



THE UNIVERSITY *of* NORTH CAROLINA  
**GREENSBORO**

*Public Health Education*

437 Health and Human Performance Building  
PO Box 26170, Greensboro, NC 27402-6170  
336.334.5532 *Phone* 336.256.1158 *Fax*  
uncg.edu/phe

April 7, 2017

The Institute to Promote Athlete Health & Wellness of the University of North Carolina at Greensboro conducted a 2-season program evaluation of Let Me Run between the Spring and Fall semesters of 2016. Preliminary findings from Fall 2016 were delivered to Let Me Run personnel on April 5<sup>th</sup>, 2017 and a comprehensive final report is forthcoming.

In sum, Fall 2016 data collection involved 694 boys. Findings indicate that participation in Let Me Run:

- Improved attitudes and behaviors associated with healthy masculinity (e.g., unrestrictive emotionality, uninhibited affection, and avoidance of physical fighting) of boys to a statistically significant degree.
- Improved the social competence of boys.
- Increased the vigorous physical activity of boys.
- Reduced sedentary behaviors of boys on school days (watching TV and playing video or computer games).
- 93% of boys reported that they had fun doing the end of season 5K Road Race and 89% reported that running in the race helped them feel good about themselves.

In sum, Fall 2016 data collection involved 82 Let Me Run coaches. Findings indicate that:

- Coaches agreed or strongly agreed that the program is age appropriate (99%) and easy to implement (99%).
- All coaches that participated in the evaluation reported that they would recommend the program to other schools or community groups.

Jeffrey J. Milroy; MPH, DrPH

Assistant Professor, Department of Public Health Education  
Associate Director, Institute to Promote Athlete Health & Wellness

Muhsin Michael Orsini, EdD

Director of Evaluation; Prevention Strategies, LLC  
Adjunct Professor, Institute to Promote Athlete Health & Wellness