other	6	0.7%
Total	845	100%
Not Given	5	

Education

	Number	Percent
Less than high school	62	7.6%
High school graduate	285	34.8%
Some college	231	28.2%
College degree	145	17.7%
Some graduate school	33	4.0%
Graduate degree	62	7.6%
Total	818	100%
Not Given	32	

Performance Results

As shown in the following table, adult respondents who completed pretests and posttests across all sites demonstrated significant improvement in every section (including in FIT and SIT scores). Adult respondents, in general, completed their programs with more knowledge about heart healthy eating, overweight/obesity risks, how to engage in physical activity properly, causes of high blood pressure, and controlling high blood cholesterol than they had when they started their programs. By the end of the program, respondents on average considered healthy eating habits to be between “somewhat important” and “very important” to them. At posttest, they were significantly less likely to make excuses for not engaging in physical activity. Self-reported physical activity FIT scores suggest that adults were significantly more active and engaged in more physical activity at posttest than at pretest (for instance, adults spent an average of 3/4 of an hour more walking). Similarly, self-reported adult SIT scores indicate an average of 6 fewer hours spent inactively, such as watching TV (more than 3 hours per week less than pretest).

Adults: 48 Programs

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	659	57.7%	74.9%	YES*
Overweight/Obesity Knowledge	% Correct	615	65.7%	79.0%	YES*
Heart Healthy Eating Attitude	1–4	611	3.19	3.43	YES*
Overweight/Obesity Attitude	1–4	637	2.83	3.04	YES*
Heart Healthy Eating Behavior	0–4	610	2.07	2.47	YES*

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Physical Activity Level	0–12	521	6.37	7.74	YES*
Physical Activity Attitude	1–4	452	3.11	3.29	YES*
Physical Activity Knowledge	% Correct	450	82.5%	92.6%	YES*
High Blood Pressure Knowledge	% Correct	456	55.9%	75.3%	YES*
Cholesterol Knowledge	% Correct	472	68.3%	86.1%	YES*

FIT Score Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
FIT Score	# hours	460	7.65	8.79	YES*
Bicycling	# hours	459	0.21	0.21	YES
Bowling	# hours	458	0.07	0.05	NO
Chores	# hours	458	2.20	2.08	NO
Dancing/aerobics	# hours	459	0.69	0.91	YES
Golfing	# hours	458	0.13	0.14	YES
Jogging/stairs/treadmill	# hours	458	0.58	0.79	YES
Pushups/situps	# hours	458	0.30	0.31	YES
Rollerblading, skating	# hours	458	0.04	0.03	NO
Team or organized sports	# hours	459	0.42	0.44	YES
Walking/hiking	# hours	460	1.87	2.63	YES*
Water sports (swimming)	# hours	458	0.09	0.16	YES
Weightlifting	# hours	458	0.29	0.38	YES
Winter sports (snow skiing)	# hours	458	0.01	0.00	NO
Other physical activities	# hours	458	0.79	0.68	NO

SIT Score Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
SIT Score	# hours	485	31.94	25.32	YES*
TV	# hours	485	12.57	9.21	YES*
Computer	# hours	485	3.61	3.16	YES
Work (nonmanual labor)	# hours	485	10.92	8.84	YES*
Reading	# hours	485	3.28	2.84	YES*
Movies	# hours	485	1.57	1.27	YES

Note: To keep the report at a manageable length, all further adult results tables provide only the **total** FIT and SIT scores, which are a compilation of all individual activities.

Adult Results, by Gender

Women outnumbered men in Hearts N’ Parks programs by a ratio of more than two to one, so the overall results are weighted heavily by the women’s scores. Both women and men showed significant improvement in all areas except for men whose improvement in FIT scores was not statistically significant (see tables below). The magnitude of these improvements was similar except in a couple of areas: Women improved their “Cholesterol Knowledge” more and men

started out scoring less in “Overweight/Obesity Attitude” at pretest and improved more than women to test similarly to women at posttest. No other sections showed significant differences when comparing the degree of improvement for men and women in Hearts N’ Parks programs. Regardless of improvement, however, women scored better than men at both pre- and posttest in “Physical Activity Level” and “Heart Healthy Eating Attitude and Behavior.”

Adults: Men

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	218	55.7%	74.3%	YES*
Overweight/Obesity Knowledge	% Correct	212	65.9%	79.1%	YES*
Heart Healthy Eating Attitude	1–4	210	3.05	3.35	YES*
Overweight/Obesity Attitude	1–4	212	2.72	3.04	YES*
Heart Healthy Eating Behavior	0–4	204	1.86	2.35	YES*
Physical Activity Level	0–12	156	6.12	7.61	YES*
Physical Activity Attitude	1–4	143	3.15	3.32	YES*
Physical Activity Knowledge	% Correct	135	82.5%	91.7%	YES*
High Blood Pressure Knowledge	% Correct	116	56.3%	73.4%	YES*
Cholesterol Knowledge	% Correct	147	71.6%	84.3%	YES*
FIT Score	# Hours	140	8.23	8.95	YES
SIT Score	# Hours	142	33.37	27.49	YES*

Adults: Women

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	441	58.6%	75.3%	YES*
Overweight/Obesity Knowledge	% Correct	403	65.6%	78.9%	YES*
Heart Healthy Eating Attitude	1–4	401	3.26	3.48	YES*
Overweight/Obesity Attitude	1–4	425	2.89	3.04	YES*
Heart Healthy Eating Behavior	0–4	406	2.18	2.54	YES*
Physical Activity Level	0–12	365	6.48	7.80	YES*
Physical Activity Attitude	1–4	309	3.09	3.27	YES*
Physical Activity Knowledge	% Correct	315	82.5%	93.0%	YES*
High Blood Pressure Knowledge	% Correct	340	55.8%	75.9%	YES*
Cholesterol Knowledge	% Correct	325	66.8%	86.9%	YES*
FIT Score	# Hours	319	7.41	8.75	YES*
SIT Score	# Hours	342	31.31	24.49	YES*

Adults by Age Group: Seniors versus Adults 60 Years and Younger

By separating adults into two age groups—seniors (older than 60 years) and adults 60 years and younger (see the following tables)—we see that both groups improved significantly in virtually all sections. However, there were significant differences between the two age groups. The younger group scored better at pretest in knowledge of “Overweight/Obesity,” “Physical Activity,” and “High Blood Pressure;” but the older adult group improved significantly more

than the younger group in exactly these areas. The older adult group scored better at “Heart Healthy Eating and Overweight/Obesity Attitude” at both pre- and posttests. The younger group also engaged in more sedentary activities (according to SIT score) and had worse self-reported “Heart Healthy Eating Behavior” at both pre- and posttests.

Adults: Seniors (Older Than 60)

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	334	57.7%	75.5%	YES*
Overweight/Obesity Knowledge	% Correct	294	64.4%	80.2%	YES*
Heart Healthy Eating Attitude	1–4	291	3.24	3.47	YES*
Overweight/Obesity Attitude	1–4	316	2.91	3.11	YES*
Heart Healthy Eating Behavior	0–4	294	2.29	2.62	YES*
Physical Activity Level	0–12	247	6.50	7.97	YES*
Physical Activity Attitude	1–4	191	3.11	3.33	YES*
Physical Activity Knowledge	% Correct	196	79.9%	93.6%	YES*
High Blood Pressure Knowledge	% Correct	231	53.6%	77.1%	YES*
Cholesterol Knowledge	% Correct	215	68.4%	88.2%	YES*
FIT Score	# Hours	175	7.56	9.03	YES*
SIT Score	# Hours	181	26.92	21.77	YES*

Adults: 60 and Younger

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	324	57.6%	74.4%	YES*
Overweight/Obesity Knowledge	% Correct	320	66.9%	77.8%	YES*
Heart Healthy Eating Attitude	1–4	319	3.14	3.39	YES*
Overweight/Obesity Attitude	1–4	320	2.75	2.97	YES*
Heart Healthy Eating Behavior	0–4	315	1.87	2.34	YES*
Physical Activity Level	0–12	273	6.27	7.54	YES*
Physical Activity Attitude	1–4	260	3.11	3.26	YES*
Physical Activity Knowledge	% Correct	253	84.6%	91.8%	YES*
High Blood Pressure Knowledge	% Correct	224	58.3%	73.4%	YES*
Cholesterol Knowledge	% Correct	256	68.2%	84.3%	YES*
FIT Score	# Hours	281	7.57	8.76	YES ⁷
SIT Score	# Hours	299	34.93	27.71	YES*

Adult Results, by Education

Adult scores were sorted into two groups—participants who do not have college-level educations, and participants who have at least some college education—and analyzed for differences (see the following tables). Both groups improved significantly in virtually all areas (see tables below). In general, adults with some college education scored higher at both pre- and

⁷ The statistical significance for 60 and younger improvement in FIT score was 0.053.

posttests in several areas including “Overweight/Obesity Attitude,” “Physical Activity Attitude,” “Physical Activity Level,” and self-reported “Heart Healthy Eating Behavior.” However, while they also scored higher at pretest in all the knowledge sections, adults without a college education showed significantly more progress in learning about “Overweight/Obesity,” “Physical Activity,” “High Blood Pressure,” and “Cholesterol” to score similarly to their counterparts at posttest.

Adults: No College Education

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	278	55.2%	73.8%	YES*
Overweight/Obesity Knowledge	% Correct	261	63.5%	79.0%	YES*
Heart Healthy Eating Attitude	1–4	258	3.16	3.44	YES*
Overweight/Obesity Attitude	1–4	269	2.74	2.97	YES*
Heart Healthy Eating Behavior	0–4	257	1.90	2.33	YES*
Physical Activity Level	0–12	219	5.66	7.34	YES*
Physical Activity Attitude	1–4	186	2.99	3.19	YES*
Physical Activity Knowledge	% Correct	182	77.5%	91.8%	YES*
High Blood Pressure Knowledge	% Correct	181	50.8%	76.6%	YES*
Cholesterol Knowledge	% Correct	196	64.8%	86.6%	YES*
FIT Score	# Hours	149	7.48	9.77	YES*
SIT Score	# Hours	168	30.38	25.02	YES*

Adults: Some College Education

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	376	59.4%	75.8%	YES*
Overweight/Obesity Knowledge	% Correct	349	67.5%	79.0%	YES*
Heart Healthy Eating Attitude	1–4	348	3.21	3.43	YES*
Overweight/Obesity Attitude	1–4	363	2.91	3.10	YES*
Heart Healthy Eating Behavior	0–4	348	2.20	2.58	YES*
Physical Activity Level	0–12	302	6.89	8.04	YES*
Physical Activity Attitude	1–4	266	3.20	3.36	YES*
Physical Activity Knowledge	% Correct	268	86.0%	93.1%	YES*
High Blood Pressure Knowledge	% Correct	270	59.4%	74.6%	YES*
Cholesterol Knowledge	% Correct	272	70.9%	85.7%	YES*
FIT Score	# Hours	307	7.61	8.43	YES
SIT Score	# Hours	313	32.74	25.80	YES*

V. Analysis of 2002, 2003, and 2004 Data

This section of the report is intended to illustrate if and how the results of the Hearts N' Parks programs differed across the 3 years (2002, 2003, and 2004), and to identify the overall effects of Hearts N' Parks from pretest to posttest during these years. More specifically, this section addresses the following questions:

1. Was there an overall improvement in pretest-to-posttest scores over the 3 years?

This analysis will look at the overall effectiveness of the program by evaluating pretest and posttest scores improvement using an analysis of variance model that can control for the effect of separate years.

2. Was the improvement in pretest-to-posttest scores different in different years?

This analysis will test whether the magnitude of the improvement in scores differed in 2002 versus 2003 versus 2004. For instance, it may be possible that the magnitude of improvement in pretest-to-posttest scores in 2004 was greater than the magnitude of improvement observed in 2003.

3. Were the average scores of the 2004 participants significantly different from the average scores of the 2002 or 2003 participants?

This analysis will look at the combined (average) pre- and posttest scores of participants to see if they differed between years. This analysis will control for the effect of pretest/posttest change in understanding the data.

These three analyses were carried out using analysis of variance (ANOVA), which allows the control of specific classifications of data (e.g., separate years, pretest, and posttest) and the analysis of the effects of those classifications simultaneously.

The following tables indicate the pre- and posttest scores for each section within each age group by year. This is followed by three columns indicating the answers to the questions listed above based on ANOVA, and labeled as follows:

- **Pre- and Postimprovement (controlling for year effect)**—This column indicates whether participant scores improved from pretest to posttest (controlling for any differences over the 3 years), and whether that improvement was statistically significant ($p < .05$).
- **Year with Greater Improvement**—This column indicates which year's participants made the greatest improvement from pretest to posttest, and whether the difference in improvement was statistically significant.
- **Year with Best Scores (controlling for pre- and postchange)**—This column indicates which year's participants achieved the best scores (controlling for pretest and posttest differences), and whether the difference between years was statistically significant.

The children’s sections “Things I Like and Things I Do” and “Things I Learned and Did Last Summer” are analyzed by year only, using a one-way ANOVA (an extension of the independent sample t-tests), since they have no direct pretest or posttest comparison.

Children

In the following table, each heart healthy eating and physical activity section in 2002, 2003, and 2004 shows significant improvement from pretest to posttest after controlling for year.

When comparing the level of improvement by year, however, the magnitude of increase was different across the years only for “Heart Healthy Eating Knowledge and Intention;” the highest improvements for these sections were in 2003 and 2002 respectively.

Controlling for any pretest or posttest changes, 2004 scores were significantly higher than the other 2 years’ scores in knowledge, self-reported behavior, and intention regarding heart healthy eating.

				Pre- and Post-Improvement (controlling for year effect)	Year with Greatest Improvement	Year with Best Scores (controlling for pre- and postchange)
Heart Healthy Eating Knowledge	N	Pre Mean	Post Mean	(* if difference is statistically significant)		
2002	789	74.3%	81.8%			
2003	1,735	58.9%	85.2%	YES*	2003*	2004*
2004	1,772	76.7%	85.5%			
Heart Healthy Eating Behavior						
2002	783	48.1%	62.3%			
2003	1,720	41.0%	55.4%	YES*	2003	2004*
2004	1,759	53.6%	65.9%			
Heart Healthy Eating Intention						
2002	832	43.9%	62.9%			
2003	1,731	38.1%	53.0%	YES*	2002*	2004*
2004	1,758	50.6%	64.2%			
Physical Activity Attitude						
2002	872	8.91	9.15			
2003	1,276	8.90	9.30	YES*	2004	2003
2004	1,581	8.83	9.27			

For the children’s sections called “Things I Like and Things I Do” and “Things I Learned and Did,” there is no pretest or posttest comparison because the questions are not identical in pretest and posttest. Therefore, to compare the scores across the 3 years, a one-way ANOVA is used for each section (p<.05).

According to the following table, 2002 participants reported significantly higher numbers of activities than 2003 or 2004 participants for the things they “like to do” and “have done in the past week” before the program began. At the end of the program, 2004 participants reported significantly more things they “learned new” and “would like to play again;” and 2002 participants reported significantly more things they “got better at.”

Things I Like and Things I Do/ Things I Learned and Did	2002			2003			2004			Year with Best Scores (* if significant difference)
	N	Pre Mean	Post Mean	N	Pre Mean	Post Mean	N	Pre Mean	Post Mean	
I like to do this	824	8.98		1,310	8.56		1,865	8.52		2002*
I have done this in the past week	824	4.40		1,310	4.03		1,865	3.77		2002*
I would like to learn how to do this	824	2.64		1,310	2.82		1,865	2.71		2003
Something new I learned	824		5.04	1,310		5.24	1,744		5.36	2004*
I got better at this	824		6.93	1,310		4.89	1,744		5.34	2002*
I would like to play this again	824		5.68	1,310		5.65	1,744		6.08	2004*

Adolescents

Among adolescents there were significant pretest-to-posttest improvements in almost all tested areas including “Heart Healthy Eating Knowledge,” self-reported “Heart Healthy Behavior, Attitude, and Intention,” as well as “Overweight/Obesity Knowledge,” after controlling for year. The only score that did not improve was Overweight/Obesity Attitude.

Comparing the level of improvement by year, 2004 adolescent participants showed significantly greater improvement than 2002 or 2003 participants in “Overweight/Obesity Attitude.” Adolescents in 2002, however, showed significantly greater improvement in “Heart Healthy Eating Attitude” than 2003 or 2004 participants and adolescents in 2003 showed the greatest improvement in “Heart Healthy Eating Intention.”

After controlling for pretest and posttest changes, 2002 participants achieved significantly higher scores than other years in “Overweight/Obesity Knowledge,” 2003 participants achieved significantly higher scores in “Overweight/Obesity Attitude,” and 2004 participants earned significantly higher scores in “Heart Healthy Eating Knowledge.”

				Pre- and Post-Improvement (controlling for year effect)	Year with Greatest Improvement	Year with Best Scores (controlling for pre- and postchange)
Heart Healthy Eating Knowledge						
	N	Pre Mean	Post Mean	(* if difference is statistically significant)		
2002	92	74.6%	77.6%			
2003	341	77.0%	85.0%	YES*	2003	2004*
2004	492	78.3%	85.5%			
Overweight/Obesity Knowledge						
2002	83	61.8%	68.9%			
2003	349	59.1%	64.3%	YES*	2002	2002*
2004	518	61.6%	66.1%			
Heart Healthy Eating Attitude						
2002	93	2.63	2.93			
2003	367	2.74	2.83	YES*	2002*	2004
2004	500	2.75	2.87			
Overweight/Obesity Attitude						
2002	91	2.52	2.34			
2003	363	2.67	2.74	NO	2004*	2003*
2004	513	2.65	2.73			
Heart Healthy Eating Behavior						
2002	89	36.4%	56.1%			
2003	327	43.4%	58.6%	YES*	2002	2004
2004	476	44.6%	59.8%			
Heart Healthy Eating Intention						
2002	91	44.6%	60.0%			
2003	367	43.8%	60.2%	YES*	2003*	2002
2004	513	45.4%	56.6%			
Physical Activity Level						
2002	91	3.45	3.75			
2003	350	3.30	3.40	YES*	2004*	2002
2004	492	3.36	3.79			

Adults

Adult participants showed a statistically significant improvement from pretest to posttest in every section of the questionnaire, after controlling for year.

Comparing the level of improvement by year, 2004 adults demonstrated significantly greater improvement than adults in other program years in 8 out of 12 sections (including knowledge, attitude, and behavior). SIT score improvement was best in 2002.

After controlling for pretest and posttest differences, overall scores were statistically different across the years in 9 out of 12 sections; the only sections without significant differences were “Heart Healthy Eating Attitude,” “Physical Activity Knowledge,” and FIT score. For the most part, the highest overall scores were in 2003; the exceptions were “Overweight/Obesity Knowledge” (2004), “Overweight/Obesity Attitude” (2004), and SIT score (2002).

				Pre- and Post-Improvement (controlling for year effect)	Year with Greatest Improvement	Year with Best Scores (controlling for pre- and postchange)
Heart Healthy Eating Knowledge						
	N	Pre Mean	Post Mean	(* if difference is statistically significant)		
2002	292	61.9%	70.8%			
2003	818	58.2%	70.5%	YES*	2004*	2002 and 2004*
2004	659	57.7%	74.9%			
Overweight/Obesity Knowledge						
2002	290	66.0%	72.1%			
2003	797	66.6%	75.9%	YES*	2004*	2004*
2004	615	65.7%	79.0%			
Heart Healthy Eating Attitude						
2002	289	3.26	3.40			
2003	773	3.22	3.39	YES*	2004*	2002
2004	611	3.19	3.43			
Overweight/Obesity Attitude						
2002	292	2.76	2.90			
2003	781	2.82	2.95	YES*	2004*	2004*
2004	637	2.83	3.04			
Heart Healthy Eating Behavior						
2002	290	2.14	2.36			
2003	757	2.27	2.54	YES*	2004*	2003*
2004	610	2.07	2.47			
Physical Activity Level						
2002	324	5.74	6.96			
2003	717	6.98	8.06	YES*	2004	2003*
2004	521	6.37	7.74			
Physical Activity Attitude						
2002	315	2.94	3.16			
2003	647	3.15	3.29	YES*	2002	2003*
2004	452	3.11	3.29			
Physical Activity Knowledge						
2002	309	83.9%	90.6%			
2003	689	85.2%	90.7%	YES*	2004*	2003
2004	450	82.5%	92.6%			

				Pre- and Post-Improvement (controlling for year effect)	Year with Greatest Improvement	Year with Best Scores (controlling for pre- and postchange)
High Blood Pressure Knowledge						
2002	296	57.4%	64.0%			
2003	597	59.3%	73.4%	YES*	2004*	2003*
2004	456	55.9%	75.3%			
Cholesterol Knowledge						
2002	290	71.5%	78.0%			
2003	566	71.8%	83.8%	YES*	2004*	2003*
2004	472	68.3%	86.1%			
FIT Score						
2002	250	7.62	9.56			
2003	593	7.41	8.58	YES*	2002	2002
2004	460	7.65	8.79			
SIT Score						
2002	259	40.10	31.89			
2003	617	34.65	31.23	YES*	2002*	2004*
2004	485	31.94	25.32			

VI. Conclusion

Based on the results of the 168 programs presented in Chapters IV–V of this report, the 2004 Hearts N’ Parks program was a success. **All** indicators of heart healthy eating knowledge, attitudes, self-reported behavior, and physical activity—measured among approximately 3,573 participants before and after their programs—demonstrated significant improvement from pretest to posttest.

- In children’s programming, children reported learning a wide range of new activities during the programs—an average of five per child. Pre- and posttest results indicated significant improvement by children in all areas of heart healthy eating, which included knowledge, self-reported behavior, intention, and physical activity attitude—suggesting increased ability and willingness of children to identify and choose healthy foods over less healthy ones and engage in physical activities.
- Adolescent programs also showed significant improvements in all seven performance areas, most notably in the categories of “Physical Activity Level,” “Heart Healthy Eating Behavior,” and “Heart Healthy Eating Attitude.”
- Adult program participants finished their programs with more knowledge in all the tested categories: heart healthy nutrition, overweight/obesity risks, engaging in proper physical activity, causes of high blood pressure, and controlling high blood cholesterol. Posttest scores suggest far healthier attitudes toward overweight/obesity, eating habits, and physical activity; a significant increase in how frequently adults report making healthy food choices; and significantly increased time reported doing moderate physical activity.

In fact, Hearts N’ Parks programs were successful over all 3 years. HNP programming spanned 11 States and served 1,919 participants in 2002, 3,716 in 2003, and 3,772 in 2004. Each year the number of programs grew—from 68 in 2002, to 142 in 2003 and 177 in 2004, totaling 387 number of programs over the 3 years.

- Across the 3-year period (2002–2004), children showed improvement in every section of the questionnaire (excluding “Things I Like and Things I Do” and “Things I Learned and Did Last Summer,” which cannot be analyzed for pretest-to-posttest change).
- Across the years, adolescents’ scores improved in almost all sections. While most improvements were similar, adolescents in 2004 improved more in “Overweight/Obesity Attitude” and in 2003 improved the greatest in “Heart Healthy Eating Intention.”
- All adult scores improved from pretest to posttest across all 3 years. These improvements were the highest in the last year of programming—2004 adult participants had the highest improvements in 8 out of 12 sections.

The results of the 3 full years of Hearts N’ Parks demonstrate the ability of community-based organizations such as park and recreation departments to positively impact heart healthy knowledge and, potentially, behavior changes among residents of all ages. The success of the programs is in large part due to the dedication of park and recreation professionals who are

committed to educating the community about the principles of heart healthy eating and physical activity. Many have become role models for heart healthy behavior and have worked tirelessly to engage their communities in this effort.

VII. Appendix

Individual Program Results

ARIZONA

GLENDALE

CHILD PROGRAM—Glendale, AZ—Burton Elementary School Program

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	6	66.7%	90.5%	YES
Heart Healthy Eating Behavior	% Healthy	6	65.9%	92.9%	YES*
Heart Healthy Eating Intention	% Healthy	6	52.8%	90.5%	YES*
Physical Activity Attitude	0–12	6	8.67	8.83	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	6	10.83	
I have done this in the past week	# Activities	6	3.17	
I would like to learn how to do this	# Activities	6	0.50	
Something new I learned	# Activities	6		9.50
I got better at this	# Activities	6		3.33
I would like to play this again	# Activities	6		3.50

CHILD PROGRAM—Glendale, AZ—Katchina Elementary Hearts N' Parks Program

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	15	62.9%	86.7%	YES*
Heart Healthy Eating Behavior	% Healthy	15	68.6%	89.5%	YES*
Heart Healthy Eating Intention	% Healthy	15	60.0%	94.3%	YES*
Physical Activity Attitude	0–12	15	9.13	9.93	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	16	10.06	
I have done this in the past week	# Activities	16	3.69	
I would like to learn how to do this	# Activities	16	2.94	
Something new I learned	# Activities	16		5.63
I got better at this	# Activities	16		4.44
I would like to play this again	# Activities	16		5.75

ADULT PROGRAM—Glendale, AZ—Glendale Adult Center I

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	6	68.3%	97.2%	YES*
Overweight/Obesity Knowledge	% Correct	6	66.7%	90.7%	YES*
Heart Healthy Eating Attitude	1–4	6	3.17	3.83	YES*
Overweight/Obesity Attitude	1–4	6	2.98	3.57	YES*
Heart Healthy Eating Behavior	0–4	6	2.66	2.93	YES
Physical Activity Level	0–12	6	10.17	10.67	YES
Physical Activity Attitude	1–4	6	3.40	3.79	YES
Physical Activity Knowledge	% Correct	6	93.1%	91.7%	NO
High Blood Pressure Knowledge	% Correct	6	54.4%	85.7%	YES*
Cholesterol Knowledge	% Correct	6	76.4%	83.3%	YES
FIT Score	# Hours	5	5.20	6.70	YES*
SIT Score	# Hours	5	44.60	37.30	YES

PHOENIX

CHILD PROGRAM—Phoenix, AZ—Eat Well, Be Well at Stardust

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	16	77.7%	95.5%	YES*
Heart Healthy Eating Behavior	% Healthy	16	34.5%	66.7%	YES*
Heart Healthy Eating Intention	% Healthy	16	31.4%	61.5%	YES*

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	17	9.12	
I have done this in the past week	# Activities	17	7.88	
I would like to learn how to do this	# Activities	17	8.18	
Something new I learned	# Activities	16		2.56
I got better at this	# Activities	16		4.50
I would like to play this again	# Activities	16		10.38

CHILD PROGRAM—Phoenix, AZ—Sheely Farms Project

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	19	35.3%	77.4%	YES*
Heart Healthy Eating Behavior	% Healthy	19	31.0%	50.6%	YES*
Heart Healthy Eating Intention	% Healthy	20	29.2%	51.2%	YES*

SIERRA VISTA

CHILD PROGRAM—Sierra Vista, AZ—Starting Smart Child

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	16	80.4%	84.8%	YES
Heart Healthy Eating Behavior	% Healthy	16	58.9%	59.8%	YES
Heart Healthy Eating Intention	% Healthy	16	54.5%	65.2%	YES
Physical Activity Attitude	0–12	15	8.73	9.87	YES*

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	16	7.50	
I have done this in the past week	# Activities	16	4.00	
I would like to learn how to do this	# Activities	16	3.44	
Something new I learned	# Activities	16		4.81
I got better at this	# Activities	16		3.63
I would like to play this again	# Activities	16		3.13

ADOLESCENT PROGRAM—Sierra Vista, AZ—Starting Smart Adolescent

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	11	81.8%	86.4%	YES
Overweight/Obesity Knowledge	% Correct	12	68.5%	65.7%	NO
Heart Healthy Eating Attitude	1–4	11	2.79	2.81	YES
Overweight/Obesity Attitude	1–4	12	2.66	2.73	YES
Heart Healthy Eating Behavior	% Healthy	11	54.6%	63.6%	YES
Heart Healthy Eating Intention	% Healthy	12	48.8%	54.8%	YES
Physical Activity Level	0–6	12	4.58	5.08	YES

SPECIAL ADULT PROGRAM—Sierra Vista, AZ—T-Recs*

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	21	87.1%	88.4%	YES
Heart Healthy Eating Behavior	% Healthy	21	67.4%	76.2%	YES
Heart Healthy Eating Intention	% Healthy	21	64.6%	76.9%	YES*
Physical Activity Attitude	0–12	21	7.29	8.00	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	22	8.95	
I have done this in the past week	# Activities	22	4.05	
I would like to learn how to do this	# Activities	22	3.82	
Something new I learned	# Activities	21		5.71
I got better at this	# Activities	21		4.38
I would like to play this again	# Activities	21		5.86

* T-Recs participants were developmentally disabled adults. Child pre- and posttests were administered to these adults because the questions best matched their cognitive abilities and skills.

FLORIDA

LARGO

ADULT PROGRAM—Largo, FL—Healthy Points

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	18	62.8%	56.5%	NO
Overweight/Obesity Knowledge	% Correct	18	60.6%	66.5%	YES
Heart Healthy Eating Attitude	1–4	18	3.31	3.13	NO
Overweight/Obesity Attitude	1–4	18	3.05	3.03	NO
Heart Healthy Eating Behavior	0–4	18	2.96	2.97	YES
Physical Activity Level	0–12	18	7.33	6.22	NO
Physical Activity Attitude	1–4	18	3.47	3.43	NO
Physical Activity Knowledge	% Correct	18	88.9%	89.8%	YES
High Blood Pressure Knowledge	% Correct	13	59.3%	51.6%	NO
Cholesterol Knowledge	% Correct	14	82.7%	73.7%	NO

LEE COUNTY

CHILD PROGRAM—Lee County, FL—Matlacha Summer Camp

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	26	83.1%	83.0%	NO
Heart Healthy Eating Behavior	% Healthy	26	38.0%	49.0%	YES*
Heart Healthy Eating Intention	% Healthy	27	33.0%	48.7%	YES*
Physical Activity Attitude	0–12	27	9.15	9.15	NO

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	28	8.68	
I have done this in the past week	# Activities	28	4.21	
I would like to learn how to do this	# Activities	28	1.82	
Something new I learned	# Activities	26		2.54
I got better at this	# Activities	26		4.04
I would like to play this again	# Activities	26		7.35

CHILD PROGRAM—Lee County, FL—North Park Summer Camp

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	50	78.6%	82.3%	YES
Heart Healthy Eating Behavior	% Healthy	50	39.1%	78.0%	YES*
Heart Healthy Eating Intention	% Healthy	50	38.6%	73.4%	YES*
Physical Activity Attitude	0–12	50	8.80	8.38	NO

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	50	10.38	
I have done this in the past week	# Activities	50	4.72	
I would like to learn how to do this	# Activities	50	3.34	
Something new I learned	# Activities	50		7.28
I got better at this	# Activities	50		8.54
I would like to play this again	# Activities	50		8.74

CHILD PROGRAM—Lee County, FL—Schandler Hall Summer Camp 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	28	79.6%	91.3%	YES*
Heart Healthy Eating Behavior	% Healthy	28	55.6%	63.3%	YES
Heart Healthy Eating Intention	% Healthy	28	52.0%	66.3%	YES*
Physical Activity Attitude	0–12	28	8.57	9.25	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	27	10.48	
I have done this in the past week	# Activities	27	2.93	
I would like to learn how to do this	# Activities	27	2.07	
Something new I learned	# Activities	28		3.43
I got better at this	# Activities	28		7.50
I would like to play this again	# Activities	28		5.39

ADOLESCENT PROGRAM—Lee County, FL—Teen Summer Camp

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	27	61.5%	88.8%	YES*
Overweight/Obesity Knowledge	% Correct	27	60.9%	62.1%	YES
Heart Healthy Eating Attitude	1–4	27	2.60	2.85	YES
Overweight/Obesity Attitude	1–4	27	2.46	2.89	YES*
Heart Healthy Eating Behavior	% Healthy	27	31.0%	73.2%	YES*
Heart Healthy Eating Intention	% Healthy	27	39.2%	60.9%	YES*
Physical Activity Level	0–6	27	3.52	3.96	YES

OLDSMAR

CHILD PROGRAM—Oldsmar, FL—Rec Center Kids

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	20	75.0%	85.0%	YES
Heart Healthy Eating Behavior	% Healthy	20	46.4%	76.4%	YES*
Heart Healthy Eating Intention	% Healthy	20	47.1%	73.6%	YES*
Physical Activity Attitude	0–12	20	8.95	8.75	NO

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	25	6.76	
I have done this in the past week	# Activities	25	3.24	
I would like to learn how to do this	# Activities	25	3.12	
Something new I learned	# Activities	20		3.25
I got better at this	# Activities	20		5.95
I would like to play this again	# Activities	20		7.30

CHILD PROGRAM—Oldsmar, FL—Summer Camp 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	14	56.3%	47.6%	NO
Heart Healthy Eating Behavior	% Healthy	14	43.3%	47.5%	YES
Heart Healthy Eating Intention	% Healthy	14	36.9%	39.5%	YES
Physical Activity Attitude	0–12	14	8.00	8.29	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	38	8.32	
I have done this in the past week	# Activities	38	3.32	
I would like to learn how to do this	# Activities	38	2.16	
Something new I learned	# Activities	14		4.64
I got better at this	# Activities	14		5.57
I would like to play this again	# Activities	14		3.36

ADOLESCENT PROGRAM—Oldsmar, FL—Rec Center Teens

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	18	77.7%	76.2%	NO
Overweight/Obesity Knowledge	% Correct	20	60.9%	68.3%	YES
Heart Healthy Eating Attitude	1–4	20	2.77	2.69	NO
Overweight/Obesity Attitude	1–4	20	2.31	2.53	YES
Heart Healthy Eating Behavior	% Healthy	17	37.1%	53.7%	YES
Heart Healthy Eating Intention	% Healthy	20	38.9%	45.0%	YES
Physical Activity Level	0–6	19	3.53	4.16	YES

TALLAHASSEE

CHILD PROGRAM—Tallahassee, FL—Healthy Kids 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	6	88.1%	92.9%	YES
Heart Healthy Eating Behavior	% Healthy	6	64.3%	88.1%	YES
Heart Healthy Eating Intention	% Healthy	6	61.9%	83.3%	YES
Physical Activity Attitude	0–12	5	10.00	10.40	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	5	7.00	
I have done this in the past week	# Activities	5	5.00	
I would like to learn how to do this	# Activities	5	1.80	
Something new I learned	# Activities	5		0.80
I got better at this	# Activities	5		7.00
I would like to play this again	# Activities	5		7.40

CHILD PROGRAM—Tallahassee, FL—Healthy Young Hearts 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	7	77.6%	100.0%	YES*
Heart Healthy Eating Behavior	% Healthy	7	57.1%	71.0%	YES
Heart Healthy Eating Intention	% Healthy	6	57.1%	66.7%	YES
Physical Activity Attitude	0–12	7	8.86	9.71	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	7	8.86	
I have done this in the past week	# Activities	7	5.00	
I would like to learn how to do this	# Activities	7	5.14	
Something new I learned	# Activities	7		2.86
I got better at this	# Activities	7		0.57
I would like to play this again	# Activities	7		10.43

ADOLESCENT PROGRAM—Tallahassee, FL—Healthy Adolescent 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	9	86.1%	85.2%	NO
Overweight/Obesity Knowledge	% Correct	9	71.6%	63.0%	NO*
Heart Healthy Eating Attitude	1–4	8	2.48	2.75	YES*
Overweight/Obesity Attitude	1–4	8	2.72	2.91	YES
Heart Healthy Eating Behavior	% Healthy	7	37.5%	50.0%	YES
Heart Healthy Eating Intention	% Healthy	8	40.8%	51.8%	YES
Physical Activity Level	0–6	8	5.13	5.25	YES

ADULT PROGRAM—Tallahassee, FL—Mature Healthy Hearts 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	3	55.6%	61.1%	YES
Overweight/Obesity Knowledge	% Correct	3	74.1%	63.0%	NO
Heart Healthy Eating Attitude	1–4	3	3.44	3.50	YES
Overweight/Obesity Attitude	1–4	3	2.81	2.86	YES
Heart Healthy Eating Behavior	0–4	3	2.13	2.09	NO
Physical Activity Level	0–12	3	7.00	6.00	NO
Physical Activity Attitude	1–4	3	3.50	3.44	NO
Physical Activity Knowledge	% Correct	3	94.4%	97.2%	YES
High Blood Pressure Knowledge	% Correct	3	50.0%	59.5%	YES
Cholesterol Knowledge	% Correct	2	62.5%	70.8%	YES
FIT Score	# Hours	8	6.44	4.44	NO
SIT Score	# Hours	8	31.38	35.06	NO

TAMARAC

CHILD PROGRAM—Tamarac, FL—Kids Fall Shape Up

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	20	73.6%	86.4%	YES*
Heart Healthy Eating Behavior	% Healthy	20	51.4%	93.6%	YES*
Heart Healthy Eating Intention	% Healthy	20	44.3%	85.7%	YES*
Physical Activity Attitude	0–12	20	10.05	11.65	YES*

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	20	10.05	
I have done this in the past week	# Activities	20	8.50	
I would like to learn how to do this	# Activities	20	1.40	
Something new I learned	# Activities	20		4.90
I got better at this	# Activities	20		8.30
I would like to play this again	# Activities	20		6.50

CHILD PROGRAM—Tamarac, FL—Kids Summer Shape Up

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	15	75.2%	77.1%	YES
Heart Healthy Eating Behavior	% Healthy	15	67.6%	75.2%	YES
Heart Healthy Eating Intention	% Healthy	15	64.8%	77.1%	YES*
Physical Activity Attitude	0–12	15	9.73	9.20	NO

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	15	10.27	
I have done this in the past week	# Activities	15	2.87	
I would like to learn how to do this	# Activities	15	1.87	
Something new I learned	# Activities	15		6.60
I got better at this	# Activities	15		5.27
I would like to play this again	# Activities	15		3.20

ADOLESCENT PROGRAM—Tamarac, FL—Are You Staying Fit?

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	12	69.4%	75.7%	YES
Overweight/Obesity Knowledge	% Correct	12	56.5%	57.4%	YES
Heart Healthy Eating Attitude	1–4	12	3.48	3.48	YES
Overweight/Obesity Attitude	1–4	12	2.77	2.78	YES
Heart Healthy Eating Behavior	% Healthy	12	84.4%	95.8%	YES*
Heart Healthy Eating Intention	% Healthy	12	90.5%	97.6%	YES*
Physical Activity Level	0–6	12	3.75	3.83	YES

ADULT PROGRAM—Tamarac, FL—Arthritis & Your Heart

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	15	48.0%	92.2%	YES*
Overweight/Obesity Knowledge	% Correct	14	60.9%	95.2%	YES*
Heart Healthy Eating Attitude	1–4	14	3.37	3.82	YES*
Overweight/Obesity Attitude	1–4	14	3.03	3.33	YES
Heart Healthy Eating Behavior	0–4	14	2.42	2.59	YES*
Physical Activity Level	0–12	14	8.00	9.14	YES*
Physical Activity Attitude	1–4	11	3.09	3.18	YES*
Physical Activity Knowledge	% Correct	15	79.8%	90.6%	YES*
High Blood Pressure Knowledge	% Correct	13	57.3%	93.4%	YES*
Cholesterol Knowledge	% Correct	13	69.8%	87.8%	YES*
FIT Score	# Hours	13	9.19	11.51	YES*
SIT Score	# Hours	13	29.96	25.58	YES*

ADULT PROGRAM—Tamarac, FL—Dancercise Your Heart Healthy Heart

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	9	44.8%	100.0%	YES*
Overweight/Obesity Knowledge	% Correct	8	58.5%	100.0%	YES*
Heart Healthy Eating Attitude	1–4	8	3.42	3.88	YES*
Overweight/Obesity Attitude	1–4	8	2.95	3.38	YES
Heart Healthy Eating Behavior	0–4	8	2.4417	2.4417	NO*
Physical Activity Level	0–12	8	8.50	9.25	YES
Physical Activity Attitude	1–4	6	3.02	3.04	YES
Physical Activity Knowledge	% Correct	9	75.6%	91.7%	YES*
High Blood Pressure Knowledge	% Correct	8	56.1%	92.9%	YES*
Cholesterol Knowledge	% Correct	8	72.7%	83.3%	YES*

ADULT PROGRAM—Tamarac, FL—Tamarac Walkfit

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	25	60.0%	75.3%	YES*
Overweight/Obesity Knowledge	% Correct	13	65.0%	76.9%	YES*
Heart Healthy Eating Attitude	1–4	12	3.18	3.38	YES*
Overweight/Obesity Attitude	1–4	13	3.00	3.18	YES
Heart Healthy Eating Behavior	0–4	12	2.92	3.22	YES*
Physical Activity Level	0–12	13	10.38	11.00	YES
Physical Activity Attitude	1–4	13	3.83	3.84	YES
Physical Activity Knowledge	% Correct	13	92.3%	94.9%	YES
High Blood Pressure Knowledge	% Correct	16	59.2%	80.2%	YES*
Cholesterol Knowledge	% Correct	16	75.9%	92.2%	YES*
FIT Score	# Hours	22	12.09	9.96	NO
SIT Score	# Hours	22	24.95	10.88	YES*

GEORGIA

ROSWELL

CHILD PROGRAM—Roswell, GA—Healthy Kids

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	17	67.7%	79.1%	YES
Heart Healthy Eating Behavior	% Healthy	17	51.8%	63.0%	YES
Heart Healthy Eating Intention	% Healthy	16	48.8%	64.3%	YES
Physical Activity Attitude	0–12	17	8.71	9.12	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	21	8.10	
I have done this in the past week	# Activities	21	2.86	
I would like to learn how to do this	# Activities	21	2.00	
Something new I learned	# Activities	17		5.18
I got better at this	# Activities	17		3.06
I would like to play this again	# Activities	17		4.47

ADOLESCENT PROGRAM—Roswell, GA—Teen Baseball

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	21	86.5%	90.9%	YES
Overweight/Obesity Knowledge	% Correct	21	59.8%	64.0%	YES
Heart Healthy Eating Attitude	1–4	21	2.70	2.80	YES*
Overweight/Obesity Attitude	1–4	21	2.82	2.84	YES
Heart Healthy Eating Behavior	% Healthy	21	31.6%	35.1%	YES
Heart Healthy Eating Intention	% Healthy	21	45.6%	64.6%	YES*
Physical Activity Level	0–6	21	4.19	4.57	YES

ADULT PROGRAM—Roswell, GA—Belly Dancing

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	10	63.3%	93.3%	YES*
Overweight/Obesity Knowledge	% Correct	10	71.1%	91.1%	YES*
Heart Healthy Eating Attitude	1–4	10	3.4167	3.4167	NO
Overweight/Obesity Attitude	1–4	10	3.43	3.47	YES
Heart Healthy Eating Behavior	0–4	10	3.0086	3.0086	NO
Physical Activity Level	0–12	10	9.40	9.40	NO
Physical Activity Attitude	1–4	10	3.80	3.83	YES
Physical Activity Knowledge	% Correct	10	89.2%	93.3%	YES
High Blood Pressure Knowledge	% Correct	10	76.4%	92.1%	YES*
Cholesterol Knowledge	% Correct	10	86.7%	96.7%	YES*
FIT Score	# Hours	10	6.73	6.90	YES
SIT Score	# Hours	10	22.55	24.20	NO

ADULT PROGRAM—Roswell, GA—Sculpt and Stretch

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	10	51.7%	85.0%	YES*
Overweight/Obesity Knowledge	% Correct	10	76.7%	92.2%	YES*
Heart Healthy Eating Attitude	1–4	10	3.27	3.30	YES
Overweight/Obesity Attitude	1–4	10	3.29	3.34	YES
Heart Healthy Eating Behavior	0–4	10	2.73	2.85	YES
Physical Activity Level	0–12	10	9.30	10.10	YES*
Physical Activity Attitude	1–4	10	3.77	3.88	YES
Physical Activity Knowledge	% Correct	10	90.0%	97.5%	YES*
High Blood Pressure Knowledge	% Correct	10	62.1%	92.9%	YES*
Cholesterol Knowledge	% Correct	10	74.2%	92.5%	YES*
FIT Score	# Hours	10	11.32	13.15	YES
SIT Score	# Hours	10	36.05	34.10	YES*

SAVANNAH

CHILD PROGRAM—Savannah, GA—Day Trippers

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	37	80.3%	97.7%	YES*
Heart Healthy Eating Behavior	% Healthy	37	66.0%	69.9%	YES
Heart Healthy Eating Intention	% Healthy	37	61.0%	82.6%	YES*
Physical Activity Attitude	0–12	37	9.16	8.97	NO

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	37	9.68	
I have done this in the past week	# Activities	37	3.11	
I would like to learn how to do this	# Activities	37	1.97	
Something new I learned	# Activities	37		3.03
I got better at this	# Activities	37		5.43
I would like to play this again	# Activities	37		6.38

CHILD PROGRAM—Savannah, GA—Dream Makers

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	21	75.5%	78.9%	YES
Heart Healthy Eating Behavior	% Healthy	21	68.0%	64.6%	NO
Heart Healthy Eating Intention	% Healthy	21	60.5%	52.4%	NO*
Physical Activity Attitude	0–12	21	7.33	7.05	NO

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	21	6.38	
I have done this in the past week	# Activities	21	5.33	
I would like to learn how to do this	# Activities	21	4.76	
Something new I learned	# Activities	21		4.19
I got better at this	# Activities	21		5.33
I would like to play this again	# Activities	21		6.05

ADOLESCENT PROGRAM—Savannah, GA—Adolescent Camp

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	20	70.4%	72.4%	YES
Overweight/Obesity Knowledge	% Correct	20	59.4%	60.0%	YES
Heart Healthy Eating Attitude	1–4	20	2.84	2.97	YES
Overweight/Obesity Attitude	1–4	20	2.64	2.50	NO
Heart Healthy Eating Behavior	% Healthy	20	58.1%	74.4%	YES
Heart Healthy Eating Intention	% Healthy	20	49.3%	56.4%	YES
Physical Activity Level	0–6	20	3.65	3.50	NO

ADULT PROGRAM—Savannah, GA—Tompkin's Center

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	21	42.9%	55.6%	YES*
Overweight/Obesity Knowledge	% Correct	19	62.7%	62.9%	YES
Heart Healthy Eating Attitude	1–4	19	3.35	3.31	NO
Overweight/Obesity Attitude	1–4	19	2.77	2.84	YES
Heart Healthy Eating Behavior	0–4	18	1.69	2.04	YES
Physical Activity Level	0–12	17	6.76	7.41	YES
Physical Activity Attitude	1–4	16	3.14	2.79	NO
High Blood Pressure Knowledge	% Correct	15	55.4%	60.0%	YES
Cholesterol Knowledge	% Correct	18	70.4%	66.9%	YES

ADULT PROGRAM—Savannah, GA—Windsor Center's Golden Clogs

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	24	59.9%	90.3%	YES*
Overweight/Obesity Knowledge	% Correct	24	64.4%	86.1%	YES*
Heart Healthy Eating Attitude	1–4	23	3.36	3.76	YES*
Overweight/Obesity Attitude	1–4	25	2.93	3.30	YES*
Heart Healthy Eating Behavior	0–4	23	2.12	2.41	YES
Physical Activity Level	0–12	22	6.59	5.73	NO
Physical Activity Attitude	1–4	21	3.17	2.99	NO
Physical Activity Knowledge	% Correct	5	85.0%	89.7%	YES
High Blood Pressure Knowledge	% Correct	5	54.8%	98.6%	YES*
Cholesterol Knowledge	% Correct	5	80.0%	78.3%	NO
FIT Score	# Hours	5	2.30	6.40	YES
SIT Score	# Hours	5	20.20	4.10	YES

ADULT PROGRAM—Savannah, GA—Women's Way Out Workout

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	6	58.3%	58.3%	NO
Overweight/Obesity Knowledge	% Correct	5	64.4%	66.7%	YES
Heart Healthy Eating Attitude	1–4	5	2.80	3.10	YES
Overweight/Obesity Attitude	1–4	5	2.83	2.54	NO
Heart Healthy Eating Behavior	0–4	6	1.73	2.48	YES
Physical Activity Level	0–12	5	6.80	6.80	NO
Physical Activity Attitude	1–4	5	3.07	2.66	NO
Physical Activity Knowledge	% Correct	5	68.3%	80.0%	YES
FIT Score	# Hours	4	27.38	28.38	YES
SIT Score	# Hours	5	22.55	22.55	NO

ILLINOIS

DECATUR

CHILD PROGRAM—Decatur, IL—Cardio Kids

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Physical Activity Attitude	0–12	12	6.83	6.92	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	12	8.25	
I have done this in the past week	# Activities	12	4.92	
I would like to learn how to do this	# Activities	12	7.92	
Something new I learned	# Activities	12		4.42
I got better at this	# Activities	12		4.58
I would like to play this again	# Activities	12		4.50

HOMEWOOD

CHILD PROGRAM—Homewood, IL—Extra Innings-F.H. Fall 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	10	71.4%	71.4%	NO
Heart Healthy Eating Behavior	% Healthy	11	75.3%	65.4%	NO
Heart Healthy Eating Intention	% Healthy	10	52.9%	53.3%	YES
Physical Activity Attitude	0–12	11	8.91	8.91	NO

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	11	11.27	
I have done this in the past week	# Activities	11	5.64	
I would like to learn how to do this	# Activities	11	2.36	
Something new I learned	# Activities	11		4.91
I got better at this	# Activities	11		3.55
I would like to play this again	# Activities	11		5.36

CHILD PROGRAM—Homewood, IL—Extra Innings Spring 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	29	82.3%	90.1%	YES*
Heart Healthy Eating Behavior	% Healthy	28	65.7%	75.7%	YES
Heart Healthy Eating Intention	% Healthy	29	58.0%	72.4%	YES*
Physical Activity Attitude	0–12	31	9.13	9.84	YES*

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	40	9.20	
I have done this in the past week	# Activities	40	3.78	
I would like to learn how to do this	# Activities	40	2.35	
Something new I learned	# Activities	31		2.87
I got better at this	# Activities	31		4.74
I would like to play this again	# Activities	31		7.42

ADULT PROGRAM—Homewood, IL—Dance N' Trim

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Physical Activity Level	0–12	5	8.60	7.80	NO
Physical Activity Attitude	1–4	5	3.47	3.50	YES
Physical Activity Knowledge	% Correct	5	96.7%	90.0%	NO
FIT Score	# Hours	16	9.80	3.48	NO
SIT Score	# Hours	16	34.36	8.58	YES*

ADULT PROGRAM—Homewood, IL—Hatha Yoga

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Physical Activity Level	0–12	1	7.00	8.00	YES
Physical Activity Attitude	1–4	1	3.29	4.00	YES
Physical Activity Knowledge	% Correct	1	83.3%	91.7%	YES
FIT Score	# Hours	9	7.00	0.94	NO*
SIT Score	# Hours	9	34.78	2.00	YES*

ADULT PROGRAM—Homewood, IL—Healthy Lifestyles 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	5	60.0%	73.3%	YES
Overweight/Obesity Knowledge	% Correct	5	55.6%	73.3%	YES*
Heart Healthy Eating Attitude	1–4	5	3.23	3.30	YES
Overweight/Obesity Attitude	1–4	5	2.60	3.00	YES
Heart Healthy Eating Behavior	0–4	5	1.75	1.91	YES
High Blood Pressure Knowledge	% Correct	5	54.3%	64.3%	YES*
Cholesterol Knowledge	% Correct	4	66.7%	85.4%	YES

URBANA

CHILD PROGRAM—Urbana, IL—Sports Camp 04

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	29	82.2%	80.3%	NO
Heart Healthy Eating Behavior	% Healthy	29	67.6%	62.6%	NO
Heart Healthy Eating Intention	% Healthy	29	61.5%	55.7%	NO
Physical Activity Attitude	0–12	30	9.97	10.13	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	31	9.90	
I have done this in the past week	# Activities	31	4.42	
I would like to learn how to do this	# Activities	31	2.32	
Something new I learned	# Activities	29		3.00
I got better at this	# Activities	29		5.90
I would like to play this again	# Activities	29		6.55

ROCKFORD

ADULT PROGRAM—Rockford, IL—Golden Agers

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	5	56.7%	58.3%	YES
Overweight/Obesity Knowledge	% Correct	4	46.9%	66.7%	YES
Heart Healthy Eating Attitude	1–4	4	3.25	3.58	YES
Overweight/Obesity Attitude	1–4	5	3.02	2.91	NO
Heart Healthy Eating Behavior	0–4	5	1.74	2.20	YES

ADULT PROGRAM—Rockford, IL—Skyrise

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	11	55.5%	58.8%	YES
Overweight/Obesity Knowledge	% Correct	9	65.4%	68.4%	YES
Heart Healthy Eating Attitude	1–4	10	3.47	3.51	YES
Overweight/Obesity Attitude	1–4	10	2.79	2.78	NO
Heart Healthy Eating Behavior	0–4	10	2.33	2.19	NO

INDIANA

BLOOMINGTON

CHILD PROGRAM—Bloomington, IN—3rd Grade Hearts N' Parks 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	15	80.0%	97.1%	YES*
Heart Healthy Eating Behavior	% Healthy	15	67.6%	85.7%	YES*
Heart Healthy Eating Intention	% Healthy	15	60.8%	88.6%	YES*
Physical Activity Attitude	0–12	16	9.88	10.00	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	17	8.59	
I have done this in the past week	# Activities	17	2.12	
I would like to learn how to do this	# Activities	17	3.06	
Something new I learned	# Activities	17		2.35
I got better at this	# Activities	17		4.06
I would like to play this again	# Activities	17		7.59

CHILD PROGRAM—Bloomington, IN—After School Adventure 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	13	67.4%	74.7%	YES
Heart Healthy Eating Behavior	% Healthy	13	52.2%	42.9%	NO
Heart Healthy Eating Intention	% Healthy	11	53.5%	47.2%	NO
Physical Activity Attitude	0–12	9	7.67	9.56	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	22	10.36	
I have done this in the past week	# Activities	22	5.36	
I would like to learn how to do this	# Activities	22	4.00	
Something new I learned	# Activities	12		2.67
I got better at this	# Activities	12		4.92
I would like to play this again	# Activities	12		6.25

CHILD PROGRAM—Bloomington, IN—Crestmont After School 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	1	57.1%	71.4%	YES*
Heart Healthy Eating Behavior	% Healthy	1	71.4%	71.4%	NO*
Heart Healthy Eating Intention	% Healthy	1	28.6%	57.1%	YES*
Physical Activity Attitude	0–12	2	10.00	9.50	NO

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	10	8.60	
I have done this in the past week	# Activities	10	2.40	
I would like to learn how to do this	# Activities	10	0.80	
Something new I learned	# Activities	2		2.00
I got better at this	# Activities	2		6.50
I would like to play this again	# Activities	2		7.50

ADULT PROGRAM—Bloomington, IN—City Employee Program 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	16	59.6%	69.8%	YES*
Overweight/Obesity Knowledge	% Correct	16	69.5%	73.3%	YES
Heart Healthy Eating Attitude	1–4	16	3.34	3.38	YES
Overweight/Obesity Attitude	1–4	16	2.79	2.79	NO
Heart Healthy Eating Behavior	0–4	16	2.21	2.48	YES
Physical Activity Level	0–12	16	7.50	7.94	YES
Physical Activity Attitude	1–4	14	3.22	3.14	NO
Physical Activity Knowledge	% Correct	16	94.3%	92.2%	NO
High Blood Pressure Knowledge	% Correct	16	62.5%	66.1%	YES
Cholesterol Knowledge	% Correct	16	73.9%	80.2%	YES
FIT Score	# Hours	20	9.25	6.08	NO*
SIT Score	# Hours	20	40.45	30.10	YES

FORT WAYNE

CHILD PROGRAM—Fort Wayne, IN—Hearts N' Parks

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	15	81.9%	86.7%	YES
Heart Healthy Eating Behavior	% Healthy	15	40.0%	50.5%	YES
Heart Healthy Eating Intention	% Healthy	15	46.7%	52.4%	YES
Physical Activity Attitude	0–12	15	8.20	7.87	NO

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	15	8.53	
I have done this in the past week	# Activities	15	3.80	
I would like to learn how to do this	# Activities	15	2.93	
Something new I learned	# Activities	15		3.07
I got better at this	# Activities	15		4.67
I would like to play this again	# Activities	15		8.13

CHILD PROGRAM—Fort Wayne, IN—Summer Playground-Lakeside

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	12	79.8%	89.3%	YES
Heart Healthy Eating Behavior	% Healthy	12	61.9%	72.6%	YES
Heart Healthy Eating Intention	% Healthy	12	57.1%	72.6%	YES
Physical Activity Attitude	0–12	12	8.83	8.42	NO

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	13	8.23	
I have done this in the past week	# Activities	13	6.15	
I would like to learn how to do this	# Activities	13	1.23	
Something new I learned	# Activities	12		3.08
I got better at this	# Activities	12		7.08
I would like to play this again	# Activities	12		5.08

CHILD PROGRAM—Fort Wayne, IN—Summer Playground-Memorial

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	11	83.1%	90.9%	YES
Heart Healthy Eating Behavior	% Healthy	11	61.0%	48.1%	NO
Heart Healthy Eating Intention	% Healthy	11	44.2%	42.9%	NO
Physical Activity Attitude	0–12	9	9.11	8.44	NO

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	11	10.55	
I have done this in the past week	# Activities	11	2.18	
I would like to learn how to do this	# Activities	11	2.00	
Something new I learned	# Activities	11		4.27
I got better at this	# Activities	11		7.36
I would like to play this again	# Activities	11		5.00

ADULT PROGRAM—Fort Wayne, IN—Summer Playground Staff

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	11	59.1%	62.1%	YES
Overweight/Obesity Knowledge	% Correct	11	58.6%	63.6%	YES
Heart Healthy Eating Attitude	1–4	11	3.21	3.12	NO
Overweight/Obesity Attitude	1–4	11	2.55	2.61	YES
Heart Healthy Eating Behavior	0–4	11	2.09	2.41	YES
Physical Activity Level	0–12	11	6.82	7.64	YES
Physical Activity Attitude	1–4	11	3.06	3.16	YES
Physical Activity Knowledge	% Correct	11	86.4%	84.1%	NO
High Blood Pressure Knowledge	% Correct	11	56.5%	60.4%	YES
Cholesterol Knowledge	% Correct	11	72.7%	80.3%	YES*
FIT Score	# Hours	14	14.82	12.50	NO
SIT Score	# Hours	14	43.07	31.39	YES

GARY

CHILD PROGRAM—Gary, IN—Come Out and Cheer

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	25	87.4%	98.9%	YES*
Heart Healthy Eating Behavior	% Healthy	25	39.4%	77.1%	YES*
Heart Healthy Eating Intention	% Healthy	25	39.4%	74.9%	YES*
Physical Activity Attitude	0–12	25	8.28	10.08	YES*

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	25	8.76	
I have done this in the past week	# Activities	25	5.08	
I would like to learn how to do this	# Activities	25	2.72	
Something new I learned	# Activities	25		4.40
I got better at this	# Activities	25		10.08
I would like to play this again	# Activities	25		11.60

CHILD PROGRAM—Gary, IN—Kids Learn 2 Live 4 Life

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	15	85.7%	99.1%	YES*
Heart Healthy Eating Behavior	% Healthy	15	60.0%	86.7%	YES*
Heart Healthy Eating Intention	% Healthy	15	57.1%	79.1%	YES*
Physical Activity Attitude	0–12	15	9.13	10.13	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	15	8.67	
I have done this in the past week	# Activities	15	3.00	
I would like to learn how to do this	# Activities	15	4.13	
Something new I learned	# Activities	15		4.60
I got better at this	# Activities	15		12.67
I would like to play this again	# Activities	15		11.60

ADOLESCENT PROGRAM—Gary, IN—Come Out and Play

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	25	72.0%	98.7%	YES*
Overweight/Obesity Knowledge	% Correct	25	56.0%	81.8%	YES*
Heart Healthy Eating Attitude	1–4	25	2.91	3.16	YES*
Overweight/Obesity Attitude	1–4	25	2.60	2.95	YES*
Heart Healthy Eating Behavior	% Healthy	25	37.0%	64.0%	YES*
Heart Healthy Eating Intention	% Healthy	25	37.1%	74.3%	YES*
Physical Activity Level	0–6	25	2.28	3.12	YES*

ADULT PROGRAM—Gary, IN—Get Up and Play 4 Life

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	10	45.0%	58.3%	YES
Overweight/Obesity Attitude	1–4	10	2.01	2.90	YES*
High Blood Pressure Knowledge	% Correct	10	50.7%	58.3%	YES
Cholesterol Knowledge	% Correct	10	60.8%	80.0%	YES*

ADULT PROGRAM—Gary, IN—Keep the Beat

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	7	57.1%	71.4%	YES
Overweight/Obesity Knowledge	% Correct	7	60.3%	79.4%	YES*
Heart Healthy Eating Attitude	1–4	7	3.10	3.19	YES
Overweight/Obesity Attitude	1–4	7	2.86	2.27	NO*
Heart Healthy Eating Behavior	0–4	7	2.05	2.04	NO
High Blood Pressure Knowledge	% Correct	7	46.9%	67.4%	YES*
Cholesterol Knowledge	% Correct	7	71.4%	81.0%	NO

ADULT PROGRAM—Gary, IN—Learn 2 Live 4 Life

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	6	66.7%	69.4%	YES
Overweight/Obesity Knowledge	% Correct	6	59.3%	68.5%	YES*
Heart Healthy Eating Attitude	1–4	6	3.19	3.28	YES
Overweight/Obesity Attitude	1–4	6	2.50	2.83	YES
Heart Healthy Eating Behavior	0–4	6	2.19	2.26	NO

INDIANAPOLIS

CHILD PROGRAM—Indianapolis, IN—Recreation Adventure Program Indianapolis Public School-31 Spring 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	20	79.3%	86.4%	YES*
Heart Healthy Eating Behavior	% Healthy	20	61.4%	92.9%	YES*
Heart Healthy Eating Intention	% Healthy	20	52.9%	88.6%	YES*
Physical Activity Attitude	0–12	20	9.45	11.00	YES*

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	20	9.85	
I have done this in the past week	# Activities	20	4.40	
I would like to learn how to do this	# Activities	20	3.35	
Something new I learned	# Activities	20		4.65
I got better at this	# Activities	20		4.60
I would like to play this again	# Activities	20		6.90

CHILD PROGRAM—Indianapolis, IN—Recreation Adventure Program Indianapolis Public School-82 Spring 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	21	81.0%	91.8%	YES*
Heart Healthy Eating Behavior	% Healthy	21	69.4%	93.2%	YES*
Heart Healthy Eating Intention	% Healthy	21	66.0%	93.2%	YES*
Physical Activity Attitude	0–12	21	9.86	9.95	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	21	7.90	
I have done this in the past week	# Activities	21	3.67	
I would like to learn how to do this	# Activities	21	3.43	
Something new I learned	# Activities	21		7.10
I got better at this	# Activities	21		7.86
I would like to play this again	# Activities	21		7.48

**CHILD PROGRAM—Indianapolis, IN—Recreation Adventure Program-Christel House Academy
Spring 2004**

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	16	71.4%	79.5%	YES
Heart Healthy Eating Behavior	% Healthy	16	66.1%	68.8%	YES
Heart Healthy Eating Intention	% Healthy	16	57.1%	62.5%	YES
Physical Activity Attitude	0–12	16	8.94	9.81	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	16	11.25	
I have done this in the past week	# Activities	16	1.75	
I would like to learn how to do this	# Activities	16	2.75	
Something new I learned	# Activities	16		7.56
I got better at this	# Activities	16		2.56
I would like to play this again	# Activities	16		7.25

**CHILD PROGRAM—Indianapolis, IN—Recreation Adventure Program Indianapolis Public School-
46 Spring 2004**

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	6	73.8%	81.0%	YES
Heart Healthy Eating Behavior	% Healthy	6	42.9%	71.4%	YES*
Heart Healthy Eating Intention	% Healthy	6	47.6%	52.4%	YES
Physical Activity Attitude	0–12	6	10.00	9.33	NO

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	6	10.67	
I have done this in the past week	# Activities	6	4.50	
I would like to learn how to do this	# Activities	6	5.83	
Something new I learned	# Activities	6		7.00
I got better at this	# Activities	6		6.67
I would like to play this again	# Activities	6		7.83

CHILD PROGRAM—Indianapolis, IN—Summer Adventure Day Camps, East

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	48	83.0%	87.5%	YES
Heart Healthy Eating Behavior	% Healthy	48	67.3%	75.6%	YES
Heart Healthy Eating Intention	% Healthy	48	72.9%	82.7%	YES*
Physical Activity Attitude	0–12	41	9.22	8.98	NO

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	50	7.02	
I have done this in the past week	# Activities	50	4.92	
I would like to learn how to do this	# Activities	50	2.72	
Something new I learned	# Activities	48		4.52
I got better at this	# Activities	48		4.56
I would like to play this again	# Activities	48		5.08

CHILD PROGRAM—Indianapolis, IN—Summer Adventure Day Camps, West

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	49	66.0%	80.5%	YES*
Heart Healthy Eating Behavior	% Healthy	50	51.1%	69.1%	YES*
Heart Healthy Eating Intention	% Healthy	50	40.6%	80.6%	YES*
Physical Activity Attitude	0–12	49	7.92	7.86	NO

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	50	8.14	
I have done this in the past week	# Activities	50	5.08	
I would like to learn how to do this	# Activities	50	3.26	
Something new I learned	# Activities	50		7.92
I got better at this	# Activities	50		6.00
I would like to play this again	# Activities	50		6.16

ADOLESCENT PROGRAM—Indianapolis, IN—Gambold Middle School Spring 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	15	72.8%	90.0%	YES*
Overweight/Obesity Knowledge	% Correct	15	72.6%	74.8%	YES
Heart Healthy Eating Attitude	1–4	15	2.95	3.37	YES*
Overweight/Obesity Attitude	1–4	15	3.11	3.36	YES*
Heart Healthy Eating Behavior	% Healthy	15	47.5%	88.3%	YES*
Heart Healthy Eating Intention	% Healthy	15	54.3%	92.4%	YES*
Physical Activity Level	0–6	15	3.27	4.27	YES*

LAFAYETTE

CHILD PROGRAM—Lafayette, IN—McAllister Day Camp 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	48	83.5%	88.1%	YES
Heart Healthy Eating Behavior	% Healthy	47	63.9%	70.3%	YES
Heart Healthy Eating Intention	% Healthy	49	63.9%	67.5%	YES
Physical Activity Attitude	0–12	46	9.07	9.80	YES*

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	54	9.04	
I have done this in the past week	# Activities	54	4.44	
I would like to learn how to do this	# Activities	54	2.65	
Something new I learned	# Activities	51		5.51
I got better at this	# Activities	51		8.57
I would like to play this again	# Activities	51		9.27

ADOLESCENT PROGRAM—Lafayette, IN—Purdue National Youth Sports Program 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	41	77.4%	79.5%	YES
Overweight/Obesity Knowledge	% Correct	44	63.7%	57.4%	NO*
Heart Healthy Eating Attitude	1–4	43	2.78	2.75	NO
Overweight/Obesity Attitude	1–4	43	2.71	2.65	NO
Heart Healthy Eating Behavior	% Healthy	38	45.9%	48.6%	YES
Heart Healthy Eating Intention	% Healthy	43	46.9%	46.9%	NO
Physical Activity Level	0–6	43	3.35	4.05	YES*

SOUTH BEND

CHILD PROGRAM—South Bend, IN—Charles Black Hearts N' Parks Day Camp

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	25	29.1%	86.9%	YES*
Heart Healthy Eating Behavior	% Healthy	25	27.4%	60.6%	YES*
Heart Healthy Eating Intention	% Healthy	25	13.7%	28.0%	YES*
Physical Activity Attitude	0–12	25	6.28	8.08	YES*

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	25	6.00	
I have done this in the past week	# Activities	25	4.56	
I would like to learn how to do this	# Activities	25	2.96	
Something new I learned	# Activities	25		8.48
I got better at this	# Activities	25		3.40
I would like to play this again	# Activities	25		2.64

CHILD PROGRAM—South Bend, IN—Kids World

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	30	85.4%	87.6%	YES
Heart Healthy Eating Behavior	% Healthy	28	76.0%	63.3%	NO
Heart Healthy Eating Intention	% Healthy	27	69.1%	64.6%	NO
Physical Activity Attitude	0–12	18	9.56	9.89	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	56	8.13	
I have done this in the past week	# Activities	56	3.73	
I would like to learn how to do this	# Activities	56	1.43	
Something new I learned	# Activities	29		1.93
I got better at this	# Activities	29		4.28
I would like to play this again	# Activities	29		7.41

CHILD PROGRAM—South Bend, IN—Martin Luther Hearts N’ Parks Day Camp

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	30	79.5%	75.2%	NO
Heart Healthy Eating Behavior	% Healthy	30	44.3%	47.6%	YES
Heart Healthy Eating Intention	% Healthy	30	41.0%	51.4%	YES
Physical Activity Attitude	0–12	30	7.90	6.90	NO

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	31	6.48	
I have done this in the past week	# Activities	31	4.42	
I would like to learn how to do this	# Activities	31	2.87	
Something new I learned	# Activities	30		5.43
I got better at this	# Activities	30		4.33
I would like to play this again	# Activities	30		3.73

ADULT PROGRAM—South Bend, IN—City Employee Hearts N’ Parks 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	25	52.0%	95.3%	YES*
Overweight/Obesity Knowledge	% Correct	25	62.2%	94.2%	YES*
Heart Healthy Eating Attitude	1–4	25	3.14	3.75	YES*
Overweight/Obesity Attitude	1–4	25	2.89	3.59	YES*
Heart Healthy Eating Behavior	0–4	24	1.78	3.09	YES*
Physical Activity Level	0–12	25	4.48	9.12	YES*
Physical Activity Attitude	1–4	24	2.94	3.71	YES*
Physical Activity Knowledge	% Correct	25	89.7%	97.3%	YES*
High Blood Pressure Knowledge	% Correct	25	59.1%	85.7%	YES*
Cholesterol Knowledge	% Correct	25	70.0%	89.3%	YES*
FIT Score	# Hours	22	6.70	12.23	YES*
SIT Score	# Hours	21	44.60	44.52	YES

ADULT PROGRAM—South Bend, IN—Healthy Seniors for Life 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	10	46.7%	71.7%	YES*
Overweight/Obesity Knowledge	% Correct	10	68.9%	67.8%	NO
Heart Healthy Eating Attitude	1–4	9	3.43	3.43	NO
Overweight/Obesity Attitude	1–4	10	3.10	2.96	NO
Heart Healthy Eating Behavior	0–4	9	2.57	2.66	YES
Physical Activity Level	0–12	10	6.00	5.80	NO
Physical Activity Attitude	1–4	10	2.94	2.91	NO
Physical Activity Knowledge	% Correct	10	88.3%	91.7%	YES
High Blood Pressure Knowledge	% Correct	10	56.4%	62.1%	YES
Cholesterol Knowledge	% Correct	10	65.8%	77.5%	YES
FIT Score	# Hours	7	19.14	20.29	YES
SIT Score	# Hours	6	24.75	32.33	NO

ADULT PROGRAM—South Bend, IN—South Bend Fire Department Recruits

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	10	53.3%	91.7%	YES*
Overweight/Obesity Knowledge	% Correct	10	58.9%	82.2%	YES*
Heart Healthy Eating Attitude	1–4	10	2.95	3.92	YES*
Overweight/Obesity Attitude	1–4	10	2.96	3.69	YES*
Heart Healthy Eating Behavior	0–4	10	1.59	2.96	YES*
Physical Activity Level	0–12	10	7.80	9.80	YES*
Physical Activity Attitude	1–4	10	3.29	3.80	YES*
Physical Activity Knowledge	% Correct	10	85.0%	95.0%	YES*
High Blood Pressure Knowledge	% Correct	9	60.3%	68.3%	YES
Cholesterol Knowledge	% Correct	10	69.2%	82.5%	YES*
FIT Score	# Hours	10	4.65	9.90	YES*
SIT Score	# Hours	10	56.50	26.40	YES*

UNITED STATES MARINE CORPS

CAMP LEJEUNE

CHILD PROGRAM—Camp LeJeune, U.S. Marine Corps—School Age Children Program

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	15	66.7%	63.8%	NO
Heart Healthy Eating Behavior	% Healthy	15	27.6%	56.2%	YES*
Heart Healthy Eating Intention	% Healthy	15	28.6%	56.2%	YES*
Physical Activity Attitude	0–12	15	4.67	8.07	YES*

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	15	9.00	
I have done this in the past week	# Activities	15	4.93	
I would like to learn how to do this	# Activities	15	0.27	
Something new I learned	# Activities	15		2.27
I got better at this	# Activities	15		3.40
I would like to play this again	# Activities	15		4.33

CAMP PENDLETON

CHILD PROGRAM—Camp Pendleton, U.S. Marine Corps—Browne Child Development Center Summer Vacation Program

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	24	87.5%	87.5%	NO
Heart Healthy Eating Behavior	% Healthy	24	59.5%	73.2%	YES*
Heart Healthy Eating Intention	% Healthy	24	49.4%	62.5%	YES*
Physical Activity Attitude	0–12	24	8.63	9.33	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	26	8.04	
I have done this in the past week	# Activities	26	5.42	
I would like to learn how to do this	# Activities	26	1.81	
Something new I learned	# Activities	24		8.83
I got better at this	# Activities	24		10.79
I would like to play this again	# Activities	24		2.58

KANEOHE BAY

CHILD PROGRAM—Kaneohe Bay, U.S. Marine Corps—A Plus Afterschool Program through Youth Activities 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	16	88.4%	94.6%	YES*
Heart Healthy Eating Behavior	% Healthy	16	77.7%	92.0%	YES*
Heart Healthy Eating Intention	% Healthy	16	63.4%	81.3%	YES*
Physical Activity Attitude	0–12	15	8.40	8.00	NO

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	16	7.25	
I have done this in the past week	# Activities	16	2.38	
I would like to learn how to do this	# Activities	16	2.50	
Something new I learned	# Activities	15		2.27
I got better at this	# Activities	15		1.53
I would like to play this again	# Activities	15		6.87

MARYLAND

BALTIMORE

CHILD PROGRAM—Baltimore, MD—Fit Kids Fun Camp, Ella Bailey

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Physical Activity Attitude	0–12	27	9.59	9.63	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	28	7.79	
I have done this in the past week	# Activities	28	3.57	
I would like to learn how to do this	# Activities	28	3.75	
Something new I learned	# Activities	27		6.59
I got better at this	# Activities	27		4.81
I would like to play this again	# Activities	27		4.26

CHILD PROGRAM—Baltimore, MD—Fit Kids Fun Camp, Gardenville

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	10	75.7%	82.4%	YES
Heart Healthy Eating Behavior	% Healthy	10	15.7%	37.9%	YES
Heart Healthy Eating Intention	% Healthy	10	28.3%	43.6%	YES
Physical Activity Attitude	0–12	10	10.50	10.80	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	13	9.38	
I have done this in the past week	# Activities	13	2.38	
I would like to learn how to do this	# Activities	13	1.23	
Something new I learned	# Activities	19		2.84
I got better at this	# Activities	19		6.58
I would like to play this again	# Activities	19		6.21

CHILD PROGRAM—Baltimore, MD—Fit Kids Fun Camp, Liberty

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	26	78.6%	89.0%	YES*
Heart Healthy Eating Behavior	% Healthy	26	70.9%	83.5%	YES*
Heart Healthy Eating Intention	% Healthy	26	66.5%	79.7%	YES*
Physical Activity Attitude	0–12	27	9.00	8.48	NO

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	27	8.48	
I have done this in the past week	# Activities	27	6.67	
I would like to learn how to do this	# Activities	27	5.04	
Something new I learned	# Activities	27		6.00
I got better at this	# Activities	27		6.37
I would like to play this again	# Activities	27		7.89

CHILD PROGRAM—Baltimore, MD—Fit Kids Fun Camp, Madison

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	20	82.9%	90.7%	YES
Heart Healthy Eating Behavior	% Healthy	20	64.3%	76.4%	YES*
Heart Healthy Eating Intention	% Healthy	20	53.2%	67.9%	YES*
Physical Activity Attitude	0–12	18	8.44	8.50	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	20	7.35	
I have done this in the past week	# Activities	20	2.70	
I would like to learn how to do this	# Activities	20	3.60	
Something new I learned	# Activities	19		1.47
I got better at this	# Activities	19		6.37
I would like to play this again	# Activities	19		6.79

CHILD PROGRAM—Baltimore, MD—Fit Kids Fun Camp, Mary E. Rodman

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	20	85.1%	91.0%	YES
Heart Healthy Eating Behavior	% Healthy	19	34.8%	45.1%	YES
Heart Healthy Eating Intention	% Healthy	21	34.2%	46.6%	YES
Physical Activity Attitude	0–12	17	7.76	9.00	YES*

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	21	7.00	
I have done this in the past week	# Activities	21	4.33	
I would like to learn how to do this	# Activities	21	2.95	
Something new I learned	# Activities	21		3.33
I got better at this	# Activities	21		6.38
I would like to play this again	# Activities	21		5.29

CHILD PROGRAM—Baltimore, MD—Fit Kids Fun Camp, Morrell Park

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	13	76.7%	76.3%	NO
Heart Healthy Eating Behavior	% Healthy	14	53.5%	46.9%	NO
Heart Healthy Eating Intention	% Healthy	14	50.7%	50.0%	NO
Physical Activity Attitude	0–12	13	9.15	9.46	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	14	9.07	
I have done this in the past week	# Activities	14	3.86	
I would like to learn how to do this	# Activities	14	1.86	
Something new I learned	# Activities	20		5.20
I got better at this	# Activities	20		3.85
I would like to play this again	# Activities	20		5.65

CHILD PROGRAM—Baltimore, MD—Fit Kids Fun Camp, Northwood

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	30	79.5%	75.2%	NO
Heart Healthy Eating Behavior	% Healthy	30	44.3%	47.6%	YES
Heart Healthy Eating Intention	% Healthy	30	41.0%	51.4%	YES
Physical Activity Attitude	0–12	30	7.90	6.90	NO

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	31	6.48	
I have done this in the past week	# Activities	31	4.42	
I would like to learn how to do this	# Activities	31	2.87	
Something new I learned	# Activities	30		5.43
I got better at this	# Activities	30		4.33
I would like to play this again	# Activities	30		3.73

CHILD PROGRAM—Baltimore, MD—Fit Kids Fun Camp, Patterson Park

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	18	94.4%	92.1%	NO
Heart Healthy Eating Behavior	% Healthy	18	21.4%	44.3%	YES*
Heart Healthy Eating Intention	% Healthy	18	19.8%	31.8%	YES*
Physical Activity Attitude	0–12	15	9.47	8.87	NO

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	18	2.17	
I have done this in the past week	# Activities	18	2.22	
I would like to learn how to do this	# Activities	18	0.44	
Something new I learned	# Activities	14		0.79
I got better at this	# Activities	14		1.00
I would like to play this again	# Activities	14		1.00

CHILD PROGRAM—Baltimore, MD—Fit Kids Fun Camp, Roosevelt

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	28	68.3%	91.2%	YES*
Heart Healthy Eating Behavior	% Healthy	27	36.9%	53.4%	YES*
Heart Healthy Eating Intention	% Healthy	26	47.3%	58.2%	YES
Physical Activity Attitude	0–12	25	8.92	7.92	NO*

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	29	8.41	
I have done this in the past week	# Activities	29	4.38	
I would like to learn how to do this	# Activities	29	2.72	
Something new I learned	# Activities	26		1.73
I got better at this	# Activities	26		5.31
I would like to play this again	# Activities	26		6.69

CHILD PROGRAM—Baltimore, MD—Fit Kids Fun Camp, Woodhorne

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	20	74.3%	82.7%	YES*
Heart Healthy Eating Behavior	% Healthy	19	85.4%	76.9%	NO
Heart Healthy Eating Intention	% Healthy	19	63.0%	67.7%	YES
Physical Activity Attitude	0–12	19	8.68	8.79	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	20	7.15	
I have done this in the past week	# Activities	20	3.00	
I would like to learn how to do this	# Activities	20	3.70	
Something new I learned	# Activities	20		1.95
I got better at this	# Activities	20		4.80
I would like to play this again	# Activities	20		6.60

HOWARD COUNTY

CHILD PROGRAM—Howard County, MD—Gorman Crossing Recreational Licensed Childcare Center 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	17	76.4%	82.6%	YES
Heart Healthy Eating Behavior	% Healthy	16	70.0%	60.7%	NO
Heart Healthy Eating Intention	% Healthy	17	69.4%	68.9%	NO
Physical Activity Attitude	0–12	16	8.75	8.31	NO

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	25	6.64	
I have done this in the past week	# Activities	25	2.64	
I would like to learn how to do this	# Activities	25	2.00	
Something new I learned	# Activities	16		7.31
I got better at this	# Activities	16		2.13
I would like to play this again	# Activities	16		2.31

CHILD PROGRAM—Howard County, MD—Lisbon Recreational Licensed Childcare Center 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	13	82.2%	90.1%	YES
Heart Healthy Eating Behavior	% Healthy	13	55.1%	58.4%	YES
Heart Healthy Eating Intention	% Healthy	13	51.1%	57.3%	YES
Physical Activity Attitude	0–12	12	9.17	9.92	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	14	8.14	
I have done this in the past week	# Activities	14	3.07	
I would like to learn how to do this	# Activities	14	1.71	
Something new I learned	# Activities	13		2.23
I got better at this	# Activities	13		4.62
I would like to play this again	# Activities	13		7.77

**CHILD PROGRAM—Howard County, MD—Manor Woods Recreational Licensed Childcare Center
2004**

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	15	91.4%	95.2%	YES
Heart Healthy Eating Behavior	% Healthy	13	44.7%	58.2%	YES*
Heart Healthy Eating Intention	% Healthy	15	44.6%	57.1%	YES*
Physical Activity Attitude	0–12	15	9.07	9.00	NO

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	15	9.33	
I have done this in the past week	# Activities	15	3.47	
I would like to learn how to do this	# Activities	15	1.47	
Something new I learned	# Activities	15		9.33
I got better at this	# Activities	15		3.47
I would like to play this again	# Activities	15		1.47

CHILD PROGRAM—Howard County, MD—West Friendship Kinder 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	12	73.8%	88.1%	YES*
Heart Healthy Eating Behavior	% Healthy	12	38.1%	60.7%	YES*
Heart Healthy Eating Intention	% Healthy	12	30.2%	39.3%	YES
Physical Activity Attitude	0–12	12	8.58	9.42	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	12	9.50	
I have done this in the past week	# Activities	12	4.00	
I would like to learn how to do this	# Activities	12	4.42	
Something new I learned	# Activities	12		2.08
I got better at this	# Activities	12		9.33
I would like to play this again	# Activities	12		6.33

ADOLESCENT PROGRAM—Howard County, MD—Ellicott Mills NSU 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	20	92.4%	89.5%	NO
Overweight/Obesity Knowledge	% Correct	20	60.5%	66.9%	YES
Heart Healthy Eating Attitude	1–4	20	2.72	2.86	YES
Overweight/Obesity Attitude	1–4	19	2.97	2.91	NO
Heart Healthy Eating Behavior	% Healthy	19	56.8%	53.6%	NO
Heart Healthy Eating Intention	% Healthy	18	52.7%	53.2%	YES
Physical Activity Level	0–6	19	3.53	4.00	YES

MONTGOMERY COUNTY

CHILD PROGRAM—Montgomery County, MD—After School-Kids Corner

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	18	85.0%	89.7%	YES
Heart Healthy Eating Behavior	% Healthy	15	46.1%	60.0%	YES
Heart Healthy Eating Intention	% Healthy	19	45.7%	56.8%	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	24	7.54	
I have done this in the past week	# Activities	24	3.75	
I would like to learn how to do this	# Activities	24	3.92	
Something new I learned	# Activities	18		4.39
I got better at this	# Activities	18		3.22
I would like to play this again	# Activities	18		7.00

CHILD PROGRAM—Montgomery County, MD—FUN-ergy

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	52	87.4%	91.7%	YES
Heart Healthy Eating Behavior	% Healthy	51	64.6%	63.0%	NO
Heart Healthy Eating Intention	% Healthy	52	68.0%	64.2%	NO

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	55	8.07	
I have done this in the past week	# Activities	55	3.36	
I would like to learn how to do this	# Activities	55	3.20	
Something new I learned	# Activities	50		3.82
I got better at this	# Activities	50		5.74
I would like to play this again	# Activities	50		5.98

CHILD PROGRAM—Montgomery County, MD—Stretch and Grow

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	3	47.6%	85.7%	YES
Heart Healthy Eating Behavior	% Healthy	3	66.7%	66.7%	NO
Heart Healthy Eating Intention	% Healthy	3	57.1%	61.9%	YES
Physical Activity Attitude	0–12	2	9.00	11.00	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	3	1.67	
I have done this in the past week	# Activities	3	5.33	
I would like to learn how to do this	# Activities	3	2.00	
Something new I learned	# Activities	1		0.00
I got better at this	# Activities	1		4.00
I would like to play this again	# Activities	1		3.00

ADOLESCENT PROGRAM—Montgomery County, MD—Field Hockey/Fitness Circuit

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	31	93.3%	91.9%	NO
Overweight/Obesity Knowledge	% Correct	31	61.9%	58.4%	NO
Heart Healthy Eating Attitude	1–4	31	2.79	2.84	YES
Overweight/Obesity Attitude	1–4	27	2.77	2.66	NO
Heart Healthy Eating Behavior	% Healthy	26	53.3%	60.6%	YES
Heart Healthy Eating Intention	% Healthy	28	52.6%	58.7%	YES
Physical Activity Level	0–6	28	3.68	4.11	YES*

ADULT PROGRAM—Montgomery County, MD—5-a-Day Challenge

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	7	71.4%	73.8%	YES
Overweight/Obesity Knowledge	% Correct	7	68.9%	65.9%	NO
Heart Healthy Eating Attitude	1–4	7	3.17	3.31	YES
Overweight/Obesity Attitude	1–4	7	3.04	3.04	NO
Heart Healthy Eating Behavior	0–4	7	1.99	2.03	YES

ADULT PROGRAM—Montgomery County, MD—Lift Your Way to Stronger Bones

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	14	67.9%	60.7%	NO*
Overweight/Obesity Attitude	1–4	15	3.23	3.32	YES
Heart Healthy Eating Behavior	0–4	14	2.76	2.93	YES
Physical Activity Level	0–12	15	7.53	9.13	YES*
Physical Activity Knowledge	% Correct	7	89.3%	88.1%	NO
High Blood Pressure Knowledge	% Correct	14	56.6%	56.1%	NO

PRINCE GEORGE'S COUNTY

CHILD PROGRAM—Prince George's County, MD—Healthy Kids, Healthy Future 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	25	70.3%	99.4%	YES*
Heart Healthy Eating Behavior	% Healthy	25	35.4%	91.4%	YES*
Heart Healthy Eating Intention	% Healthy	25	22.3%	92.6%	YES*
Physical Activity Attitude	0–12	25	6.76	11.24	YES*

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	25	4.56	
I have done this in the past week	# Activities	25	1.76	
I would like to learn how to do this	# Activities	25	1.32	
Something new I learned	# Activities	25		11.32
I got better at this	# Activities	25		10.68
I would like to play this again	# Activities	25		12.08

CHILD PROGRAM—Prince George's County, MD—Kids Care

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	38	73.3%	95.5%	YES*
Heart Healthy Eating Behavior	% Healthy	38	42.5%	91.0%	YES*
Heart Healthy Eating Intention	% Healthy	38	45.1%	89.5%	YES*
Physical Activity Attitude	0–12	38	8.45	9.76	YES*

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	37	7.08	
I have done this in the past week	# Activities	37	1.70	
I would like to learn how to do this	# Activities	37	1.92	
Something new I learned	# Activities	38		3.11
I got better at this	# Activities	38		3.97
I would like to play this again	# Activities	38		7.05

CHILD PROGRAM—Prince George's County, MD—Summer Day Camp 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	28	68.7%	86.7%	YES*
Heart Healthy Eating Behavior	% Healthy	28	35.8%	63.8%	YES*
Heart Healthy Eating Intention	% Healthy	28	34.2%	66.8%	YES*
Physical Activity Attitude	0–12	26	7.69	9.42	YES*

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	28	5.79	
I have done this in the past week	# Activities	28	2.46	
I would like to learn how to do this	# Activities	28	1.50	
Something new I learned	# Activities	28		4.96
I got better at this	# Activities	28		7.14
I would like to play this again	# Activities	28		7.96

ADOLESCENT PROGRAM—Prince George's County, MD—Junior Lifeguard Camp 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	8	78.7%	92.7%	YES
Overweight/Obesity Knowledge	% Correct	8	63.9%	61.1%	NO
Heart Healthy Eating Attitude	1–4	8	2.34	2.53	YES
Overweight/Obesity Attitude	1–4	8	2.86	2.92	YES
Heart Healthy Eating Behavior	% Healthy	8	34.4%	67.2%	YES*
Heart Healthy Eating Intention	% Healthy	8	32.4%	73.2%	YES*
Physical Activity Level	0–6	8	3.63	4.38	YES

ADULT PROGRAM—Prince George's County, MD—Harmony Hall Adult Aerobics 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Physical Activity Level	0–12	10	6.80	8.20	YES
Physical Activity Attitude	1–4	10	3.36	3.79	YES*
Physical Activity Knowledge	% Correct	10	82.5%	93.3%	YES
High Blood Pressure Knowledge	% Correct	10	50.0%	71.4%	YES*
Cholesterol Knowledge	% Correct	10	55.8%	85.0%	YES*
FIT Score	# Hours	10	7.63	16.25	YES*
SIT Score	# Hours	10	65.00	34.20	YES*

ADULT PROGRAM—Prince George's County, MD—Wells Ice Rink Adult Skating Class 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	22	63.6%	65.2%	YES
Overweight/Obesity Knowledge	% Correct	22	68.7%	67.2%	NO
Heart Healthy Eating Attitude	1–4	22	3.20	3.22	YES
Overweight/Obesity Attitude	1–4	22	2.83	2.84	YES
Heart Healthy Eating Behavior	0–4	20	2.12	2.06	NO
Physical Activity Level	0–12	22	7.09	7.82	YES
Physical Activity Attitude	1–4	22	3.04	3.12	YES
Physical Activity Knowledge	% Correct	22	89.0%	88.6%	NO
High Blood Pressure Knowledge	% Correct	22	63.0%	68.5%	YES*
Cholesterol Knowledge	% Correct	22	69.7%	81.4%	YES*
FIT Score	# Hours	21	6.00	11.81	YES*
SIT Score	# Hours	21	65.24	51.67	YES*

QUEEN ANNE'S COUNTY

ADOLESCENT PROGRAM—Queen Anne County, MD—Spring After School Program, Centreville

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	5	77.3%	62.9%	NO
Overweight/Obesity Knowledge	% Correct	9	58.0%	53.4%	NO
Heart Healthy Eating Attitude	1–4	9	3.03	2.99	NO
Overweight/Obesity Attitude	1–4	9	2.47	2.42	NO
Heart Healthy Eating Behavior	% Healthy	3	16.7%	45.8%	YES
Heart Healthy Eating Intention	% Healthy	8	28.6%	23.5%	NO
Physical Activity Level	0–6	8	3.13	3.75	YES

ADOLESCENT PROGRAM—Queen Anne County, MD—Spring After School Program, Stevensville

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	6	48.7%	50.3%	YES
Overweight/Obesity Knowledge	% Correct	6	59.3%	55.6%	NO
Heart Healthy Eating Attitude	1–4	6	2.75	3.05	YES*
Overweight/Obesity Attitude	1–4	6	2.38	2.29	NO
Heart Healthy Eating Behavior	% Healthy	6	29.2%	50.0%	YES
Heart Healthy Eating Intention	% Healthy	6	33.3%	39.3%	YES
Physical Activity Level	0–6	6	3.50	3.50	NO

ADOLESCENT PROGRAM—Queen Anne County, MD—Spring After School Program, Sudlersville

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	7	67.3%	76.4%	YES
Overweight/Obesity Knowledge	% Correct	9	54.9%	60.5%	YES
Heart Healthy Eating Attitude	1–4	9	2.60	3.05	YES
Overweight/Obesity Attitude	1–4	9	2.62	2.43	NO
Heart Healthy Eating Behavior	% Healthy	5	52.5%	47.5%	NO
Heart Healthy Eating Intention	% Healthy	8	46.4%	47.0%	YES
Physical Activity Level	0–6	8	3.38	2.75	NO

ADOLESCENT PROGRAM—Queen Anne County, MD—Fall Indoor Soccer, Centreville

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	7	85.4%	85.7%	YES
Overweight/Obesity Knowledge	% Correct	7	54.0%	63.5%	YES
Heart Healthy Eating Attitude	1–4	8	2.89	2.95	YES
Overweight/Obesity Attitude	1–4	8	2.88	2.50	NO*
Heart Healthy Eating Behavior	% Healthy	8	39.1%	54.7%	YES
Heart Healthy Eating Intention	% Healthy	8	42.9%	48.2%	YES
Physical Activity Level	0–6	7	3.14	2.71	NO

ADOLESCENT PROGRAM—Queen Anne County, MD—Fall After School Program, Stevensville

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	2	100.0%	95.8%	NO
Overweight/Obesity Knowledge	% Correct	4	51.4%	47.2%	NO
Heart Healthy Eating Attitude	1–4	4	3.43	3.33	NO
Overweight/Obesity Attitude	1–4	4	2.88	2.45	NO
Heart Healthy Eating Behavior	% Healthy	2	31.3%	26.8%	NO
Heart Healthy Eating Intention	% Healthy	4	59.3%	60.1%	YES
Physical Activity Level	0–6	3	3.00	2.33	NO

ADOLESCENT PROGRAM—Queen Anne County, MD—Fall After School Program, Sudlersville

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	4	42.4%	70.8%	YES
Overweight/Obesity Knowledge	% Correct	4	52.8%	59.5%	YES
Heart Healthy Eating Attitude	1–4	5	2.81	2.76	NO
Overweight/Obesity Attitude	1–4	4	2.42	2.44	YES
Heart Healthy Eating Behavior	% Healthy	3	34.2%	29.2%	NO
Heart Healthy Eating Intention	% Healthy	5	22.9%	22.9%	NO
Physical Activity Level	0–6	4	3.25	3.00	NO

ADULT PROGRAM—Queen Anne County, MD—Walk Across Maryland 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	32	65.4%	66.8%	YES
Overweight/Obesity Knowledge	% Correct	34	64.5%	66.0%	YES
Heart Healthy Eating Attitude	1–4	32	3.30	3.32	YES
Overweight/Obesity Attitude	1–4	32	2.94	2.92	NO
Heart Healthy Eating Behavior	0–4	32	2.77	2.67	NO
Physical Activity Level	0–12	33	6.15	8.48	YES*

MICHIGAN

ADRIAN

ADULT PROGRAM—Adrian, MI—Wellness Fan Club Spring 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	11	56.1%	65.2%	YES
Overweight/Obesity Knowledge	% Correct	10	65.0%	67.8%	YES
Heart Healthy Eating Attitude	1–4	11	3.39	3.27	NO
Overweight/Obesity Attitude	1–4	11	3.12	3.32	YES
Heart Healthy Eating Behavior	0–4	9	2.70	2.71	YES
Physical Activity Level	0–12	9	10.22	9.56	NO
Physical Activity Attitude	1–4	7	3.39	3.35	NO
Physical Activity Knowledge	% Correct	10	90.0%	85.7%	NO
High Blood Pressure Knowledge	% Correct	10	65.2%	63.4%	NO
Cholesterol Knowledge	% Correct	9	73.3%	81.5%	YES
FIT Score	# Hours	14	6.36	8.27	YES
SIT Score	# Hours	14	10.89	10.00	YES

MERIDIAN TOWNSHIP

CHILD PROGRAM—Meridian Township, MI—Playground Program

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	11	76.6%	87.0%	YES
Heart Healthy Eating Behavior	% Healthy	11	59.7%	59.7%	NO
Heart Healthy Eating Intention	% Healthy	11	53.3%	54.6%	YES
Physical Activity Attitude	0–12	11	10.64	10.18	NO

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	10	9.40	
I have done this in the past week	# Activities	10	3.90	
I would like to learn how to do this	# Activities	10	2.20	
Something new I learned	# Activities	9		3.00
I got better at this	# Activities	9		4.11
I would like to play this again	# Activities	9		10.00

MISSOURI

JEFFERSON CITY

CHILD PROGRAM—Jefferson City, MO—Youth Sports Day Camp

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	16	79.5%	82.4%	YES
Heart Healthy Eating Behavior	% Healthy	17	57.1%	57.1%	NO
Heart Healthy Eating Intention	% Healthy	17	51.3%	53.1%	YES
Physical Activity Attitude	0–12	17	9.53	9.88	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	16	9.75	
I have done this in the past week	# Activities	16	4.81	
I would like to learn how to do this	# Activities	16	2.94	
Something new I learned	# Activities	17		4.41
I got better at this	# Activities	17		5.94
I would like to play this again	# Activities	17		7.65

ADOLESCENT PROGRAM—Jefferson City, MO—Health Education

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	12	86.1%	97.2%	YES*
Overweight/Obesity Knowledge	% Correct	13	63.8%	72.7%	YES
Heart Healthy Eating Attitude	1–4	13	2.88	2.91	YES
Overweight/Obesity Attitude	1–4	14	2.78	2.85	YES
Heart Healthy Eating Behavior	% Healthy	13	50.2%	59.5%	YES
Heart Healthy Eating Intention	% Healthy	14	52.0%	62.2%	YES
Physical Activity Level	0–6	14	1.93	1.93	NO

ADOLESCENT PROGRAM—Jefferson City, MO—Lifetime Fitness

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	10	94.2%	96.7%	YES
Overweight/Obesity Knowledge	% Correct	10	65.6%	76.7%	YES
Heart Healthy Eating Attitude	1–4	10	2.59	2.88	YES*
Overweight/Obesity Attitude	1–4	10	2.84	2.76	NO
Heart Healthy Eating Behavior	% Healthy	10	35.4%	43.6%	YES
Heart Healthy Eating Intention	% Healthy	10	47.9%	50.5%	YES
Physical Activity Level	0–6	10	2.20	3.40	YES*

ADULT PROGRAM—Jefferson City, MO—City Survivor Challenge III

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	14	71.0%	71.4%	YES
Overweight/Obesity Knowledge	% Correct	14	71.4%	76.2%	YES*
Heart Healthy Eating Attitude	1–4	14	3.14	3.27	YES
Overweight/Obesity Attitude	1–4	14	2.90	2.93	YES
Heart Healthy Eating Behavior	0–4	14	1.99	2.20	YES
Physical Activity Level	0–12	13	5.85	6.77	YES
Physical Activity Attitude	1–4	14	3.06	3.06	YES
Physical Activity Knowledge	% Correct	14	87.5%	94.1%	YES*
FIT Score	# Hours	15	7.03	6.93	NO
SIT Score	# Hours	13	46.19	47.71	NO

ADULT PROGRAM—Jefferson City, MO—Maintenance Health and Safety Program

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	25	54.3%	57.6%	YES
Overweight/Obesity Knowledge	% Correct	26	64.8%	65.4%	YES
Heart Healthy Eating Attitude	1–4	26	2.90	3.03	YES
Overweight/Obesity Attitude	1–4	26	2.82	2.85	YES
Heart Healthy Eating Behavior	0–4	26	1.68	1.81	YES
Physical Activity Level	0–12	26	5.92	4.88	NO*
Physical Activity Attitude	1–4	25	3.25	3.25	YES
Physical Activity Knowledge	% Correct	26	85.6%	88.5%	YES
FIT Score	# Hours	17	21.94	14.21	NO
SIT Score	# Hours	22	23.89	24.06	NO

KANSAS CITY

CHILD PROGRAM—Kansas City, MO— Healthy Habits, Brush Creek

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	22	88.3%	83.1%	NO
Heart Healthy Eating Behavior	% Healthy	22	27.9%	44.8%	YES*
Heart Healthy Eating Intention	% Healthy	22	34.4%	50.0%	YES*
Physical Activity Attitude	0–12	22	9.09	9.73	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	22	10.91	
I have done this in the past week	# Activities	22	0.91	
I would like to learn how to do this	# Activities	22	1.91	
Something new I learned	# Activities	22		11.64
I got better at this	# Activities	22		1.86
I would like to play this again	# Activities	22		2.32

CHILD PROGRAM—Kansas City, MO—Healthy Habits, Don Bosco Night Hoops

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	8	85.7%	100.0%	YES*
Heart Healthy Eating Behavior	% Healthy	8	37.5%	57.1%	YES
Heart Healthy Eating Intention	% Healthy	8	33.9%	62.5%	YES*
Physical Activity Attitude	0–12	8	9.63	11.13	YES*

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	8	10.00	
I have done this in the past week	# Activities	8	0.25	
I would like to learn how to do this	# Activities	8	3.75	
Something new I learned	# Activities	8		12.38
I got better at this	# Activities	8		0.25
I would like to play this again	# Activities	8		1.38

CHILD PROGRAM—Kansas City, MO—Healthy Habits, Hillcrest

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	16	86.6%	92.9%	YES
Heart Healthy Eating Behavior	% Healthy	16	38.4%	55.4%	YES*
Heart Healthy Eating Intention	% Healthy	16	42.0%	42.9%	YES
Physical Activity Attitude	0–12	16	8.81	9.38	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	16	11.69	
I have done this in the past week	# Activities	16	0.25	
I would like to learn how to do this	# Activities	16	2.50	
Something new I learned	# Activities	16		11.63
I got better at this	# Activities	16		0.00
I would like to play this again	# Activities	16		2.44

CHILD PROGRAM—Kansas City, MO—Healthy Habits, Longview

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	30	91.8%	88.7%	NO
Heart Healthy Eating Behavior	% Healthy	30	39.2%	41.2%	YES
Heart Healthy Eating Intention	% Healthy	30	47.6%	44.3%	NO
Physical Activity Attitude	0–12	30	9.67	9.70	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	30	9.57	
I have done this in the past week	# Activities	30	0.90	
I would like to learn how to do this	# Activities	30	2.90	
Something new I learned	# Activities	30		10.67
I got better at this	# Activities	30		0.57
I would like to play this again	# Activities	30		2.43

CHILD PROGRAM—Kansas City, MO—Healthy Habits, Marlborough

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	18	81.0%	81.8%	YES
Heart Healthy Eating Behavior	% Healthy	18	49.2%	48.4%	NO
Heart Healthy Eating Intention	% Healthy	18	51.6%	49.2%	NO
Physical Activity Attitude	0–12	18	9.61	9.00	NO

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	18	10.22	
I have done this in the past week	# Activities	18	1.83	
I would like to learn how to do this	# Activities	18	1.89	
Something new I learned	# Activities	18		11.11
I got better at this	# Activities	18		0.78
I would like to play this again	# Activities	18		2.17

CHILD PROGRAM—Kansas City, MO—Healthy Habits, Memorial

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	31	85.6%	83.0%	NO
Heart Healthy Eating Behavior	% Healthy	31	53.9%	46.5%	NO
Heart Healthy Eating Intention	% Healthy	31	49.3%	48.4%	NO
Physical Activity Attitude	0–12	31	9.13	9.23	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	31	10.55	
I have done this in the past week	# Activities	31	0.39	
I would like to learn how to do this	# Activities	31	2.90	
Something new I learned	# Activities	31		10.42
I got better at this	# Activities	31		0.74
I would like to play this again	# Activities	31		3.00

CHILD PROGRAM—Kansas City, MO—Healthy Habits, Southeast

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	19	86.5%	88.7%	YES
Heart Healthy Eating Behavior	% Healthy	19	76.7%	57.9%	NO
Heart Healthy Eating Intention	% Healthy	19	78.2%	68.4%	NO
Physical Activity Attitude	0–12	19	9.42	9.89	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	19	11.58	
I have done this in the past week	# Activities	19	0.79	
I would like to learn how to do this	# Activities	19	1.63	
Something new I learned	# Activities	19		11.63
I got better at this	# Activities	19		0.79
I would like to play this again	# Activities	19		1.79

CHILD PROGRAM—Kansas City, MO—Healthy Habits, Terrace Lake

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	19	88.7%	90.2%	YES
Heart Healthy Eating Behavior	% Healthy	19	47.4%	42.1%	NO
Heart Healthy Eating Intention	% Healthy	19	54.1%	42.1%	NO*
Physical Activity Attitude	0–12	19	10.00	10.42	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	19	13.21	
I have done this in the past week	# Activities	19	0.11	
I would like to learn how to do this	# Activities	19	0.68	
Something new I learned	# Activities	19		13.79
I got better at this	# Activities	19		0.05
I would like to play this again	# Activities	19		0.42

ADOLESCENT PROGRAM—Kansas City, MO—Healthy Habits, Hillcrest Night Hoops

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	15	74.3%	71.4%	NO
Overweight/Obesity Knowledge	% Correct	15	63.0%	63.7%	YES
Heart Healthy Eating Attitude	1–4	15	2.32	2.57	YES
Overweight/Obesity Attitude	1–4	15	2.55	2.78	YES
Heart Healthy Eating Behavior	% Healthy	15	36.7%	42.5%	YES
Heart Healthy Eating Intention	% Healthy	15	28.6%	28.6%	NO
Physical Activity Level	0–6	15	4.33	4.33	NO

ADOLESCENT PROGRAM—Kansas City, MO—Healthy Habits, South Side

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	14	87.5%	88.7%	YES
Overweight/Obesity Knowledge	% Correct	15	67.4%	70.4%	YES
Heart Healthy Eating Attitude	1–4	15	2.47	2.68	YES
Overweight/Obesity Attitude	1–4	15	2.45	2.63	YES
Heart Healthy Eating Behavior	% Healthy	15	51.7%	55.0%	YES
Heart Healthy Eating Intention	% Healthy	14	55.6%	52.0%	NO
Physical Activity Level	0–6	15	3.33	3.73	YES

POPLAR BLUFF

ADULT PROGRAM—Poplar Bluff, MO—Busy Bees

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	29	68.4%	83.3%	YES*
Overweight/Obesity Knowledge	% Correct	29	71.3%	96.6%	YES*
Heart Healthy Eating Attitude	1–4	28	2.90	3.40	YES*
Overweight/Obesity Attitude	1–4	26	2.86	3.17	YES*
Heart Healthy Eating Behavior	0–4	22	1.72	2.69	YES*
Physical Activity Level	0–12	27	2.93	4.96	YES*
Physical Activity Attitude	1–4	21	2.63	3.12	YES*
Physical Activity Knowledge	% Correct	27	86.7%	98.8%	YES*
High Blood Pressure Knowledge	% Correct	28	53.0%	93.9%	YES*
Cholesterol Knowledge	% Correct	26	73.7%	96.2%	YES*
FIT Score	# Hours	1	7.00	3.00	NO*
SIT Score	# Hours	13	24.85	37.77	NO*

ROLLA

ADOLESCENT PROGRAM—Rolla, MO—Homeschoolers Sports and Games

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Physical Activity Level	0–6	19	2.63	3.00	YES

ADULT PROGRAM—Rolla, MO—Indoor Cycling

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	13	69.2%	76.9%	YES
Overweight/Obesity Knowledge	% Correct	13	73.2%	81.2%	YES*
Heart Healthy Eating Attitude	1–4	13	3.18	3.26	YES
Overweight/Obesity Attitude	1–4	13	2.92	2.99	YES
Heart Healthy Eating Behavior	0–4	13	2.39	2.57	YES

ADULT PROGRAM—Rolla, MO—Senior Fit

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	13	65.4%	76.9%	YES
Overweight/Obesity Knowledge	% Correct	13	71.8%	75.2%	YES
Heart Healthy Eating Attitude	1–4	13	3.35	3.60	YES*
Overweight/Obesity Attitude	1–4	13	2.92	2.96	YES
Heart Healthy Eating Behavior	0–4	13	2.86	3.13	YES*
High Blood Pressure Knowledge	% Correct	13	57.7%	59.3%	YES
Cholesterol Knowledge	% Correct	13	83.3%	84.0%	YES

SPRINGFIELD

CHILD PROGRAM—Springfield, MO—Playgrounds Program, Fassnight Park

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	14	76.5%	80.6%	YES
Heart Healthy Eating Behavior	% Healthy	12	37.4%	44.4%	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	26	9.27	
I have done this in the past week	# Activities	26	3.19	
I would like to learn how to do this	# Activities	26	1.88	
Something new I learned	# Activities	14		2.29
I got better at this	# Activities	14		4.14
I would like to play this again	# Activities	14		5.14

CHILD PROGRAM—Springfield, MO—SPARC Day Camp

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	25	79.4%	82.9%	YES
Heart Healthy Eating Behavior	% Healthy	24	59.3%	55.0%	NO
Heart Healthy Eating Intention	% Healthy	25	50.9%	40.7%	NO

ADULT PROGRAM—Springfield, MO—Healthy Lifestyles 04-01

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	25	36.7%	81.3%	YES*
Overweight/Obesity Knowledge	% Correct	25	49.8%	97.3%	YES*
Heart Healthy Eating Attitude	1-4	25	3.08	3.68	YES*
Overweight/Obesity Attitude	1-4	24	2.02	2.96	YES*
Heart Healthy Eating Behavior	0-4	24	0.35	2.35	YES*
Physical Activity Level	0-12	25	1.28	8.04	YES*
Physical Activity Attitude	1-4	25	2.27	3.05	YES*
Physical Activity Knowledge	% Correct	25	34.0%	97.7%	YES*
High Blood Pressure Knowledge	% Correct	25	44.3%	96.9%	YES*
Cholesterol Knowledge	% Correct	25	39.7%	100.0%	YES*
FIT Score	# Hours	25	5.40	10.04	YES*
SIT Score	# Hours	25	49.72	37.48	YES*

ADULT PROGRAM—Springfield, MO—Healthy Lifestyles 04–02

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	10	28.3%	83.3%	YES*
Overweight/Obesity Knowledge	% Correct	10	55.6%	98.9%	YES*
Heart Healthy Eating Attitude	1–4	10	3.07	3.77	YES*
Overweight/Obesity Attitude	1–4	10	2.34	3.07	YES*
Heart Healthy Eating Behavior	0–4	10	0.36	2.24	YES*
Physical Activity Level	0–12	10	0.70	8.40	YES*
Physical Activity Attitude	1–4	10	2.15	3.24	YES*
Physical Activity Knowledge	% Correct	10	30.8%	95.0%	YES*
High Blood Pressure Knowledge	% Correct	10	52.9%	97.1%	YES*
Cholesterol Knowledge	% Correct	10	13.3%	96.7%	YES*
FIT Score	# Hours	10	0.00	6.45	YES*
SIT Score	# Hours	10	57.80	41.35	YES*

ADULT PROGRAM—Springfield, MO—Healthy Lifestyles 04–03

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	8	8.3%	83.3%	YES*
Overweight/Obesity Knowledge	% Correct	8	48.6%	98.6%	YES*
Heart Healthy Eating Attitude	1–4	8	2.40	3.31	YES*
Overweight/Obesity Attitude	1–4	8	1.93	2.96	YES*
Heart Healthy Eating Behavior	0–4	8	0.24	2.52	YES*
Physical Activity Level	0–12	8	0.75	7.75	YES*
Physical Activity Attitude	1–4	8	1.83	3.15	YES*
Physical Activity Knowledge	% Correct	8	27.1%	89.6%	YES*
High Blood Pressure Knowledge	% Correct	8	7.1%	98.2%	YES*
Cholesterol Knowledge	% Correct	8	8.3%	97.9%	YES*
FIT Score	# Hours	8	0.13	4.50	YES*
SIT Score	# Hours	8	49.13	30.75	YES

NEVADA

HENDERSON

CHILD PROGRAM—Henderson, NV—Safekey at Newton, University of Nevada-Las Vegas

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	29	80.3%	79.8%	NO
Heart Healthy Eating Behavior	% Healthy	28	61.2%	70.4%	YES
Heart Healthy Eating Intention	% Healthy	29	64.5%	65.9%	YES
Physical Activity Attitude	0–12	29	9.62	8.93	NO

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	29	7.55	
I have done this in the past week	# Activities	29	4.72	
I would like to learn how to do this	# Activities	29	2.97	
Something new I learned	# Activities	29		5.00
I got better at this	# Activities	29		4.69
I would like to play this again	# Activities	29		5.62

CHILD PROGRAM—Henderson, NV—Summer Kids Zone

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	24	86.1%	83.0%	NO
Heart Healthy Eating Behavior	% Healthy	24	56.1%	57.1%	YES
Heart Healthy Eating Intention	% Healthy	25	55.4%	51.4%	NO
Physical Activity Attitude	0–12	22	9.36	9.77	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	25	7.48	
I have done this in the past week	# Activities	25	3.84	
I would like to learn how to do this	# Activities	25	3.24	
Something new I learned	# Activities	25		3.64
I got better at this	# Activities	25		4.76
I would like to play this again	# Activities	25		7.44

ADOLESCENT PROGRAM—Henderson, NV—Teen Scene, University of Nevada Las Vegas

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	33	80.6%	78.6%	NO
Overweight/Obesity Knowledge	% Correct	35	55.4%	58.5%	YES
Heart Healthy Eating Attitude	1–4	35	2.72	2.62	NO
Overweight/Obesity Attitude	1–4	34	2.80	2.74	NO
Heart Healthy Eating Behavior	% Healthy	32	53.8%	53.8%	NO
Heart Healthy Eating Intention	% Healthy	34	50.8%	51.6%	YES
Physical Activity Level	0–6	33	3.15	3.21	YES

LAS VEGAS

CHILD PROGRAM—Henderson, NV—3-a-Day of Dairy

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	20	76.6%	83.6%	YES
Heart Healthy Eating Behavior	% Healthy	19	60.9%	68.4%	YES
Heart Healthy Eating Intention	% Healthy	20	59.4%	64.3%	YES
Physical Activity Attitude	0–12	20	9.20	9.35	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	20	7.05	
I have done this in the past week	# Activities	20	3.30	
I would like to learn how to do this	# Activities	20	3.25	
Something new I learned	# Activities	20		4.35
I got better at this	# Activities	20		3.25
I would like to play this again	# Activities	20		5.65

CHILD PROGRAM—Las Vegas, NV—Round Up Tot Program

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	38	41.7%	44.7%	YES
Heart Healthy Eating Behavior	% Healthy	38	44.0%	42.5%	NO
Heart Healthy Eating Intention	% Healthy	38	47.0%	39.1%	NO*
Physical Activity Attitude	0–12	38	9.03	8.29	NO

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	38	9.13	
I have done this in the past week	# Activities	38	6.87	
I would like to learn how to do this	# Activities	38	2.84	
Something new I learned	# Activities	38		8.53
I got better at this	# Activities	38		7.82
I would like to play this again	# Activities	38		7.66

ADOLESCENT PROGRAM—Las Vegas, NV—3-a-Day of Dairy

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	4	65.8%	77.1%	YES
Overweight/Obesity Knowledge	% Correct	3	63.0%	63.0%	NO*
Heart Healthy Eating Attitude	1–4	4	2.75	2.65	NO
Overweight/Obesity Attitude	1–4	4	2.52	2.32	NO
Heart Healthy Eating Behavior	% Healthy	4	31.3%	37.5%	YES
Heart Healthy Eating Intention	% Healthy	4	25.0%	32.1%	YES
Physical Activity Level	0–6	4	3.00	4.00	YES

ADOLESCENT PROGRAM—Las Vegas, NV—Lifeguard Hearts N' Parks

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	21	82.1%	86.8%	YES
Overweight/Obesity Knowledge	% Correct	24	60.2%	63.9%	YES
Heart Healthy Eating Attitude	1–4	25	2.80	2.81	YES
Overweight/Obesity Attitude	1–4	24	2.61	2.54	NO
Heart Healthy Eating Behavior	% Healthy	21	51.2%	48.2%	NO
Heart Healthy Eating Intention	% Healthy	25	49.7%	42.2%	NO
Physical Activity Level	0–6	20	3.00	3.10	YES

ADULT PROGRAM—Las Vegas, NV—Las Vegas Senior Center Ukulele Nutrition

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	21	65.1%	65.9%	YES
Overweight/Obesity Knowledge	% Correct	19	64.9%	62.0%	NO
Heart Healthy Eating Attitude	1–4	20	3.25	3.40	YES
Overweight/Obesity Attitude	1–4	20	3.14	3.17	YES
Heart Healthy Eating Behavior	0–4	18	2.49	2.51	YES

NEW MEXICO

ALBUQUERQUE

CHILD PROGRAM—Albuquerque, NM—Heart Healthy Eating for Children Summer 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	10	84.3%	85.7%	YES
Heart Healthy Eating Behavior	% Healthy	10	87.1%	87.1%	NO
Heart Healthy Eating Intention	% Healthy	10	81.4%	80.0%	NO

CHILD PROGRAM—Albuquerque, NM—Heart Healthy Eating for Children Fall 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	21	81.6%	86.4%	YES
Heart Healthy Eating Behavior	% Healthy	21	72.1%	85.0%	YES
Heart Healthy Eating Intention	% Healthy	21	68.0%	80.3%	YES*

CHILD PROGRAM—Albuquerque, NM—Physical Activity for Children Summer 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Physical Activity Attitude	0–12	25	8.92	9.68	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	26	7.58	
I have done this in the past week	# Activities	26	4.81	
I would like to learn how to do this	# Activities	26	5.31	
Something new I learned	# Activities	26		5.35
I got better at this	# Activities	26		4.88
I would like to play this again	# Activities	26		6.23

ADULT PROGRAM—Albuquerque, NM—Heart Healthy Eating for Adults Summer 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	15	60.0%	68.9%	YES
Overweight/Obesity Knowledge	% Correct	15	65.2%	71.9%	YES
Heart Healthy Eating Attitude	1–4	14	3.29	3.43	YES
Overweight/Obesity Attitude	1–4	15	3.05	3.05	NO
Heart Healthy Eating Behavior	0–4	14	2.36	2.42	YES

ADULT PROGRAM—Albuquerque, NM—Heart Healthy Eating for Women Spring 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	10	60.0%	65.0%	YES
Overweight/Obesity Knowledge	% Correct	10	57.8%	58.9%	YES
Heart Healthy Eating Attitude	1–4	10	3.43	3.42	NO
Overweight/Obesity Attitude	1–4	10	3.13	3.19	YES
Heart Healthy Eating Behavior	0–4	10	2.56	2.59	YES

ADULT PROGRAM—Albuquerque, NM—Physical Activity for Adults Summer 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Physical Activity Level	0–12	12	8.42	9.92	YES
Physical Activity Attitude	1–4	12	3.31	3.42	YES
Physical Activity Knowledge	% Correct	12	86.1%	85.4%	NO
High Blood Pressure Knowledge	% Correct	12	48.8%	63.1%	YES
Cholesterol Knowledge	% Correct	12	77.1%	83.1%	YES*
FIT Score	# Hours	7	10.86	12.00	YES
SIT Score	# Hours	8	31.00	17.50	YES

ADULT PROGRAM—Albuquerque, NM—Physical Activity for Women Spring 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Physical Activity Level	0–12	10	7.80	8.70	YES*
Physical Activity Attitude	1–4	10	3.56	3.62	YES
Physical Activity Knowledge	% Correct	10	88.3%	85.0%	NO
High Blood Pressure Knowledge	% Correct	10	53.6%	57.1%	YES
Cholesterol Knowledge	% Correct	10	73.3%	75.8%	YES
FIT Score	# Hours	7	11.71	18.81	YES
SIT Score	# Hours	8	28.78	27.69	YES

RIO RANCHO

CHILD PROGRAM—Rio Rancho, NM—Sportzcamp Nutrition

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	30	31.0%	72.9%	YES*
Heart Healthy Eating Behavior	% Healthy	30	18.1%	65.2%	YES*
Heart Healthy Eating Intention	% Healthy	30	15.7%	61.9%	YES*

ADOLESCENT PROGRAM—Rio Rancho, NM—Lincoln Middle School 2

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	30	55.8%	95.0%	YES*
Overweight/Obesity Knowledge	% Correct	30	62.2%	97.4%	YES*
Heart Healthy Eating Attitude	1–4	30	2.47	3.00	YES*
Overweight/Obesity Attitude	1–4	30	2.36	3.00	YES*
Heart Healthy Eating Behavior	% Healthy	30	39.2%	86.3%	YES*
Heart Healthy Eating Intention	% Healthy	30	18.6%	66.2%	YES*

ADULT PROGRAM—Rio Rancho, NM—Rio Rancho Parks Men

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	30	71.7%	99.4%	YES*
Overweight/Obesity Knowledge	% Correct	30	77.4%	100.0%	YES*
Heart Healthy Eating Attitude	1–4	30	2.69	3.63	YES*
Overweight/Obesity Attitude	1–4	30	2.12	2.75	YES*
Heart Healthy Eating Behavior	0–4	30	1.60	2.66	YES*
Cholesterol Knowledge	% Correct	30	78.6%	83.3%	YES*

ROSWELL

CHILD PROGRAM—Roswell, NM—Kids Aerobics Child

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	39	69.7%	84.6%	YES*
Heart Healthy Eating Behavior	% Healthy	39	55.9%	70.9%	YES*
Heart Healthy Eating Intention	% Healthy	39	50.4%	67.4%	YES*
Physical Activity Attitude	0–12	37	8.70	9.68	YES*

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	23	9.96	
I have done this in the past week	# Activities	23	4.70	
I would like to learn how to do this	# Activities	23	3.78	
Something new I learned	# Activities	38		8.61
I got better at this	# Activities	38		8.61
I would like to play this again	# Activities	38		7.53

CHILD PROGRAM—Roswell, NM—Swim Team Child

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	18	83.3%	92.9%	YES*
Heart Healthy Eating Behavior	% Healthy	18	52.4%	86.5%	YES*
Heart Healthy Eating Intention	% Healthy	18	49.2%	81.0%	YES*
Physical Activity Attitude	0–12	18	9.78	10.33	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	18	8.50	
I have done this in the past week	# Activities	18	4.50	
I would like to learn how to do this	# Activities	18	1.72	
Something new I learned	# Activities	18		6.89
I got better at this	# Activities	18		8.28
I would like to play this again	# Activities	18		7.56

ADOLESCENT PROGRAM—Roswell, NM—Kids Aerobics Adolescent

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	3	83.3%	77.8%	NO
Overweight/Obesity Knowledge	% Correct	3	40.7%	63.0%	YES
Heart Healthy Eating Attitude	1–4	3	3.17	2.60	NO
Overweight/Obesity Attitude	1–4	3	2.79	2.96	YES
Heart Healthy Eating Behavior	% Healthy	2	50%	62.5%	YES
Heart Healthy Eating Intention	% Healthy	3	52.4%	85.7%	YES
Physical Activity Level	0–6	2	4.00	4.50	YES

ADOLESCENT PROGRAM—Roswell, NM—Summer Fun & Fitness Adolescent

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	8	65.8%	87.1%	YES*
Overweight/Obesity Knowledge	% Correct	9	55.1%	72.8%	YES*
Heart Healthy Eating Attitude	1–4	9	3.19	3.50	YES
Overweight/Obesity Attitude	1–4	9	2.63	3.03	YES*
Heart Healthy Eating Behavior	% Healthy	3	50.0%	70.8%	YES
Heart Healthy Eating Intention	% Healthy	9	50.8%	81.0%	YES*
Physical Activity Level	0–6	9	2.56	4.22	YES*

ADOLESCENT PROGRAM—Roswell, NM—Swim Team Adolescent

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	5	87.5%	95.0%	YES
Overweight/Obesity Knowledge	% Correct	5	53.3%	95.6%	YES*
Heart Healthy Eating Attitude	1–4	5	2.62	3.02	YES*
Overweight/Obesity Attitude	1–4	5	3.23	3.55	YES
Heart Healthy Eating Behavior	% Healthy	5	45.0%	72.5%	YES*
Heart Healthy Eating Intention	% Healthy	5	51.4%	82.9%	YES
Physical Activity Level	0–6	5	3.00	4.80	YES*

ADULT PROGRAM—Roswell, NM—Active Roswell Adult Center

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	36	50.9%	69.9%	YES*
Overweight/Obesity Knowledge	% Correct	36	73.8%	78.1%	YES
Heart Healthy Eating Attitude	1–4	36	3.19	3.34	YES
Overweight/Obesity Attitude	1–4	35	3.16	3.18	YES
Heart Healthy Eating Behavior	0–4	35	1.49	1.66	YES
Physical Activity Level	0–12	36	5.00	5.53	YES
Physical Activity Attitude	1–4	36	3.17	3.15	NO
Physical Activity Knowledge	% Correct	36	88.9%	91.4%	YES
High Blood Pressure Knowledge	% Correct	36	59.5%	77.4%	YES*
Cholesterol Knowledge	% Correct	36	68.1%	90.3%	YES*
FIT Score	# Hours	23	8.67	9.17	YES
SIT Score	# Hours	31	35.34	33.45	YES

ADULT PROGRAM—Roswell, NM—Summer Fun & Fitness Adult

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	7	54.8%	73.8%	YES
Overweight/Obesity Knowledge	% Correct	7	64.7%	77.8%	YES*
Heart Healthy Eating Attitude	1–4	7	3.21	3.48	YES
Overweight/Obesity Attitude	1–4	6	2.79	3.40	YES*
Heart Healthy Eating Behavior	0–4	6	2.44	2.82	YES
Physical Activity Level	0–12	7	8.43	10.29	YES*
Physical Activity Attitude	1–4	6	3.19	3.54	YES
Physical Activity Knowledge	% Correct	7	85.7%	95.2%	YES
High Blood Pressure Knowledge	% Correct	7	59.2%	79.6%	YES*
Cholesterol Knowledge	% Correct	6	70.8%	93.1%	YES*
FIT Score	# Hours	6	11.00	20.67	YES
SIT Score	# Hours	5	39.00	29.80	YES

OHIO

ELYRIA

CHILD PROGRAM—Elyria, OH—Eat Well, Play Hard 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	26	86.3%	87.9%	YES
Heart Healthy Eating Behavior	% Healthy	26	57.1%	36.8%	NO*
Heart Healthy Eating Intention	% Healthy	26	57.1%	37.4%	NO*
Physical Activity Attitude	0–12	25	9.36	9.16	NO

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	26	8.58	
I have done this in the past week	# Activities	26	4.00	
I would like to learn how to do this	# Activities	26	2.27	
Something new I learned	# Activities	26		1.58
I got better at this	# Activities	26		5.42
I would like to play this again	# Activities	26		7.19

CHILD PROGRAM—Elyria, OH—Swim Team 2004

Section	Scale	N	Pre Mean	Post Mean	Improvement (* If Significant)
Heart Healthy Eating Knowledge	% Correct	27	77.8%	83.5%	YES*
Heart Healthy Eating Behavior	% Healthy	27	59.8%	58.0%	NO
Heart Healthy Eating Intention	% Healthy	26	53.0%	51.4%	NO
Physical Activity Attitude	0–12	20	9.00	9.40	YES

Things I Like and Do/ Things I Learned and Did	Scale	N	Pre Mean	Post Mean
I like to do this	# Activities	26	8.88	
I have done this in the past week	# Activities	26	4.77	
I would like to learn how to do this	# Activities	26	1.04	
Something new I learned	# Activities	26		3.08
I got better at this	# Activities	26		5.58
I would like to play this again	# Activities	26		7.31

ADOLESCENT PROGRAM—Elyria, OH—Guard for Life

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	34	93.1%	93.9%	YES
Overweight/Obesity Knowledge	% Correct	33	64.3%	66.3%	YES
Heart Healthy Eating Attitude	1–4	34	2.70	2.78	YES
Overweight/Obesity Attitude	1–4	33	2.70	2.61	NO
Heart Healthy Eating Behavior	% Healthy	33	45.8%	52.3%	YES
Heart Healthy Eating Intention	% Healthy	34	49.6%	51.7%	YES
Physical Activity Level	0–6	33	3.85	3.97	YES

ADULT PROGRAM—Elyria, OH—Motion to Music

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	28	59.5%	73.8%	YES*
Overweight/Obesity Knowledge	% Correct	28	69.1%	76.2%	YES*
Heart Healthy Eating Attitude	1–4	28	3.33	3.45	YES*
Overweight/Obesity Attitude	1–4	28	2.80	2.82	YES
Heart Healthy Eating Behavior	0–4	28	2.45	2.40	NO
Physical Activity Level	0–12	28	7.07	8.04	YES*
Physical Activity Attitude	1–4	27	3.24	3.25	YES
Physical Activity Knowledge	% Correct	28	88.4%	95.2%	YES*
High Blood Pressure Knowledge	% Correct	27	61.6%	74.3%	YES*
Cholesterol Knowledge	% Correct	28	73.8%	86.9%	YES*
FIT Score	# Hours	24	6.72	10.53	YES*
SIT Score	# Hours	24	42.40	38.42	YES*

ADULT PROGRAM—Elyria, OH—The Active People Cruisin' the Country

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	26	64.1%	82.7%	YES*
Overweight/Obesity Knowledge	% Correct	26	67.5%	81.2%	YES*
Heart Healthy Eating Attitude	1–4	26	3.38	3.42	YES
Overweight/Obesity Attitude	1–4	26	2.84	2.85	YES
Heart Healthy Eating Behavior	0–4	26	2.21	2.45	YES
Physical Activity Level	0–12	26	8.19	8.38	YES
Physical Activity Attitude	1–4	25	3.14	3.26	YES*
Physical Activity Knowledge	% Correct	26	92.3%	97.4%	YES*
High Blood Pressure Knowledge	% Correct	26	56.9%	66.8%	YES*
Cholesterol Knowledge	% Correct	26	71.5%	86.5%	YES*
FIT Score	# Hours	23	13.77	15.60	YES
SIT Score	# Hours	21	34.81	31.51	YES

GREENE COUNTY

Greene Co., OH—Summer Caravan

Section	Scale	N	Pre Mean	Post Mean	Improvement? (* If Significant)
Heart Healthy Eating Knowledge	% Correct	14	82.7%	73.2%	NO*
Overweight/Obesity Knowledge	% Correct	20	73.3%	54.9%	NO*
Overweight/Obesity Attitude	1–4	20	2.09	2.36	YES*
Heart Healthy Eating Behavior	% Healthy	20	28.8%	71.9%	YES*
Heart Healthy Eating Intention	% Healthy	20	49.3%	57.1%	YES*
Physical Activity Level	0–6	20	3.05	4.35	YES*

Individual Question Averages

The following tables include the average pre- and posttest scores of all individual items within the different sections of the questionnaires for 2004. Every item answered in each questionnaire reviewed from all 169 programs that submitted both pre- and posttests is counted. All percentage scores represent the percentage of correct or healthy answers chosen for that item. Other scoring measurements are indicated by section.

For example, in the first section below, a total of 1,938 children answered the first question in the pretest section “Heart Healthy Eating Knowledge.” A total of 89.7 percent answered the question correctly, and the standard deviation of scores was 0.304.

Children’s Questionnaire Items

		N	Mean Score	Std. Deviation
Pretest Heart Healthy Eating Knowledge	1	1,938	89.7%	0.304
	2	1,972	91.5%	0.279
	3	1,957	67.3%	0.469
	4	1,919	51.2%	0.500
	5	1,930	63.0%	0.483
	6	1,917	83.6%	0.371
	7	1,927	91.7%	0.276
Posttest Heart Healthy Eating Knowledge	1	1,835	94.4%	0.229
	2	1,843	94.6%	0.226
	3	1,837	80.6%	0.395
	4	1,804	66.1%	0.473
	5	1,803	78.1%	0.414
	6	1,810	89.9%	0.302
	7	1,814	95.5%	0.207
Pretest Heart Healthy Eating Behavior	1	1,949	42.6%	0.495
	2	1,953	61.3%	0.487
	3	1,965	61.9%	0.486
	4	1,913	49.5%	0.500
	5	1,925	65.5%	0.476
	6	1,900	50.1%	0.500
	7	1,901	44.9%	0.498
Posttest Heart Healthy Eating Behavior	1	1,836	52.6%	0.500
	2	1,836	71.9%	0.450
	3	1,834	74.0%	0.439
	4	1,809	60.3%	0.490
	5	1,809	75.3%	0.431
	6	1,806	63.0%	0.483
	7	1,797	62.1%	0.485
Pretest Heart Healthy Eating Intention	1	1,931	44.1%	0.497
	2	1,920	67.3%	0.469
	3	1,922	37.2%	0.483
	4	1,894	44.0%	0.497
	5	1,904	68.9%	0.463
	6	1,901	56.9%	0.495
	7	1,905	37.0%	0.483

Children's Questionnaire Items

	N	Mean Score	Std. Deviation
Posttest Heart Healthy Eating Intention			
1	1,837	58.0%	0.494
2	1,838	76.6%	0.424
3	1,829	50.9%	0.500
4	1,806	61.5%	0.487
5	1,814	80.7%	0.395
6	1,812	66.7%	0.471
7	1,812	53.6%	0.499
Pretest Physical Activity Attitude (0–2 pts. each)			
1	1,844	1.14	0.724
2	1,838	1.72	0.563
3	1,840	1.56	0.636
4	1,837	1.32	0.768
5	1,839	1.42	0.718
6	1,832	1.70	0.549
Posttest Physical Activity Attitude			
1	1,629	1.18	0.760
2	1,628	1.73	0.558
3	1,629	1.62	0.598
4	1,629	1.47	0.715
5	1,632	1.53	0.654
6	1,629	1.75	0.491

Things I Like and Things I Do N=1,865

Pretest	I Like To Do This	I've Done This in the Past Week	I Would Like To Learn How To Do This
Softball/baseball	56.8%	24.2%	23.6%
Basketball	64.8%	30.2%	18.7%
Biking	70.4%	29.8%	13.0%
Bowling	69.3%	21.7%	13.9%
Dancing	53.2%	23.9%	20.5%
Exercises	60.5%	44.4%	9.5%
Football	50.0%	22.0%	27.6%
Games	76.4%	36.1%	10.7%
Jump Rope	60.9%	29.8%	15.6%
Roller Skating	63.8%	21.7%	20.3%
Soccer	56.6%	24.8%	24.2%
Swimming	73.8%	30.5%	14.2%
Tennis	45.4%	18.1%	31.3%
Volleyball	49.7%	19.5%	27.6%
Average Number of Activities	8.52	3.77	2.71

Things I Learned and Did This Summer N=1,744

Posttest	Something New I Learned	I Got Better at This	I Would Like To Play This Again
Softball/baseball	39.5%	37.3%	42.8%
Basketball	40.0%	42.1%	44.3%
Biking	34.2%	33.8%	46.0%
Bowling	36.9%	35.4%	46.4%
Dancing	35.4%	35.7%	41.1%
Exercises	36.6%	48.7%	41.2%
Football	42.0%	33.0%	39.4%
Games	43.2%	43.8%	47.1%
Jump Rope	37.2%	46.3%	40.3%
Roller Skating	39.0%	35.0%	44.8%
Soccer	39.2%	38.5%	44.4%
Swimming	36.0%	40.3%	51.6%
Tennis	39.3%	29.7%	38.9%
Volleyball	38.0%	34.2%	39.4%
Average Number of Activities	5.36	5.34	6.08

Adolescent Questionnaire Items

	N	Mean Score	Std. Deviation
Pretest Heart Healthy Eating Knowledge			
1	566	69.4%	0.461
2	593	64.1%	0.480
3	596	87.3%	0.334
4	593	48.2%	0.500
5	562	90.8%	0.290
6	576	93.4%	0.248
7	559	82.8%	0.378
8	558	60.0%	0.490
9	563	72.8%	0.445
10	566	89.9%	0.301
11	569	91.7%	0.276
12	557	88.3%	0.321
Posttest Heart Healthy Eating Knowledge			
1	526	76.1%	0.427
2	544	69.9%	0.459
3	544	89.3%	0.309
4	541	61.6%	0.487
5	525	95.2%	0.213
6	526	97.5%	0.155
7	520	88.5%	0.320
8	522	69.9%	0.459
9	521	83.9%	0.368
10	525	94.7%	0.225
11	525	97.1%	0.167
12	522	94.3%	0.233
Pretest Overweight/Obesity Knowledge			
1	600	26.7%	0.443
2	608	42.9%	0.495
3	607	89.5%	0.307
4	606	64.7%	0.478
5	605	78.4%	0.412
6	606	89.1%	0.312
7	604	33.3%	0.472
8	604	79.8%	0.402
9	605	48.8%	0.500
Posttest Overweight/Obesity Knowledge			
1	538	35.3%	0.478
2	543	50.8%	0.500
3	541	90.8%	0.290
4	540	69.1%	0.463
5	539	83.5%	0.372
6	542	88.4%	0.321
7	543	38.9%	0.488
8	542	80.3%	0.398
9	540	53.7%	0.499
Pretest Heart Healthy Eating Attitude (1–4 pts. each)			
1	609	2.95	0.760
2	609	3.18	0.755
3	606	2.97	0.779
4	605	2.51	0.927
5	603	2.30	0.974
6	607	3.08	0.825

Adolescent Questionnaire Items

	N	Mean Score	Std. Deviation	
	7	603	2.22	0.915
	8	607	2.31	0.902
	9	609	2.70	0.873
	10	609	3.37	0.779
Posttest Heart Healthy Eating Attitude				
	1	542	3.03	0.698
	2	543	3.18	0.709
	3	541	3.05	0.730
	4	541	2.67	0.872
	5	520	2.55	0.974
	6	523	3.15	0.792
	7	519	2.39	0.916
	8	519	2.52	0.909
	9	523	2.88	0.838
	10	518	3.36	0.744
Pretest Overweight/Obesity Attitude (1–4 pts. each)				
	1	602	2.65	0.900
	2	601	2.96	0.810
	3	601	2.43	0.883
	4	604	2.55	0.904
	5	601	2.93	0.853
	6	603	2.32	0.968
	7	602	2.54	0.886
	8	604	2.83	1.012
Posttest Overweight/Obesity Attitude				
	1	542	2.80	0.849
	2	541	3.03	0.768
	3	539	2.55	0.881
	4	542	2.60	0.924
	5	539	2.88	0.857
	6	542	2.41	0.905
	7	539	2.66	0.869
	8	521	2.90	1.013
Pretest Heart Healthy Eating Behavior				
	1	565	33.5%	0.472
	2	564	48.6%	0.500
	3	559	50.3%	0.500
	4	558	47.1%	0.500
	5	560	59.3%	0.492
	6	549	34.4%	0.476
	7	543	42.7%	0.495
	8	555	41.8%	0.494
Posttest Heart Healthy Eating Behavior				
	1	529	45.2%	0.498
	2	518	66.6%	0.472
	3	524	63.6%	0.482
	4	519	65.3%	0.476
	5	526	71.3%	0.453
	6	519	44.3%	0.497
	7	502	56.8%	0.496
	8	522	54.6%	0.498

Adolescent Questionnaire Items

		N	Mean Score	Std. Deviation
Pretest Heart Healthy Eating Intention				
	1	602	27.6%	0.447
	2	602	71.8%	0.451
	3	591	35.7%	0.480
	4	599	39.9%	0.490
	5	599	58.9%	0.492
	6	605	54.9%	0.498
	7	601	29.3%	0.455
Posttest Heart Healthy Eating Intention				
	1	537	43.4%	0.496
	2	539	77.6%	0.418
	3	531	47.7%	0.500
	4	538	52.8%	0.500
	5	539	64.6%	0.479
	6	540	63.2%	0.483
	7	539	44.2%	0.497
Pretest Physical Activity Level (0–1 pts. for 1, 2, 3, and 5; 0–2 pts. for 4)				
	1	591	0.665	0.472
	2	592	0.414	0.493
	3	524	0.353	0.478
	4	586	1.278	0.841
	5	583	0.654	0.476
Posttest Physical Activity Level				
	1	524	0.714	0.452
	2	523	0.537	0.499
	3	491	0.489	0.500
	4	510	1.406	0.784
	5	515	0.724	0.447

Adult Questionnaire Items

		N	Mean Score	Std. Deviation
Pretest Heart Healthy Eating Knowledge				
	1	741	74.5%	0.436
	2	728	36.7%	0.482
	3	735	86.7%	0.340
	4	727	22.2%	0.416
	5	748	55.2%	0.498
	6	752	70.5%	0.456
Posttest Heart Healthy Eating Knowledge				
	1	659	89.1%	0.312
	2	656	59.2%	0.492
	3	658	93.9%	0.239
	4	652	38.5%	0.487
	5	666	78.5%	0.411
	6	668	90.0%	0.301
Pretest Overweight/Obesity Knowledge				
	1	717	32.1%	0.467
	2	729	46.8%	0.499
	3	734	98.4%	0.127
	4	730	81.6%	0.387
	5	731	92.5%	0.264
	6	733	96.3%	0.189
	7	730	13.8%	0.346
	8	727	86.2%	0.345
	9	721	40.1%	0.490
Posttest Overweight/Obesity Knowledge				
	1	643	59.3%	0.492
	2	638	64.9%	0.478
	3	641	99.7%	0.056
	4	640	86.7%	0.340
	5	628	97.6%	0.153
	6	631	97.8%	0.147
	7	629	43.6%	0.496
	8	629	95.9%	0.199
	9	625	63.4%	0.482
Pretest Heart Healthy Eating Attitude (1–4 pts. each)				
	1	734	3.58	0.649
	2	726	3.42	0.715
	3	731	3.70	0.524
	4	731	3.36	0.733
	5	731	2.31	0.939
	6	733	2.83	0.945

Adult Questionnaire Items

		N	Mean Score	Std. Deviation
Posttest Heart Healthy Eating Attitude				
	1	625	3.76	0.483
	2	625	3.60	0.633
	3	622	3.80	0.449
	4	625	3.58	0.633
	5	625	2.69	1.005
	6	628	3.14	0.904
Pretest Overweight/Obesity Attitude (1–4 pts. each)				
	1	744	2.80	0.946
	2	740	3.06	0.782
	3	744	2.62	0.951
	4	738	2.71	0.893
	5	743	2.99	0.840
	6	741	2.57	0.865
	7	741	2.90	0.794
	8	741	2.97	0.866
Posttest Overweight/Obesity Attitude				
	1	647	3.04	0.821
	2	647	3.21	0.697
	3	646	2.87	0.832
	4	648	2.89	0.848
	5	647	3.11	0.726
	6	649	2.77	0.848
	7	639	3.08	0.726
	8	635	3.20	0.748
Pretest Heart Healthy Eating Behavior (0–4 pts. each)				
	1	545	1.57	1.450
	2	687	2.38	1.690
	3	708	1.84	1.421
	4	684	1.84	1.346
	5	703	2.14	1.459
	6	710	2.26	1.162
	7	722	2.59	0.950
Posttest Heart Healthy Eating Behavior				
	1	456	1.95	1.360
	2	605	2.81	1.403
	3	621	2.22	1.310
	4	594	2.16	1.277
	5	612	2.54	1.246
	6	627	2.57	1.033
	7	635	2.78	0.916
Pretest Physical Activity Level (0–1 pt. for 1–5; 0–4 pts. for 6; 0–3 pts. for 7)				
	1	603	0.74	0.437
	2	597	0.74	0.439
	3	601	0.67	0.472
	4	602	0.59	0.492

Adult Questionnaire Items

	N	Mean Score	Std. Deviation	
	5	600	0.76	0.430
	6	602	2.06	1.340
	7	601	0.98	1.051
Posttest Physical Activity Level				
	1	536	0.90	0.304
	2	536	0.83	0.379
	3	536	0.84	0.367
	4	534	0.64	0.480
	5	534	0.78	0.418
	6	534	2.34	1.229
	7	534	1.40	1.034
Pretest Physical Activity Attitude (1–4 pts. each)				
	1	526	2.76	1.022
	2	525	2.77	1.111
	3	526	3.27	0.951
	4	527	3.41	0.931
	5	525	3.41	0.994
	6	527	3.21	0.972
	7	525	3.27	0.991
	8	525	2.94	1.042
	9	525	3.18	1.048
	10	526	3.22	0.943
	11	525	2.65	1.067
	12	525	3.28	0.925
	13	526	3.47	0.900
	14	510	3.01	1.151
Posttest Physical Activity Attitude				
	1	478	2.99	0.946
	2	480	2.95	1.045
	3	480	3.38	0.800
	4	479	3.46	0.866
	5	479	3.58	0.772
	6	480	3.43	0.761
	7	480	3.40	0.832
	8	481	3.18	0.906
	9	479	3.30	0.860
	10	477	3.29	0.882
	11	480	2.89	0.955
	12	477	3.45	0.783
	13	480	3.52	0.756
	14	469	3.16	1.068
Pretest Physical Activity Knowledge				
	1	538	95.0%	0.219
	2	538	90.5%	0.293
	3	536	83.8%	0.369
	4	538	92.0%	0.271

Adult Questionnaire Items

	N	Mean Score	Std. Deviation
5	536	31.7%	0.466
6	538	84.4%	0.363
7	539	91.1%	0.285
8	539	84.6%	0.361
9	539	88.3%	0.322
10	539	86.5%	0.343
11	536	84.0%	0.367
12	537	91.8%	0.275
Posttest Physical Activity Knowledge			
1	456	99.3%	0.081
2	455	97.8%	0.147
3	454	96.3%	0.190
4	455	95.0%	0.219
5	454	59.7%	0.491
6	455	95.0%	0.219
7	453	94.5%	0.229
8	454	93.2%	0.253
9	455	96.5%	0.184
10	455	96.0%	0.195
11	453	90.7%	0.290
12	454	96.7%	0.179
Pretest High Blood Pressure Knowledge			
1	546	68.5%	0.465
2	544	55.2%	0.498
3	543	80.3%	0.398
4	547	17.0%	0.376
5	542	79.3%	0.405
6	545	66.6%	0.472
7	541	34.9%	0.477
8	545	88.1%	0.324
9	543	42.2%	0.494
10	545	85.1%	0.356
11	547	80.1%	0.400
12	547	13.4%	0.340
13	543	61.3%	0.488
14	544	13.8%	0.345
Posttest High Blood Pressure Knowledge			
1	475	87.4%	0.333
2	474	81.2%	0.391
3	473	88.4%	0.321
4	473	35.9%	0.480
5	474	92.4%	0.265
6	472	91.1%	0.285
7	475	68.4%	0.465
8	477	97.9%	0.143

Adult Questionnaire Items

	N	Mean Score	Std. Deviation	
	9	473	75.9%	0.428
	10	476	87.8%	0.328
	11	474	93.9%	0.240
	12	475	39.0%	0.488
	13	474	75.1%	0.433
	14	474	37.1%	0.484
Pretest Cholesterol Knowledge				
	1	570	81.6%	0.388
	2	571	92.8%	0.258
	3	570	68.8%	0.464
	4	570	73.5%	0.442
	5	570	82.1%	0.384
	6	570	67.2%	0.470
	7	571	84.8%	0.360
	8	570	82.5%	0.381
	9	572	89.2%	0.311
	10	568	58.5%	0.493
	11	572	18.2%	0.386
	12	569	23.0%	0.421
Posttest Cholesterol Knowledge				
	1	484	96.9%	0.174
	2	484	99.8%	0.045
	3	482	92.1%	0.270
	4	483	93.2%	0.253
	5	481	96.5%	0.185
	6	483	93.2%	0.253
	7	480	97.1%	0.168
	8	481	96.3%	0.190
	9	482	98.6%	0.120
	10	481	83.6%	0.371
	11	484	40.7%	0.492
	12	484	44.0%	0.497
Pretest FIT Score (hours per week)				
Total FIT score	494	7.87	10.952	
Bicycling	503	0.24	1.012	
Bowling	503	0.08	0.506	
Chores	503	2.30	5.208	
Dancing/aerobics	504	0.75	1.770	
Golfing	503	0.12	1.167	
Jogging/stairs/treadmill	503	0.56	1.934	
Pushups/situps	503	0.30	0.979	
Rollerblading, skating	503	0.04	0.322	
Team or organized sports	503	0.38	1.694	
Walking/hiking	504	1.99	3.623	
Water sports (swimming)	503	0.09	0.486	

Adult Questionnaire Items

	N	Mean Score	Std. Deviation
Weightlifting	503	0.31	1.004
Winter sports (snow skiing)	503	0.01	0.141
Other physical activities	503	0.83	4.680
Pretest SIT Score			
Total SIT score	524	32.08	27.193
TV	535	12.60	15.783
Computer	535	3.69	7.657
Work (nonmanual labor)	535	10.83	15.972
Reading	535	3.46	5.280
Movies	535	1.59	3.735
Posttest FIT Score			
Total FIT score	566	7.90	10.767
Bicycling	569	0.22	0.915
Bowling	568	0.05	0.467
Chores	568	1.87	5.245
Dancing/aerobics	568	0.79	1.715
Golfing	568	0.12	0.752
Jogging/stairs/treadmill	568	0.72	2.099
Pushups/situps	568	0.28	0.937
Rollerblading, skating	568	0.04	0.438
Team or organized sports	569	0.37	1.428
Walking/hiking	569	2.41	4.250
Water sports (swimming)	568	0.13	0.680
Weightlifting	568	0.33	1.070
Winter sports (snow skiing)	568	0.01	0.168
Other physical activities	568	0.66	2.822
Posttest SIT Score Section			
Total SIT score	573	22.65	23.857
TV	576	8.25	11.822
Computer	576	2.86	6.656
Work (nonmanual labor)	576	7.76	13.891
Reading	576	2.62	4.285
Movies	575	1.23	3.493