

KM CLUB EVALUATION

2019-2020



Prepared by Health Promotion
Mid North Coast Local Health District



Health
Mid North Coast
Local Health District

KM CLUB

KM (Kilometre) Club, is a school-based physical activity program identified in four primary schools on the Mid North Coast (MNC), NSW (Aldavilla, Hastings, North Haven and Kendall). KM Club encourages physical activity by providing students with the opportunity to run, jog or walk outside, on a track, at a self-selected pace. The delivery of KM Club differs across each school, where some run the program before school and others run it during school; some run it for 2 days and others run it everyday.



THE EVALUATION

In 2019 MNC Local Health District Health Promotion team set out to conduct a mixed-methods study evaluating KM Club. This is the first study to evaluate the program.

AIM

This project aimed to:

- Evaluate the effects of KM Club on physical activity behaviours of school children in the school day.
- Evaluate factors which prevent and enable participation in KM Club.
- Understand the models run within each school.

The KM Club evaluation has demonstrated a variety of self-reported health and wellbeing benefits for children, as well as an increase in their physical activity levels. The findings from this research will help to inform the improvement of school-based physical-activity programs, potentially improving short-term and long-term health outcomes and contribute to reducing childhood obesity in NSW.



Physical Activity Measures



Accelerometers were used to track students steps



3 Schools participated



114 KM Club Participants

27 Non-KM Club Participants



Family, Teacher and Principal Interviews



Children's activity sheets were used to describe their feelings about KM Club



4 Schools Participated

4 Teachers and 2 Principals interviewed



26 Families interviewed

PHYSICAL ACTIVITY RESULTS

From Monday to Friday, over 2 weeks, students wore accelerometers to track their steps. Only steps in school hours are presented. School 1 compared KM Club participants steps with Non-KM Club participant steps. School 2 & 3 compared KM Club participants days with their non-KM Club days.



KM Club results among the 3 Schools

School 1	School 2	School 3
Runs KM Club 5 days a week <u>during school</u>	Runs KM Club 4 days a week <u>before school</u>	Runs KM Club 2 days a week <u>before school</u>
<p>KM Club participants ran 10% more steps per day than Non-KM Club Participants</p> <p>(Significant change)</p>	<p>KM Club participants ran 15% more steps on KM Club days</p> <p> (Significant change)</p>	<p>KM Club participants ran 4% more steps on KM Club days in week 2</p> <p>(There were no significant changes in Week 1 due to weather disruptions.)</p>

Students Emoji Activity

21 students who were interviewed and participated in the KM Club completed an emoji sheet to describe how they felt when they did KM Club. Students could select multiple emojis in their response.



-  PROUD 20
-  FANTASTIC 15
-  CONFIDENT 15
-  FIT 13
-  STRONG 12
-  SHY 2
-  BORED 2
-  WEAK 1
-  UNFIT 1

Total  steps over 10 school days  (114 KM Club students):

7, 215, 729



Key Findings

Interviews were conducted with teachers, principals and parents. Students who did and did not participate in KM Club were also interviewed. The most commonly discussed enablers, challenges and benefits are reported below.

Enablers of KM CLUB

- Availability of teachers and parents to organise and supervise KM Club.
- Low resource and cost effective.
- Time efficient (10-30 minutes).
- Variance in KM Club track.
- Flexibility in pace and activity (running, walking, jogging and kicking a ball).
- Incentives to encourage participation.
- Before school and during school options.
- Integration into school curriculum (maths) or Sports Carnivals.

'We definitely would not be able to do this program without the help of our parents.'
(Teacher)

'One teacher who is keen to do something, that's all it took.'
(Teacher)

"We've got a short track and long track... it caters for all their abilities."
(Teacher)

*'It's just thinking creatively... **start small and let it build**.'*
(Teacher)



'If you're on a late bus or if you are a parent that can't get your child to school early enough'
(Parent)

Challenges of KM CLUB

- Some children would rather socialise with their friends who don't participate.
- Some families are unable to get there before school.
- Some children struggle to participate for health reasons (asthma or disabilities).
- Summer months can be too warm to run.
- Lack of wet weather options.

INCENTIVES & MOTIVATIONS

Tracking laps or days of participation through stamp cards



Using an Australian map to track the total distance each class has walked during KM Club



Using music to energise children



Certificates based on the amount of KMs achieved



Across all schools there was **no** incentive for coming 1st:

'There are no prizes for being the fastest runner.' (Teacher)

Health and wellbeing benefits

KM Club was perceived by children, parents, teachers and principals to have numerous health and wellbeing benefits including physical, social, emotional and behavioural.



Improved fitness and greater participation in sport



"It's really good exercise for the morning and I like hanging out with my friends." (Student)

"It's a social thing for me too... I'm down there chatting with the other Mums." (Parent)

Children and parents have made new friends



Greater concentration and eagerness to learn



"I've noticed confidence and improved behaviour." (Teacher)

"It helps them get organised in the morning in my household... they're so keen to get to school." (Parent)

Improved behaviours at home, especially at bedtime

ZZZ

Perceived reduction in anxiety for some children



"It alleviates their anxiety for school which flows onto their academic work as well." (Teacher)

"My husband really enjoys being able to do something with the kids at school that's active." (Parent)

Greater family bonding & physical activity



The KM Club demonstrated transformational outcomes for one family in particular:

"It's just a great initiative... I've got one grandson that had extreme anxiety in Term 2, where he didn't want to come to school. We had to pull him out of the car quite a few mornings. The day that KM Club started in Term 2, he was just a completely different child. He just got out of the car, couldn't get here quick enough, had to be here early and raring to go. I haven't had any problems with him since... KM Club was his saviour and he's come to school every morning."

