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
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.