

MT-DIRC RESEARCH LIFE PLANNING						
Research Program Focus: Increasing physical activity across the lifespan through family and school based interventions						
Target	Questions					↑ Physical Activity Across the Lifespan
K-3	What family structure factors are associated with children’s physical activity levels and walking to school (WTS)?	What community contextual factors lead to families initiating and sustaining WTS?	Does a context-based WTS intervention lead to increased uptake & increased PA ?	Can an evidence-based WTS intervention be implemented and sustained through parent social networks?	Are kids who WTS in K-3 more active in middle school and HS?	Do people who WTS have higher levels of PA throughout life transitions? (e.g. HS to college)
Mechs	R03	R03	R01	R01	R01	R01
Parents		Do different workplace policies lead to different levels of WTS?	Do workplace-incentives to reduce on-site parking lead to more/less WTS?	Does walking to school with parents impact on children’s overall activity levels?		How to maintain parents’ physical activity levels throughout life transitions (e.g. become empty nesters)
Mechs		R21	R01	R21		R01