

Title of Intervention	FitKid Project	
Website	http://www.hfrp.org/out-of-school-time/ost-database-bibliography/database/medical-college-of-georgia-fitkid-project	
Intervention Strategies	Group Education	
Purpose	The FitKid Project "was designed to fill low-socioeconomic-status youth's after school hours with moderate-to-vigorous physical activity. The program emphasized enjoyment and improvement in games and sport activities."	
Populations	Elementary, 3rd-5th graders in Richmond County Georgia.	
Settings	After-school program	
Partners	Medical College of Georgia (MCG) and Augusta/Richmond County school districts.	
Intervention Description	The FitKid after-school program consists of 3 components: academic enrichment, a healthy snack, and physical activity in a mastery oriented environment. This is a 2 hour after-school program with a minimum of 40 minutes of moderate-vigorous physical activity 5 days a week. After program transportation was provided to participants.	
Theory	Socioecological perspective	
Resources required	Staff/Volunteers:	Certified teachers and paraprofessionals. United States Department of Agriculture (USDA) after-school snack program. After-school transportation program.
	Training:	Pre-program workshops and 3 mandatory staff meetings
	Technology:	Not Mentioned.
	Space:	Gymnasium, large outdoor field suitable for games and sports, and a large classroom.
	Budget:	Year 1 program cost was \$174,070, or \$558 per student. The cost breakdown was 63% staff salary, 25% transportation, 7% materials
	Intervention:	\$1,000 equipment and supplies for implementation, specifics not mentioned. Monthly activity plans provided by the program.
	Evaluation:	x-ray, YMCA step test, portable scales, Cholestec LDX, The School Physical Activity and Nutrition Project Questionnaire, Physical Activity Questionnaire for Children (PAQ-C), Physical Activity Enjoyment Scale (PACES), Pictorial Motivation Scale (PMS), Self Perception Profile for Children (SPPC), and The Task and Ego orientation in Sports Questionnaire.
Evaluation	Design:	Non-Experimental and Experimental

	Methods and Measures:	Participants were recruited thru letters to parents and at school registration for both intervention and non-intervention schools. All participants were given pre, mid, and post intervention physical assessments including body composition, non-fasting blood samples, blood pressure, step-test for cardiovascular (CV) fitness, and a psychosocial survey. The FitKid program was offered free of charge to 3rd grade participants at intervention schools including after-school program, USDA healthy snack, and transportation. All programs were conducted in the participants' school. This is a 3 year study.
Outcomes	Short term impact:	First year results show significant beneficial results for % body fat, bone mineral density, and cardiovascular fitness for those with 40% or greater attendance. There was also a relative reduction of body fat in program participants.
	Long term impact:	Study results still in progress.
Maintenance	Not Mentioned.	
Lessons Learned	1) Because MCG FitKid is built on the infrastructure of elementary schools, it can be potentially implemented on a large scale if deemed acceptable by schools and communities. 2) Kids cannot be relied on to bring home information, therefore participant recruitment is best done at mandatory events like school registration.	
Citation(s)	Yin, Zenong, Gutin, Bernard, Johnson, Maribeth, Hanes, John, Moore, Justin B., Cavnar, Marlo, Thornburg, Janet. Moore, Donna, and Barbeau, Paule. (2005). An Environmental Approach to Obesity Prevention in Children: Medical College of Georgia FitKid Project Year 1 Results. Obesity Research Vol. 13. No. 12. Dec 2005. P 2153-2161.	
	Yin, Zenong, Hanes Jr., John, Moore, Justin B., Humbles, Patricia, Barbeau, Paule, and Gutin, Bernard. (2005) An After-School Physical Activity Program for Obesity Prevention in Children: The Medical College of Georgia FitKid Project. Evaluation & The Health Professions. Vol. 28. No. 1. March 2005 67-89.	
Current Program Status	http://www.hfrp.org/out-of-school-time/ost-database-bibliography/database/medical-college-of-georgia-fitkid-project	