**Objective:** GIRLS ON THE MOVE INTERVENTION is a federally funded research study with the purpose of assisting middle school-aged girls in achieving United States Department of Health and Human Services recommendations for 60 minutes per day of moderate to vigorous physical activity. The intervention is expected to have a notable impact on obesity prevention and cardiovascular health that can contribute toward reducing health disparities.

**Study Description:** Eight Michigan schools per year are recruited to serve as study sites. In early fall, sixty-five girls per school (5th-8th grades) are enrolled voluntarily as study participants. All schools participate in data collection activities, where girls complete an iPad questionnaire about their physical activity, perform a shuttle run fitness test, have their height, weight, and body fat measured, and receive a monitor that records their physical activity for 7 days. Then, four of the eight schools are randomly assigned to receive the intervention components of the research study (treatment group), while the other four schools participate in usual school activities (control group). The intervention components include:

- A 17-week after-school physical activity (PA) program with bus transportation home
- Two face-to-face motivational counseling sessions with a local registered nurse (RN)
- One interactive iPad session with tailored feedback

Data collection is repeated in the spring, and an abbreviated follow-up battery is conducted 9 months later.

**Nurse Interventionist Role:** School and/or community nurses will be trained to deliver Motivational Interviewing (MI) with study participants at an area middle or high school. Motivational Interviewing is a collaborative, person-centered counseling method for addressing the common problem of uncertainty about change.
ELEMENTS OF THE PARTNERSHIP:

I. The Nurse partner agrees to:

1. Complete 15 hours of training in Motivational Interviewing (½ online; ½ in-person at Michigan State University on 1 weekend day in mid-late October).
2. Commit to meeting individually with up to 15 study participants (girls in 5th-8th grade) in both fall and spring, for a 15-minute face-to-face motivational interviewing session at each time point. Sessions may take place primarily in the after-school hours (~3:00-4:30pm), however some school-day sessions may be necessary (during 8:00am-3:00pm).
3. Commit to participating with the girls at the after-school PA club once per month.
4. Commit to making contact by phone with girls' parents near the end of the intervention to discuss PA.
5. Adhere to all study protocols, keep accurate records, and audio-tape sessions when permitted.
6. Display clear identification during school visits and adhere to all established school protocols.
7. Communicate progress regularly to lead nurse or site manager.
8. Participate in an online survey to provide feedback following the intervention.

II. The Girls on the Move partner agrees to:

1. Provide Continuing Education Units (CEUs) and a $100 gift card for completion of the 15-hour training. For the 1-day training at MSU, lunch is provided and driving mileage is reimbursed at $.56/mile.
2. Provide all materials needed to implement the motivational interviewing sessions at the school.
3. Compensate $30.00 for each completed motivational interviewing session and $30 per hour for club visits and phone call time (via bi-weekly payroll system).

The terms of this MOU will be 10/19/2013 through 04/30/2014.

I am signing this MOU to be a partner in the Girls on the Move Intervention.

______________________________________  ___________________
Nurse partner        Date

______________________________________  ____________________
Title

______________________________________  ____________________
University representative      Date

______________________________________  ____________________
Title