

Data compiled and analyzed by Michael & Susan Dell Center for Advancement of Healthy Living, University of Texas School of Public Health

## SAMPLE

## KEY FINDINGS

### ASSESSMENT

Survey from Schools & Community-Based Coaches

### ESSA EVIDENCE

Level 4

### GRADES

1-12

### EVALUATION PERIOD

2018-2019

- Marathon Kids reached over 65,000 1-12 Grades across 35 states.
- On average, schools provided of 112 minutes of walking or running each week with Marathon Kids programming.
- Half of kids (49%) completed the equivalent of 3 or more marathons (78.6 miles) in one year.
- Coaches are highly satisfied with Marathon Kids (average score of 51 out of a high of 56).

## BACKGROUND

Building from the importance of shared common knowledge and co-learning with stakeholders within real-world settings for children's physical activity promotion, researchers explored best practices for the implementation of children's running clubs based on a national sample of U.S. adult volunteer Marathon Kids coaches.

## METHOD

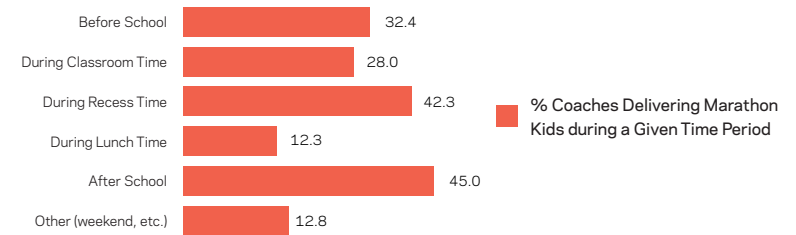
To demonstrate a rationale (Level 4) and inform successful program implementations, a survey was completed by 478 Coaches that reflected on the 2018-2019 school year programming.

## CONCLUSION

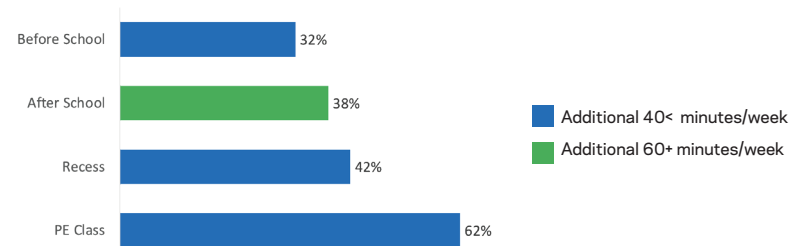
Strengths and lessons learned documented in this study provide a strong foundation for the overall approach of Marathon Kids. Engaging and co-learning with the vibrant Marathon Kids' community produced best practices for advancing Marathon Kids' mission of providing a path for healthy youth development through running.

## HIGHLIGHTED FINDINGS

### Marathon Kids Structured Programming Goes Beyond PE Class



### Marathon Kids provides over 100 additional weekly minutes of walking and running time outside of PE class



### Marathon Kids Pillars & Evidence-based Best Practices

#### Goal Setting

Kids Set Small & Large Goals

#### Group Tracking

Track Individual/Group Miles

#### Model the Way

Coaches Lead By Example

#### Social Support

Parents & Supporters Encourage Physical Activity

#### Celebrating

Celebrate Achievements

#### Rewarding

Coaches Provide Positive Reinforcement