Overweight / obesity in a Daily Mile School vs Scottish National Average

What does the research say?

**Study Design**
Quasi-experimental repeated measures pilot study in two primary schools (n=391):
- One introduced the Daily Mile
- One continued the usual curriculum

**What we measured:**
- Accelerometer-assessed average daily moderate to vigorous physical activity (MVPA)
- Accelerometer-assessed average daily sedentary time (SED)
- 20-m shuttle run / bleep fitness test performance
- Body composition (adiposity) with skinfold measurements at four sites

**What we found:**
The Daily Mile intervention:
- Increases MVPA by +9 min/day (~17%)
- Reduces SED by -18 min/day (~5%)
- Improves bleep test by +39 m (~6%)
- Reduces skinfolds by -1.4 mm (~4%)

**Meaning of study:**
- The Daily Mile is a worthwhile intervention to introduce into schools.
- This underpins existing Scottish Government policy.
- Should be considered for future policy in other parts of the UK and abroad.
- Also important for pupils, parents, schools, researchers and public health.