

# Active for Life Year 5

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|--|---|--|
| <b>Submission date</b><br>17/12/2010   | <b>Recruitment status</b><br>No longer recruiting | <input checked="" type="checkbox"/> Prospectively registered<br><input checked="" type="checkbox"/> Protocol |
| <b>Registration date</b><br>17/03/2011 | <b>Overall study status</b><br>Completed          | <input type="checkbox"/> Statistical analysis plan<br><input checked="" type="checkbox"/> Results            |
| <b>Last Edited</b><br>20/09/2016       | <b>Condition category</b><br>Other                | <input type="checkbox"/> Individual participant data   |

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

09/3005/04

# Study information

## Scientific Title

Active For Life Year 5: a cluster randomised controlled trial of a primary school-based intervention to increase levels of physical activity, decrease sedentary behaviour and improve diet

## Acronym

AFLY5

## Study objectives

A school-based intervention (AFLY5) that consists of teacher training and delivery of 16 lessons with 10 related homeworks (all lesson and homework plans provided) increases levels of physical activity, decreases sedentary behaviour and increases consumption of fruit and vegetables in Year 5 school children.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

University of Bristol Faculty of Medicine and Dentistry Ethics Committee, approval pending as of 10/01/2011

## Study design

Cluster randomised controlled trial

## Primary study design

Interventional

## Secondary study design

Cluster randomised trial

## Study setting(s)

School

## Study type(s)

Quality of life

## Participant information sheet

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

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

Public health

## Interventions

The intervention is called 'Active for Life Year 5'. It consists of:

1. Training for classroom teachers
2. 16 lesson-plans including pictures, CDs and journals
3. 10 parental-child homework activities

4. Information for school newsletters
5. Information for parents on how to encourage their children to eat healthily and be active
6. A healthy activity day at school for parents, teachers and children

The control group will be 'standard lessons and school activity' for the duration of the study. Providing there is no evidence of harm the control group will be offered the intervention once the study is completed.

The total duration of the intervention is 8 months. Total duration of follow-up for both arms (both identical) is 24 months.

### **Intervention Type**

Behavioural

### **Primary outcome measure**

Measured at baseline, 12 months and 24 months:

1. Accelerometer assessed moderate/vigorous physical activity
2. Accelerometer assessed mean sedentary time
3. Portions of fruit and vegetables consumed

### **Secondary outcome measures**

Measured at baseline, 12 months and 24 months:

1. Self-report of mean time spent screen-viewing
2. Portions of snacks, high-fat foods and high energy drinks consumed per day
3. Mean body mass index
4. Mean waist circumference
5. Odds of overweight/obesity

### **Overall study start date**

01/04/2011

### **Completion date**

30/09/2014

## **Eligibility**

### **Key inclusion criteria**

State Primary/Junior Schools in the South West of England. Within these schools the participants will be school children in Year 5 (9 - 10 year olds, either sex)

### **Participant type(s)**

Other

### **Age group**

Child

### **Lower age limit**

9 Years

### **Upper age limit**

10 Years

**Sex**

Both

**Target number of participants**

60 schools; ~1500 school children

**Key exclusion criteria**

Private schools and special schools will be excluded

**Date of first enrolment**

01/04/2011

**Date of final enrolment**

30/09/2014

## **Locations**

**Countries of recruitment**

England

United Kingdom

**Study participating centre**

**University of Bristol**

Bristol

United Kingdom

BS8 2BN

## **Sponsor information**

**Organisation**

University of Bristol (UK)

**Sponsor details**

c/o Teirnan Williams

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**Sponsor type**

University/education

**Website**

<http://www.bris.ac.uk/>

**ROR**

<https://ror.org/0524sp257>

## Funder(s)

**Funder type**

Government

**Funder Name**

National Institute for Health Research (NIHR) (UK) - Public Health Research Programme (ref: 09/3005/04)

## Results and Publications

**Publication and dissemination plan**

Not provided at time of registration

**Intention to publish date****Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not provided at time of registration

**Study outputs**

| Output type                      | Details         | Date created | Date added | Peer reviewed? | Patient-facing? |
|----------------------------------|-----------------|--------------|------------|----------------|-----------------|
| <a href="#">Protocol article</a> | protocol        | 24/07/2011   |            | Yes            | No              |
| <a href="#">Protocol article</a> | protocol update | 24/07/2013   |            | Yes            | No              |
| <a href="#">Results article</a>  | results         | 27/05/2014   |            | Yes            | No              |
| <a href="#">Results article</a>  | results         | 11/11/2015   |            | Yes            | No              |
| <a href="#">Results article</a>  | results         | 22/01/2016   |            | Yes            | No              |

[Results article](#)

results

01/06/2016

Yes

No