Student Physical Activity and Health Literacy Study

Conducted by researchers from the University of North Carolina at Chapel Hill

Results

The Walking Classroom increases overall physical activity

Students demonstrated significantly higher levels of physical activity after one year of participation in the Walking Classroom program with end-of-year minutes per week significantly higher than beginning-of-year measures in walking, vigorous activity, and moderate activity.

On average each week, students walked 84.5 more minutes, participated in 66.8 more minutes of vigorous physical activity, and participated in 35.3 more minutes of moderate activity.

![Student Pre and Post Minutes per Week of Physical Activity](image-url)
The Walking Classroom improves student health literacy

Students demonstrated significantly higher levels of health literacy after one year of participation in The Walking Classroom program with end-of-year mean literacy test scores increasing by 10.7% overall across the sample of 1,062 students. This is particularly impressive given that health literacy messages are generally less than one minute and most students listen to podcasts only one time.

Student health literacy knowledge was tested using the following true or false questions.

1. Exercise is important for maintaining a strong heart and preventing disease. [TRUE]
   - PRE-TWC: 90%
   - POST-TWC: 93%

2. Exercise improves blood circulation and brings oxygen to your organs. [TRUE]
   - PRE-TWC: 87%
   - POST-TWC: 91%

3. Walking can improve immune function and reduce your risk of getting colds. [TRUE]
   - PRE-TWC: 40%
   - POST-TWC: 59%

4. Exercise decreases energy levels. [FALSE]
   - PRE-TWC: 42%
   - POST-TWC: 61%

5. Research suggests that physical activity increases performance in school. [TRUE]
   - PRE-TWC: 65%
   - POST-TWC: 82%

6. Exercise helps improve focus and concentration. [TRUE]
   - PRE-TWC: 71%
   - POST-TWC: 88%

7. People who regularly exercise are more likely to feel stressed and depressed. [FALSE]
   - PRE-TWC: 78%
   - POST-TWC: 84%

8. Endorphins are mood-boosting chemicals released when we exercise. [TRUE]
   - PRE-TWC: 59%
   - POST-TWC: 74%

9. The human body is primarily water, so it is important to stay hydrated. [TRUE]
   - PRE-TWC: 91%
   - POST-TWC: 93%

10. Our bodies only burn calories when we are moving. [FALSE]
    - PRE-TWC: 31%
    - POST-TWC: 46%

11. Research shows that breakfast can improve concentration during school. [TRUE]
    - PRE-TWC: 79%
    - POST-TWC: 85%

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The Walking Classroom is a program of Alliance for a Healthier Generation, a 501(c)(3) nonprofit organization.