

Eleven intervention evaluation study groupings had a total of 43 outcomes (short-term, intermediate, or long-term), including 35 net positive, 1 net negative, and 7 neutral effects. Multiple study designs were used in the literature including before and after studies and randomized, non-randomized, and group randomized trials. No studies were completed with high risk populations.

Environment and Policy Indicators

Increased Access to Schoolyards in the Neighborhood
(e.g., safe, supervised schoolyards open for use after school and on weekends)

Implementation of Childcare Physical Activity Policies to Increase Physical Fitness
(e.g. increased access to transit)

Addition of Playground Equipment
(e.g., play equipment made available to the children during recess, portable and fixed equipment)

Short-term Outcomes**

0 + 1 x 0 -

2 + 0 x 0 -

11 + 1 x 1 -

21 + 3 x 0 -

1 + 1 x 0 -

0 + 1 x 0 -

Intermediate Outcomes

More Physical Activity

School time physical activity
 0 + 1 x 0 -

Meeting national fitness standards
 2 + 0 x 0 -

Movement skills test scores
 1 + 0 x 0 -

Non-school time physical activity
 2 + 0 x 0 -

Moderate to vigorous physical activity
 12 + 1 x 0 -

Vigorous physical activity
 2 + 0 x 0 -

General physical activity
 4 + 2 x 0 -

Less Sedentary Behavior

Time sitting or standing
 1 + 1 x 0 -

Long-term Outcomes

Less Overweight and Obesity

Body mass index
 2 + 2 x 1 -

Percent body fat
 7 + 0 x 0 -

Skin fold testing
 1 + 0 x 0 -

Visceral adipose tissue
 1 + 0 x 0 -

Key:

- ⊕ Net Positive Effect
- ⊗ No/Neutral Effect
- ⊖ Net Negative Effect

**No other short-term outcomes were reflected in the peer-reviewed literature.

Figure 15A: Childcare Physical Activity Policies and Environments