May 5, 2018

Dr. Richard G. Lambert

Editor, NHSA Dialog: The Research-to-Practice Journal for the Early Childhood Field

Dear Dr. Lambert:

My co-authors and I are pleased to submit a manuscript entitled, “Physical Activity in Head Start Classrooms: How Teachers’ Attitudes and Training Contribute to Program Usage” for publication in NHSA Dialog: The Research-to-Practice Journal for the Early Childhood Field.

This manuscript summarizes a previous study that evaluated Head Start teachers’ implementation of *I am Moving, I am Learning,* a nationally disseminated obesity prevention program, to better understand what teacher and program-level factors predicted teachers’ promotion of young children’s physical activity. The purpose of this Research to Practice article is to provide practitioners with a summary of our study and share concrete recommendations related to its findings. This article also includes feasible recommendations that may provide support to Head Start teachers and programs in their efforts to promote physical activity in their classrooms. We believe this manuscript is an appropriate fit for the NHSA Dialog: The Research-to-Practice Journal for the Early Childhood Field and one that highlights a critical issue for early childhood education settings and particularly Head Start programs.

We adhered to the American Psychological Association’s *Ethical Principles of Psychologists and Code of Conduct* regarding the protection of study participants. We have no conflicts of interest to report and none of the authors have a financial interest related to this research. This study has not been published previously and we will not submit it to any other journals during NHSA Dialog: The Research-to-Practice Journal for the Early Childhood Field review process.

Thank you for considering this manuscript for publication in the NHSA Dialog: The Research-to-Practice Journal for the Early Childhood Field.

Sincerely.

Colin M. Cox, Ph.D.

Department of Applied Psychology

Northeastern University

360 Huntington Ave.

Boston, MA 02115

[cox.c@husky.neu.edu](mailto:cox.c@husky.neu.edu)

tel: (617) 733-3942

fax: 617-373-8892

Co-authors:

Jessica A. Hoffman, PhD Mariya Shiyko, PhD Amy Briesch, PhD

Department of Applied Psychology Department of Applied Psychology Department of Applied Psychology

Northeastern University Northeastern University Northeastern University

[j.hoffman@neu.edu](mailto:j.hoffman@neu.edu) [m.shiyko@neu.edu](mailto:m.shiyko@neu.edu) [a.briesch@neu.edu](mailto:a.briesch@neu.edu)

Carmen Castaneda-Sceppa, MD, PhD

Department of Health Sciences

Northeastern University

[c.sceppa@neu.edu](mailto:c.sceppa@neu.edu)