

## SPARK Study Final Report

Thanks to the efforts and dedication of ExCEL and the site coordinators and program leaders at six SFUSD elementary schools: Guadalupe, ER Taylor, Sunset, Buena Vista, FS Key, and Yick Wo, UCSF completed its study on the impact of the SPARK curriculum on child health. Below is a synopsis of the results. *The final report will be available shortly.*

### Summary of the major findings:

- All students increased their physical activity during and after school, over the 5-month study period. At follow-up, students in SPARK and control schools achieved, on average, 52 minutes of moderate-to-vigorous physical activity while in SFUSD programming (during and after school), which is 85% of recommended total daily activity levels.
- It does not appear that use of the SPARK curriculum increased physical activity in the after school setting. SPARK schools did not show greater increases in objectively measured physical activity (looking at the accelerometer data) than control schools. We believe this is because all of the PEP coordinators made strong efforts to keep kids physically active, with or without SPARK. In general, kids in all schools both SPARK and control participated in similar activities in the after-school setting.
- Nonetheless, students exposed to the SPARK curriculum were more likely to feel that they had increased their levels of physical activity, and to express greater enjoyment in physical activities such as playing ball or dancing.
- Weight status remained stable, although the prevalence of obesity declined slightly in SPARK schools. While we would like to see weight status improve among all children, it is heartening that children were not becoming overweight or obese during the study period.
- Fitness, as measured by the 20-meter shuttle test, declined in both SPARK and control schools. It may be that children put less effort into the fitness test at follow-up, or, if fitness truly declined, it could be that the activities kids were doing both during and after school weren't vigorous enough to increase their fitness.