



TAKE 10!® PUBLICATIONS

*TAKE 10! is a program of the nonprofit ILSI Research Foundation
Physical Activity and Nutrition (PAN) Program*

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A variety of research studies show the effectiveness of TAKE 10! Links to relevant TAKE 10!-related research articles, abstracts, and presentations are available below.

Research Articles

- **2011.** Kibbe DL, Hackett J, Hurley M, et al. Ten years of TAKE 10!®: Integrating physical activity with academic concepts in elementary school classrooms. *Prev Med*. [Epub 2011 Jan 31]
- **2010.** Chang DI, Gertel-Rosenberg A, Drayton VL, et al. A statewide strategy to battle child obesity in Delaware. *Health Aff (Milwood)*. 2010;29(3):481-490.
- **2010.** Li Y, Hu X, Zhang Q, Liu A, Fang H, Hao L, Duan Y, Xu H, Shang X, Ma J, Xu G, Du L, Li Y, Guo H, Li T, Ma G. The nutrition-based comprehensive intervention study on childhood obesity in China (NISCOC): a randomised cluster controlled trial. *BMC Public Health*. 2010;10:229.
- **2009.** Donnelly JE, Greene JL, Gibson CA, et al. Physical Activity Across the Curriculum (PAAC): a randomized controlled trial to promote physical activity and diminish overweight and obesity in elementary school children. *Prev Med*. 2009;49(4):336-341.
- **2009.** Tsai PY, Boonpleng W, McElmurry BJ, Park CG, McCreary L. Lessons learned in using TAKE 10! with Hispanic children. *J Sch Nurs*. 2009;25(2):163-172.
- **2008.** DuBose KD, Mayo MS, Gibson CA, et al. Physical activity across the curriculum (PAAC): rationale and design. *Contemp Clin Trials*. 2008;29(1):83-93.
- **2008.** Gibson CA, Smith BK, Dubose KD, et al. Physical activity across the curriculum: year one process evaluation results. *Int J Behav Nutr Phys Act*. 2008;5:36.
- **2008.** Honas JJ, Washburn RA, Smith BK, et al. Energy expenditure of the physical activity across the curriculum intervention. *Med Sci Sports Exerc*. 2008;40(8):1501-1505.
- **2008.** Liu A, Hu X, Ma G, et al. Evaluation of a classroom-based physical activity promoting programme. *Obes Rev*. 2008;9(Suppl 1):130-134.
- **2007.** Liu AL, Hu XQ, Ma GS, et al. Report on childhood obesity in China (6) evaluation of a classroom-based physical activity promotion program. *Biomed Environ Sci*. 2007;20(1):19-23.

- **2005.** Little DM, Howell BR, Williams S. Mississippi Extension gets kids moving. *J Family Consumer Sci.* 2005;97(2):60-61.
- **2005.** Lloyd LK, Cook CL, Kohl HW. A pilot study of teachers' acceptance of a classroom-based physical activity curriculum tool: TAKE 10!®. *TAHPERD J.* 2005;8–11.
- **2004.** Stewart JA, Dennison DA, Kohl HW, Doyle JA. Exercise level and energy expenditure in the TAKE 10!® in-class physical activity program. *J School Health.* 2004;74:397-400.

Presentations and Published Abstracts

- **2008.** Murray NG, Garza JC, Diamond PM, Hoelscher DM, Kelder S, Ward JL. Fitness and academic achievement among 3rd and 4th grade students in Texas. *Med Sci Sports Exerc.* 2008;40(5):S96.
- **2008.** Murray N, et al. PASS & CATCH—Classroom physical activity and Stanford 10 scores among third and fourth grade students in Texas with adaptive skills problems. Presentation: American Public Health Association Annual Meeting; October 29, 2008; San Diego, California.
- **2007.** Moore DS, Solmon M, Tuuri G, et al. A comparison of children’s physical activity levels during school and out-of-school activities. American College of Sports Medicine Annual Meeting. *Med Sci Sports Exerc.* 2007;39(5):S490.
- **2003.** Mahar MT, Rowe DA, Kenny RK, Fesperman DN. Evaluation of the Take 10 classroom-based physical activity program. *Med Sci Sports Exerc.* 2003;35(5):S135.
- **2002.** Stewart JA, Kohl HW, Doyle JA, et al. Evaluation of exercise levels and energy expenditures achieved during participation in the TAKE 10! in-class physical activity program. *Med Sci Sports Exerc.* 2002;34(5):S300.
- **2002.** Barry MJ, Moore BM, Webb T, et al. Elementary school children’s attraction to physical activity in a classroom-based program: TAKE 10! *Med Sci Sports Exerc.* 2002;34(5):S300.
- **2001.** Kohl WH 3rd, Moore BM, Sutton AL, Kibbe DL, Schneider DC. A curriculum-integrated classroom physical activity promotion tool for elementary schools: teacher evaluation of TAKE 10!™ [Abstract]. *Med Sci Sports Exerc.* 2001;33(Suppl 5):S179.