

Exercise Your Options

(Practice-tested)

Summary of Evaluation Methods

A pilot evaluation of *Exercise Your Options* was conducted using a pre-test/post-test design. Middle school students completed surveys immediately before and after the 8-week program. Survey questions were drawn from the CDC's Youth Risk Behavior Surveillance System (YRBS), modified as needed, and covered the following topic areas: consumption of fruits, vegetables, dairy products, and sugars/sweets; physical activity; TV/DVD watching; and computer/video game use.

Evaluation Audience

The effectiveness of *Exercise your Options* was evaluated with middle school students (94% seventh grade, average age 12.5) from 16 different California classrooms. In addition, the adoption, implementation, and maintenance of *Exercise Your Options* have been evaluated with California middle school teachers.

Curriculum Audience

Exercise Your Options is a nutrition program for middle school students in grades 6-8.

Summary of Evaluation Results

When comparing pre-test to post-test results, middle-schoolers participating in *Exercise Your Options* reported increased consumption of dairy products, reduced consumption of sugars/sweets, increased physical activity, decreased TV/DVD watching, and decreased computer/video game use. Fruit and vegetable consumption did not change from pre-test to post-test.

References

Fridlund Dunton G, Lagloire R, Robertson T. Using the RE-AIM framework to evaluate the statewide dissemination of a school-based physical activity and nutrition curriculum: Exercise Your Options. *Am J of Health Promot* 2009; 23(4) 229-232.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2657926/>

Dairy Council of California. 2009. Exercise Your Options: Formative evaluation results of middle school students participating in a nutrition education program.

http://www.healthyating.org/Portals/0/Documents/Schools/Evaluations/EYO_Evaluation.pdf, Retrieved February 8, 2016.