

### Article Summary 1

Salmon, Booth, Phongsavan, Murphy, & Timperio (2007) completed a narrative review examining the effectiveness of a total of 76 separate physical activity (PA) interventions among children (ages 4-12) and adolescents (ages 13-19) to provide evidence to guide development of future PA interventions. This review examined the most common settings for and types of interventions including (1) school settings (types of specific school settings included: curriculum only, curriculum and physical education, physical education only/physical education and environment, environment only, curriculum, physical education, and environment, activity breaks, special classes/pedometers, tailored advice and/or brief counseling, after school programs, school and family, and school and family/community), (2) family-based interventions, (3) primary care interventions, (4) community-based interventions, and (5) Internet-based interventions.

**Commented [AD1]:** General statement regarding what the article was about. The target population, the health behavior, & the health problem should be stated here. If using an article which looks at a single intervention, you would include info about what the authors were examining, the target pop, the target behavior, their methods (the intervention).

**Commented [AD2]:** Detailed specifics of what was included in the article. You will put info from the 'Results', 'Discussion,' & 'Conclusion' here.

This article applies to Team LLHE's topic of PA promotion in inner city children ages 5-11 because it is a source which discusses which types of children's PA programs have proven to be the most effective. Thus we may be able to use the information gained in designing the actual intervention as well as its evaluation.

**Commented [AD3]:** How the article applies to your program plan, target population, target behavior, and/or health problem

Specific information from Salmon et al.'s (2007) article which may be useful in our project includes: (1) Regarding school settings: (a) curriculum only interventions shown to be ineffective address risk behaviors in addition to PA and used self-report; (b) curriculum strategies alone are ineffective in promoting PA; (c) compared to curriculum only programs, curriculum and PE programs with focus on increasing PA during PE show more effectiveness in increasing PA during PE; (d) activity breaks have had significant effect on PA; (e) computer-tailored feedback may be good approach to help increase and maintain PA within schools,

**Commented [AD4]:** Specifically what info from the article applies to your target pop, behavior, health prob; and/or what researchers learned from their intervention that you can use in yours. Basically, tell me what you learned from the article & how you can use that in your own program plan

although trained personnel would be needed to run the feedback; and (f) school and family programs showed significant increases in PA outside of school, with one program showing maintenance over a four year follow up; (2) Regarding family based interventions: retention rates may be best with family-based interventions; and (3) Regarding primary care interventions: They “show promise” (p. 152).

Other useful information gained from Salmon et al.'s (2007) article includes: (1) Interventions with focus on PE, involving PA breaks, or including family strategies were most effective in children; (2) School-based interventions with activity breaks and simple environmental changes may be the most sustainable because they require little training and promote active play which requires little equipment or structure; (3) Inclusion of family enhanced interventions because of increased retention, compliance, and improving family-related correlates of PA in children; (4) Web-based approaches need more research, but given the emphasis on technology in youth they may be beneficial; and (5) Methodological shortcomings identified across the 76 studies reviewed included: (a) lack of baseline data, (b) no control group, (c) not based on theory, (d) unreliable or invalid measures of PA, (e) lack of details such as sample size, attrition, compliance, duration, etc., reported, and (f) longer follow-up period needed.

**Commented [AD5]:** In this particular example, bc it was a review article, there was a LOT of useful stuff in it! I highlighted specific things to look for: What makes intervention effective, efficient, sustainable; what was good about it; what are possible shortcomings, etc.

Salmon, J., Booth, M.L., Phongsavan, P., Murphy, N., & Timperio, A. (2007). Promoting physical activity participation among children and adolescents. *Epidemiologic Reviews*, 29, 144-159.

**Commented [AD6]:** Reference/citation info for the article