

Girls on the Run: Evaluation Report Chicago Council

Fall 2007 Results

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Introduction

An impact evaluation of Girls on the Run (GOTR) was conducted for the fall 2007 GOTR Chicago Council representing 26 sites (n=375). Of the 375 participants, 201 completed both the pre and post-test assessment. The following report includes evaluation data from the 201 GOTR participants who completed both pre and post assessments. Evaluation data was collected before the GOTR program implementation (pre-test) and again after the 12-week program (post-test). An explanation of the survey instrument is provided in the following report as well as the rationale for the use of individual constructs. The same survey was used for both the pre and post-tests. The data collected during the evaluation is presented in the following report in Tables 1 – 6.

Demographic Characteristics

Of the 375 participants, 299 (79.7%) reported their age, with the average age being 9.35 (SD = 1.0525) years. Approximately 0.6% of participants reported being 6 or 7 years old, followed by 22.1% reporting their age as 8 years old, 33.8% reported being 9 years old, 30.8% reported being 10 years old, 10.7 reported being 11 years old, 1.3 reported being 12 years old, and 0.7 reported being 13 years old. Most of participants self-identified themselves as Caucasian (44.5%), followed by Latino (31.9%), African American (15.0%), and Other (8.6%).

The majority of participants reported they were currently in the 4th grade (40.2%), followed by 32.3% in 3rd grade, 23.5% in 5th grade, and 0.3% in 6th grade. Table 1 represents demographic characteristics of program participants.

Table 1. Demographics of all participating in the evaluation for Fall 2007 (n= 375)^a

Demographics	N	%
Age* (Mean=9.35 years ± 1.053)		
6 years	1	0.3
7 years	1	0.3
8 years	66	22.1
9 years	101	33.8
10 years	92	30.8
11 years	32	10.7
12 years	4	1.3
13 years	2	0.7
Total	299	100.0
Race**		
Caucasian	134	44.5
African American	45	15.0
Latino	96	31.9
Other	26	8.6
Total	301	100.0
Grade***		
3 rd Grade	106	32.3
4 th Grade	132	40.2
5 th Grade	77	23.5
6 th Grade	1	0.3
Total	328	100.0

^a Information reported in the tables is of those (n = 375) who participated in either the pretest or both the pre-test and post-test

* 76 participants did not report their age

** 74 participants did not report their race

*** 59 participants did not report their grade

Instrument

The impact evaluation assessed the GOTR program and how well it meets proposed program objectives. As such, the formative evaluation included a pre-test/post-test design using quantitative methodology which assessed the following objects of interest: a) self-esteem; b) body image; c) commitment to physical activity; and d) participation in physical activity.

A Likert-type questionnaire developed by the principal investigator in conjunction with GOTR program staff was utilized to assess demographics (age, residence, race), in addition to above described objects of interest. The questionnaire utilized existing tools such as the Rosenberg's Self-Esteem Scale (Rosenberg, 1965), the child/adolescent version of the Schematic Figural Scale (to measure body size (dis)satisfaction) (Collins, 1991), and the Commitment Physical Activity Scale (Neilson and Corbin, 1986). Approval from University of South Florida's Institutional Review Board will be obtained prior to evaluation implementation.

The Rosenberg Self-Esteem Scale is the most widely utilized measure of self-esteem, which consists of 10 items that measure global self-esteem—lower scores indicating greater self-esteem (Rosenberg, 1965, Alfonzo, 1995). The Rosenberg Self-esteem scale is reported as one of the most valid global measures of self-esteem (Byrne, 1983, Blascovich and Tomaka, 1991) in addition to measures of reliability ranging from Coefiecient alphas of 0.77 to 0.87 (Rosenberg, 1965, Wylie, 1989).

The child/adolescent version of the Schematic Figural Scale (to measure body size (dis)satisfaction) (Collins, 1991) is a figural stimulus method for the assessment of overall body size satisfaction. The participant will look at 7 female child silhouettes (ranging from thin to large) and the participant will be asked to circle the silhouette which (a) represents what they perceive

their current size to be (b) what they would like their current size to be. Reliability measures range from Coefficient alpha scores of 0.59 to 0.71 (Thompson, 1995).

Commitment to physical activity was measured by the Commitment to Physical Activity Scale (Neilson and Corbin, 1986). The purpose of the 12-item Likert-type scale is to assess commitment to physical activity which, in this scale, is comprised of: a) valuation of physical activity; b) attitudes towards physical activity; and c) motivation to be physically active. Reliability scores ranged from 0.88 to 0.91. Physical activity behavior was assessed by the following questions adapted from the Centers for Disease Control's (2004) Youth Risk Behavioral Survey (Middle School Version):

ON HOW MANY OF THE PAST 7 DAYS DID YOU EXERCISE OR PARTICIPATE IN PHYSICAL ACTIVITY FOR AT LEAST 20 MINUTES THAT MADE YOU SWEAT AND BREATHE HARD, SUCH AS BASKETBALL, SOCCER, RUNNING, SWIMMING LAPS, FAST BICYCLING, FAST DANCING OR SIMILAR AEROBIC ACTIVITIES? (CHECK ONE)

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

Do you play on any sports teams? (check one)
 yes no

Data Analysis

All data were entered and analyzed utilizing SPSS v10. Analysis consisted of initial means, standard deviations, frequency and percentages of variables. Additional tests such as paired samples T-test, and Wilcoxon tests were performed to assess changes from pre to post-GOTR.

RESULTS

Self-Esteem

Table 2 provides the pre and post-test data among participants with regard to self-esteem. The overall mean sum score for self-esteem among participant PRE-GOTR was 22.17 and 23.29 among participants POST-GOTR ($p < 0.001$), which is statistically significant at an alpha level of .05. Listed below are item analyses for selected self-esteem questions.

- Pre-test data shows 54.8% of participants reported they “strongly disagreed” with the statement, “Sometimes I think I am no good at all.” Post-test data shows 71.7% of participants reported they “strongly disagreed” with the statement, resulting in a change of 16.9%.
- Pre-test data shows 48.7% of participants “strongly agreed” with the statement, “I feel there are a lot of good things about me.” Post-test data shows 60.3% of participants “strongly agreed” with the statement, resulting in a change of 11.6%.
- Pre-test data shows 66.5% “strongly disagreed” with the statement, “Sometimes I feel I am a failure.” Post-test data shows 79.7% of the participants indicated they “strongly disagreed” with the statement, resulting in a change 13.2%.

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Variable	Group	Strongly Disagree n (%)	Disagree n (%)	Agree n (%)	Strongly Agree n (%)
I am satisfied with myself	Pre*	6 (3.0)	10 (5.0)	90 (45.0)	94 (47.0)
	Post**	4 (2.0)	14 (7.0)	65 (32.7)	116 (58.3)
Sometimes I think I am no good at all	Pre**	109 (54.8)	61 (30.7)	16 (8.0)	13 (6.5)
	Post***	142 (71.7)	36 (18.2)	13 (6.6)	7 (3.5)
I feel that there are a lot of good things about me	Pre†	2 (1.0)	10 (5.1)	89 (45.2)	96 (48.7)
	Post**	1 (0.5)	5 (2.5)	73(36.7)	120 (60.3)
I can do things as well as most other people my age	Pre***	7 (3.5)	18 (9.1)	114 (57.6)	59 (29.8)
	Post**	11 (5.5)	22 (11.1)	93 (46.7)	73 (36.7)
I feel I do not have much to be proud of	Pre††	102 (52.3)	68 (34.9)	19 (9.7)	6 (3.1)
	Post*	126 (63.0)	52 (26.0)	14 (7.0)	8 (4.0)
I feel useless at times	Pre**	57 (28.6)	85 (42.7)	43 (21.6)	14 (7.0)
	Post**	66 (33.2)	66 (33.2)	57 (28.6)	10 (5.0)
I feel that I'm a person of worth	Pre**	5 (2.5)	24 (12.1)	123 (61.8)	47 (23.6)
	Post**	8 (4.0)	21 (10.6)	105 (52.8)	65 (32.7)
I wish I could have more respect for myself	Pre***	42 (21.2)	62 (31.3)	71 (35.9)	23 (11.6)
	Post*	54 (27.0)	78 (39.0)	44 (22.0)	24 (12.0)
Sometimes I feel I am a failure	Pre†	131 (66.5)	48 (24.4)	14 (7.1)	4 (2.0)
	Post†	157 (79.7)	24 (12.2)	7 (3.6)	9 (4.6)
I take a positive attitude toward myself	Pre†	6 (3.0)	16 (8.1)	89 (45.2)	86 (43.7)
	Post**	13 (6.5)	11 (5.5)	76 (38.2)	99 (49.7)
Total Sum Score	Pre	22.17 ±4.205	p < 0.001^		
	Post	23.29 ±4.770			

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^ Tests are significant at $p < .05$. Analysis **DOES** reveal a statistically significant increase in self-esteem score post intervention compared to pre intervention.

* 1 participant did not respond

** 2 participants did not respond

*** 3 participants did not respond

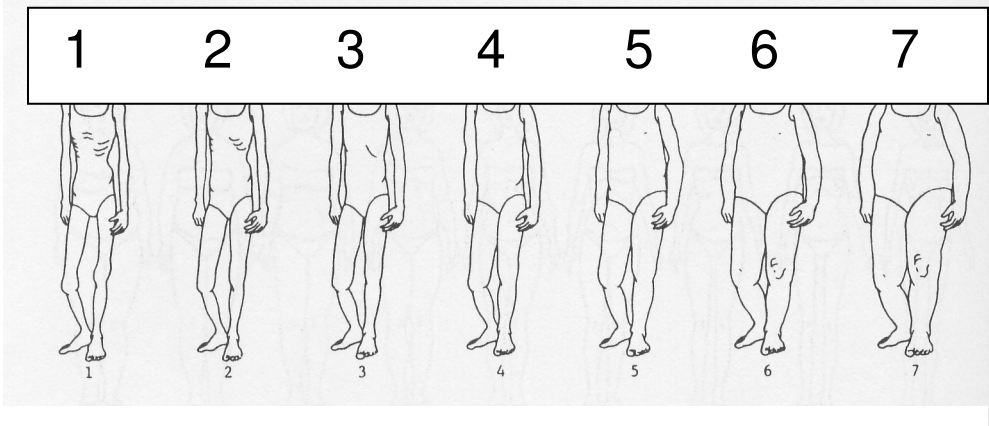
† 4 participants did not respond

†† 6 participants did not respond

Body Image

Table 3 shows changes in body size satisfaction among GOTR participants. Pre to post GOTR data were found to be statistically significant at an alpha level of .05 ($p < .001$).

Table 3. Body Image Pre and Post GOTR Intervention (n = 194)



	Participant is satisfied with body shape n (%)	Participant would like to be smaller than current body size n (%)	Participant would like to be larger than current body size N (%)	p-value
Pre*	107 (54.9)	76 (39.0)	12 (6.2)	<.001†
Post**	117 (58.8)	76 (38.2)	6 (3.0)	

† Tests are significant at $p < .05$. Analysis **DOES** reveal statistically significant increase in body size satisfaction score post intervention compared to pre intervention.
 * 6 participants did not report pre-test data.
 ** 2 participants did not report post-test data.

Physical Activity

Table 4 represents participation in physical activity among GOTR participants. Pre-test data indicates 62.1% of participants reported participating on sports teams, while post-test data indicates an increase to 66.8% reporting participation on sports teams.

Pre-test data reveals an average of 4.60 days of participation in vigorous activity, while post-test data shows a decrease of .34 days to 4.94 days, and does represent a statistically significant relationship at an alpha level of .05 ($p=0.022$). That said, physical activity frequency modestly increased from pre to post intervention.

Table 4. Physical Activity behaviors of all participating in the evaluation for Fall 2007

Physical Activity	Pretest	Posttest	P-value
Sports Team (n=190)	n (%)	n (%)	
Yes	118 (62.1)	131 (66.8)	
No	72 (37.9)	65 (33.2)	
# of days exercise or participate in vigorous physical activity (n=196)	Pretest	Posttest*	
Mean \pm SD	4.60 \pm 1.934	4.94 \pm 1.836	0.022†
† Tests are significant at $p < .05$. Analysis DOES reveal a statistically significant increase in # of days participate in vigorous physical activity post intervention compared to pre intervention.			

Commitment regarding Physical Activity

Table 5 presents the pre and post-test data for physical activity commitment including valuation of physical activity, attitudes towards physical activity, and motivation to be physically active among GOTR program participants. Listed below are item analyses of selected questions regarding commitment to physical activity.

- Pre-test data reveals 42.6% of participants reporting they “strongly agreed” with the statement, “Physical activity is important to me.” Post-test data shows 57.8% of participants reported they “strongly agreed” with the statement, resulting in a change of 15.2%.
- Pre-test data reveals 36.2% of participants reporting they “strongly agreed” with the statement “Life is better because I am physically active.” Post-test data shows 53.3% of participants “agreed” with the statement, resulting in a change of 17.1%.
- Pre-test data reveals 41.0% of participants reporting they “strongly agreed” with the statement, “Physical activity feels good.” Post-test data shows 59.3% of participants “strongly agreed” with the statement, a change of 18.3 %.

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Table 5. Physical Activity Commitment Pre and Post GOTR Intervention (n = 201)					
Variable	Group	Strongly Disagree n (%)	Disagree n (%)	Agree n (%)	Strongly Agree n (%)
I look forward to physical activity	Pre***	2 (1.0)	10 (5.1)	92 (46.5)	94 (47.5)
	Post*	0 (0.0)	9 (4.5)	73 (36.5)	118 (59.0)
I wish there were better ways to get healthy than being physically active	Pre†	35 (17.8)	83 (42.1)	57 (28.9)	22 (11.2)
	Post*	51 (25.5)	85 (42.5)	40 (20.0)	24 (12.0)
Physical activity is hard work	Pre***	19 (9.6)	72 (36.4)	84 (42.4)	23 (11.6)
	Post***	35 (17.7)	63 (31.8)	77 (38.9)	23 (11.6)
I do not enjoy physical activity	Pre*	112 (56.3)	64 (32.2)	18 (9.0)	5 (2.5)
	Post*	135 (67.5)	55 (27.5)	5 (2.5)	5 (2.5)
Physical activity is very important to me	Pre†	4 (2.0)	13 (6.6)	96 (48.7)	84 (42.6)
	Post**	4 (2.0)	8 (4.0)	72 (36.2)	115 (57.8)
Life is better because I am physically active	Pre**	2 (1.0)	19 (9.5)	106 (53.3)	72 (36.2)
	Post**	2 (1.0)	14 (7.0)	77 (38.7)	106 (53.3)
Physical activity feels good	Pre*	0 (0.0)	10 (5.0)	108 (54.0)	82 (41.0)
	Post**	2 (1.0)	4 (2.0)	75 (37.7)	118 (59.3)
I don't like thinking about doing physical activity	Pre*	110 (55.0)	69 (34.5)	18 (9.0)	3 (1.4)
	Post*	130 (65.0)	57 (28.5)	7 (3.5)	6 (3.0)
I would change my schedule to participate in physical activity	Pre\$	9 (4.7)	45 (23.4)	88 (45.8)	50 (26.0)
	Post*	14 (7.0)	21 (10.5)	107 (53.5)	58 (29.0)
I have to force myself to be physically active	Pre††	81 (41.3)	79 (40.3)	26 (13.3)	10 (5.1)
	Post**	95 (47.7)	66 (33.2)	22 (11.1)	16 (8.0)
When I miss a day being physically active, I like it	Pre†	67 (34.0)	86 (43.7)	36 (18.3)	8 (4.1)
	Post*	80 (40.0)	73 (36.5)	35 (17.5)	12 (6.0)
Physical activity is the best part of my day	Pre†††	2 (1.0)	35 (17.9)	97 (49.7)	61 (31.3)
	Post**	5 (2.5)	27 (13.6)	95 (47.7)	72 (36.2)
* 1 participant did not report data ** 2 participants did not report data *** 3 participants did not report data † 4 participants did not report data †† 5 participants did not report data ††† 6 participants did not report data \$ 9 participants did not report data					

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Table 6. Physical Activity Commitment, Value, Attitude, and Motivation			
Variable	Group	Mean	p-value
Physical Activity Commitment*	Pre	7.88 ± 4.845	<.001†
	Post	9.2197 ± 5.48129	
Physical Activity Value**	Pre	13.42 ± 2.932	.001 †
	Post	14.24 ± 3.036	
Physical Activity Attitude***	Pre	2.07 ± 1.744	.006†
	Post	1.73 ± 1.757	
Physical Activity Motivation****	Pre	3.73 ± 1.750	.010†
	Post	3.38 ± 1.879	
† Tests are significant at p<.05. Analysis DOES reveal a statistically significant relationship from pre to post interventions. * n=173 ** n=182 *** n=195 **** n=188			

The table above reveals the mean scores for physical activity commitment, valuation of physical activity, attitudes towards physical activity, and motivation to be physically active. Analysis reveals statistically significant improvement from pre to post intervention for physical activity commitment, valuation of physical activity, attitudes towards physical activity, and motivation to be physically active.

Summary

The preceding report provides the results of a formative evaluation conducted for GOTR Chicago in the fall of 2007. The evaluation assessed the impact of the GOTR program on participants self-esteem, body size (dis)satisfaction, physical activity commitment, as well as number of days of exercise and participation on sports teams. Results from this assessment do indicate statistically significant positive impacts regarding all measures taken. In other words, changes seen in participant's pre and post-post test survey do represent real changes.

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