




School's Out...Let's Move (SOLMo) Research Highlights

After-school care programs are a critical and opportune setting for children to engage in healthy behaviours, and care providers working within these programs shape health opportunities for children in their care. School's Out...Let's Move (SOLMo) was an after-school intervention, developed by Ever Active Schools, which aimed to improve healthy eating (HE) and physical opportunities for children.

SOLMo was guided by the Comprehensive School Health (CSH) approach, and had two main goals: (1) to serve a healthy snack with vegetable or fruit, and milk or water as the drink; (2) to include 30 minutes of moderate to vigorous physical activity (MVPA) by encouraging movement development and promoting the love of movement. The SOLMo intervention included a needs assessment, tools, workshops, and coaching for care providers to promote HE and PA for children. The intervention took place in four after-school sites over a six-month period, September 2016 - February 2017.

Throughout the SOLMo intervention, Dr. Kate Storey and her team, conducted research to evaluate the implementation and outcomes related to the SOLMo intervention. Using qualitative and quantitative methods, this research sought to understand the promotion of healthy eating and physical activity in the after-school setting.

Qualitative research focused on how the SOLMo intervention affected care providers' experience in their ability to promote physical activity and healthy eating opportunities for children in the after-school setting. Findings confirmed the significant relationship and influence care providers have on children's healthy eating and physical activity behaviours and revealed challenges care providers perceived regarding resources and support from the surrounding community. **The SOLMo intervention supported care providers ability to promote healthy eating and physical activity.**



In addition, this research specifically examined how SOLMo affected care providers' perceived awareness, knowledge, confidence, behavioural control, and attitudes towards promoting physical activity and healthy eating for children within the after-school setting. Using validated surveys with care providers in SOLMo sites, findings indicated a significant beneficial impact of the SOLMo intervention on care providers' attitudes towards promoting health behaviours for children. The SOLMo intervention demonstrated promising impact in changing care providers' attitudes in promoting both physical activity and healthy eating.

Quantitative research examining pedometer-measured steps among SOLMo and usual practice (comparison) sites found that between 2015-2017, physical activity increased in both intervention and comparison sites, however, these increases were greater in children from SOLMo sites. In 2015, students from SOLMo sites were accumulating ~300 fewer steps per hour than students from comparison sites, a 67% difference in physical activity during the after-school period. From 2015 to 2017 physical activity increased 55.5% more in children from SOLMo sites than in children from control sites. After 2 years there was no longer a significant difference in activity levels between students from intervention and comparison sites. **The SOLMo intervention was effective in increasing physical activity among children during the after-school time period.**