



ACTIVE MIDDLE SCHOOL COMMUNITIES

STUDY FACT SHEET

When people don't get enough physical activity, it can lead to health problems—and this often impacts lower-income communities the most. This study partners with communities to create and test ways to help children and families be more active in everyday life.

Who can participate

- 6th-grade student
- Must live **within the middle school attendance boundary**

3-year study
with data
collection at:

May 2026
6th Grade

7th Grade

8th Grade



Activities

6th Grade Child



- Wear a belt with an activity monitor and a passive GPS for 7 days each year, to help us understand how much and where students move.
- Fill out a child survey (20 min) each year at school about physical activity, friends, family, and thoughts about being active.

Parent



- Fill out a parent survey each year (20 min) about you and your child's physical activity, commuting behavior, school neighborhood, work status, finances, and your household.

Compensation

- You will receive \$50, and your child will receive \$50 each year.



Benefit to the school community

- Six (6) middle schools, including yours, will receive \$25,000 each for community improvement projects (e.g., walking/biking programs, safety enhancements).

Who we are

- UTHealth Houston School of Public Health in Austin, Michael & Susan Dell Center for Healthy Living
- UT Austin College of Education, Center for Research to Community Impact
- Funded by the National Institutes of Health (NIH), National Institute of Minority Health & Health Disparities

Have questions?

Please contact Sarah Bentley at (512) 482-6152 or Sarah.S.Bentley@uth.tmc.edu