

In response to school committee item gb #6-114, the FLEX Study (Fueling Learning Through Exercise) conducted by Tufts University is described below. The study proposal and information is attached for additional review.

Study Overview

The FLEX Study is a research project that seeks to understand how two different innovative school-based physical activity programs-100 Mile Club and Just Move-influence not only children's time spent in moderate-to-vigorous physical activity but also their cognitive and academic outcomes. The study was implemented and evaluated by researchers from Tufts University and was funded by the National Institutes of Health. Beginning in late fall 2015, schools participating in the study were randomly assigned to receive the 100 Mile Club, the Just Move program, or no program (control) during the 2015-16 and 2016-17 school years. The control schools received the program of their choice in 2017-18 after the conclusion of the study's data collection.

NOTE: The FLEX Study was set to start in the fall of 2014; however, in coordination with school principals and Carol Manning, Tufts decided to postpone the start to fall 2015, given the historic amount of snow.

Implementation

The program recruited 168 third and fourth grade students to participate in the study. Participating schools include: Thorndyke Road (control, 44 students), Chandler Magnet (38 students), Wawecus (22 students), and Worcester Arts Magnet (61 students). Parent consent was collected before students participated in three measurement visits over the course of the study. Measurements can be found in the attached document (Page 1, *Program Evaluation*).

Results

Data collection for the FLEX Study just finished at the end of the 2016/17 school year. Tufts researchers will be spending the rest of the summer and the fall cleaning and entering the data and beginning analyses. Findings will be shared with the district upon completion of the analysis-possibly late fall 2017. (A timeline for reporting will be presented to the district later this month)