

# Effectiveness of the run-a-mile intervention

<b>Submission date</b> 27/10/2016	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 06/12/2016	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 20/08/2020	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Childhood obesity has become markedly more common in the last 30 years. Recently, a lot of media attention has been focused on a primary school based in Stirling, Scotland they have encouraged all children in all weathers to either walk or run a mile each day. Although the extent of the benefits are yet to be determined, many involved speak of improved fitness levels, cognitive (mental processing) behaviour, improved learning, lower obesity levels and to children feeling much happier. The aim of this study is to evaluate the effectiveness and cost effectiveness of the 'run a mile' program in primary schools in Birmingham.

### Who can participate?

Children in school years 3 and 5 attending participating schools

### What does the study involve?

Participating schools are randomly allocated to one of two groups. Over the course of one schools year, children attending schools in the first group work with their teachers to map out a track within the school grounds and work out how many times they need to complete the track to reach a mile. Every day, at random times, children are encouraged to walk or run this track with the aim of achieving a mile. This aims to make sure all children achieve an extra 15 minutes of exercise each day. Schools in the second group continue as normal for the duration of the study. At the start of the study and again after six and 12 months, children attending schools in both groups have their physical activity levels measured, as well as their weight, academic achievement and mental wellbeing. At the same time, teachers who work at schools in both groups have their wellbeing measured using a questionnaire.

### What are the possible benefits and risks of participating?

Pupils and teachers who take part in the program benefit from an extra 15 minutes physical activity every school day. There are no direct risks involved with participating.

### Where is the study run from?

The study is run from Services for Education (Health Education Service) and University of Birmingham (Schools of Public Health and Health Economics) and takes place in 40 primary schools in the Birmingham area (UK)

When is the study starting and how long is it expected to run for?  
November 2016 to March 2018

Who is funding the study?  
Birmingham City Council (UK)

Who is the main contact?  
Dr Sandra Passmore  
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## Contact information

Type(s)  
Public

Contact name  
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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers  
Section 106

## Study information

Scientific Title  
To evaluate the effectiveness and cost effectiveness of the daily 'run a mile' intervention implemented across primary schools located in Birmingham

Study objectives

The aim of this study is to evaluate the effectiveness and cost effectiveness of the 'run a mile' intervention implemented across primary schools located in Birmingham.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

University of Birmingham Ethics Committee, 22/04/2016, ref: ERN\_16-0064

**Study design**

Pragmatic cluster randomised controlled trial

**Primary study design**

Interventional

**Secondary study design**

Cluster randomised trial

**Study setting(s)**

School

**Study type(s)**

Prevention

**Participant information sheet**

Not available in web format, please use the contact details to request a patient information sheet

**Health condition(s) or problem(s) studied**

Obesity prevention, physical activity

**Interventions**

Participating schools are randomised to one of two study arms.

Intervention arm: Children in the schools allocated to the intervention arm will work with their teachers to map out a track within the school grounds and calculate how many laps of the track will be equivalent to a mile. Every day, at random times of the day, all children will be encouraged to walk or run this track with the aim of achieving a mile. The aim is for all children to achieve 15 minutes additional physical activity per day. The schools will also continue with their usual practice so the mile will be additional physical activity. The intervention will run over one academic school year.

Control arm: Children in schools allocated to the control arm continue with their usual practice for the duration of the intervention.

All the schools will be asked to not take on any other health, physical activity related initiatives during the intervention period but also to continue with any that they are currently doing - such as walking to school, gardening, physical activity clubs, bikeability etc.

After 6 and 12 months, pupils in both study arms are weighted and have their body fat measured, as well as completing assessments of physical activity and wellbeing. Teacher wellbeing is also measured at these timepoints.

## **Intervention Type**

Behavioural

## **Primary outcome measure**

1. Pupils' weight and height and percentage body fat is measured at baseline, 6 and 12 months
2. Health-related quality of life is measured using the Child-Health Utilities 9-Dimensional Instrument at baseline, 6 and 12 months

## **Secondary outcome measures**

Pupils:

1. Cardiovascular fitness is measured using the Pupils' Physical bleep test at baseline, 6 and 12 months
2. Wellbeing is measured using the Middle Years Development Instrument at baseline, 6 and 12 months
3. Education Attainment is measured through a teacher assessment at baseline, 6 and 12 months

Teachers:

Wellbeing is measured using the Warwick Edinburgh Mental Wellbeing Scale at baseline, 6 and 12 months

## **Overall study start date**

01/11/2016

## **Completion date**

31/03/2018

# **Eligibility**

## **Key inclusion criteria**

1. Children in school years 3 and 5
2. Attending participating schools

## **Participant type(s)**

Other

## **Age group**

Child

## **Sex**

Both

## **Target number of participants**

Cluster randomised trial with 40 clusters with 60 participants in each cluster

## **Total final enrolment**

2280

**Key exclusion criteria**

1. Disability that prevents children from running/walking a mile a day
2. Unable to have BMI measured

**Date of first enrolment**

25/11/2016

**Date of final enrolment**

31/01/2017

**Locations**

**Countries of recruitment**

England

United Kingdom

**Study participating centre**

**Health Education Service, Services for Education**

Tudor Court

Warwick House

10 Edward Street

Birmingham

United Kingdom

B1 2RX

**Study participating centre**

**School of Public Health, University of Birmingham**

Edgbaston

Birmingham

United Kingdom

B15 2TT

**Study participating centre**

**School of Health Economics, University of Birmingham**

Edgbaston

Birmingham

United Kingdom

B15 2TT

**Sponsor information**

**Organisation**

University of Birmingham

**Sponsor details**

School of Public Health  
Birmingham  
England  
United Kingdom  
B5 2TT

**Sponsor type**

University/education

**ROR**

<https://ror.org/03angcq70>

**Funder(s)****Funder type**

Government

**Funder Name**

Birmingham City Council

**Results and Publications****Publication and dissemination plan**

Planned publication in a high-impact peer reviewed journal.

**Intention to publish date**

31/03/2019

**Individual participant data (IPD) sharing plan**

For access to trial data contact Dr Sandra Passmore, [Sandra.passmore@servicesforeducation.co.uk](mailto:Sandra.passmore@servicesforeducation.co.uk)

**IPD sharing plan summary**

Available on request

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Protocol article</a>	protocol	11/01/2018		Yes	No

[Results article](#)

results

01/04/2020

20/08/2020

Yes

No