

Title of Intervention	An activity-friendly preschool playground intervention	
Intervention Strategies	Environments and policies	
Purpose	To increase the amounts of moderate to vigorous physical activity during free play in 3-5 year olds.	
Populations	3-5 year olds in a university daycare	
Settings	Childcare	
Partners	University of Utah	
Intervention Description	Activity-friendly equipment was added to an outdoor preschool playground. Play equipment included hurdles to jump over and hoops to jump through, tunnels to crawl through, balance beams, target toss/throw sets, bean bags, various sized playground balls, etc.	
Theory	Not mentioned	
Resources required	Staff/Volunteers:	1-2 staff to set up equipment
	Training:	None
	Technology:	None
	Space:	large play area
	Budget:	\$1,000
	Intervention:	hula-hoops, bean bags, hurdles, various balls, etc.
	Evaluation:	Actigraph GT1M accelerometers, direct observation using "Observational System for Recording Physical Activity in Children–Preschool Version (OSRAC–P) protocols"
Evaluation	Design:	Repeated measures
	Methods and Measures:	Activity-friendly equipment was added to an outdoor preschool playground. Accelerometers-measured intensities of 15-s epochs of physical activity were tracked for 5 pre-intervention and 5 post-intervention days during outdoor play.
Outcomes	Short term impact:	"The simple addition of preschool playground equipment was followed by decreased sedentary activity levels and increased light, moderate, and vigorous activity levels. The intervention effect did not diminish across the five post-intervention observations, which suggests an effective short-term intervention effect."
	Long term impact:	Further studies required
Maintenance	Maintenance of equipment.	
Lessons Learned	Most children moved randomly between activities and did not follow a circuit. Some activities were more popular like hurdles and hoops while others were less used like the balance beam. Children activity indicates that "natural environment, landscaping elements and larger play areas may also evoke more physical activity".	

Citation(s)	Hannon, James C., Brown, Barbara B. (2008) Increasing preschoolers' physical activity intensities: An activity-friendly preschool playground intervention. Preventive Medicine 46 (2008) 532–536.
Current Program Status	Not mentioned