

Active for Life Year 5

Submission date 17/12/2010	Recruitment status No longer recruiting	☒ Prospectively registered ☒ Protocol
Registration date 17/03/2011	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 20/09/2016	Condition category Other	☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

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Additional identifiers

Protocol serial number

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

Primary study design

Interventional

Study design

Cluster randomised controlled trial

Study type(s)

Quality of life

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(s)

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

Key secondary outcome(s)

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

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

Healthy volunteers allowed

No

Age group

Child

Lower age limit

9 Years

Upper age limit

10 Years

Sex

All

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

United Kingdom

England

Study participating centre

University of Bristol

Bristol

United Kingdom

BS8 2BN

Sponsor information

Organisation

University of Bristol (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

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?
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Results article	results	27/05/2014	Yes	No
Results article	results	11/11/2015	Yes	No
Results article	results	22/01/2016	Yes	No
Results article	results	01/06/2016	Yes	No
Protocol article	protocol	24/07/2011	Yes	No
Protocol article	protocol update	24/07/2013	Yes	No