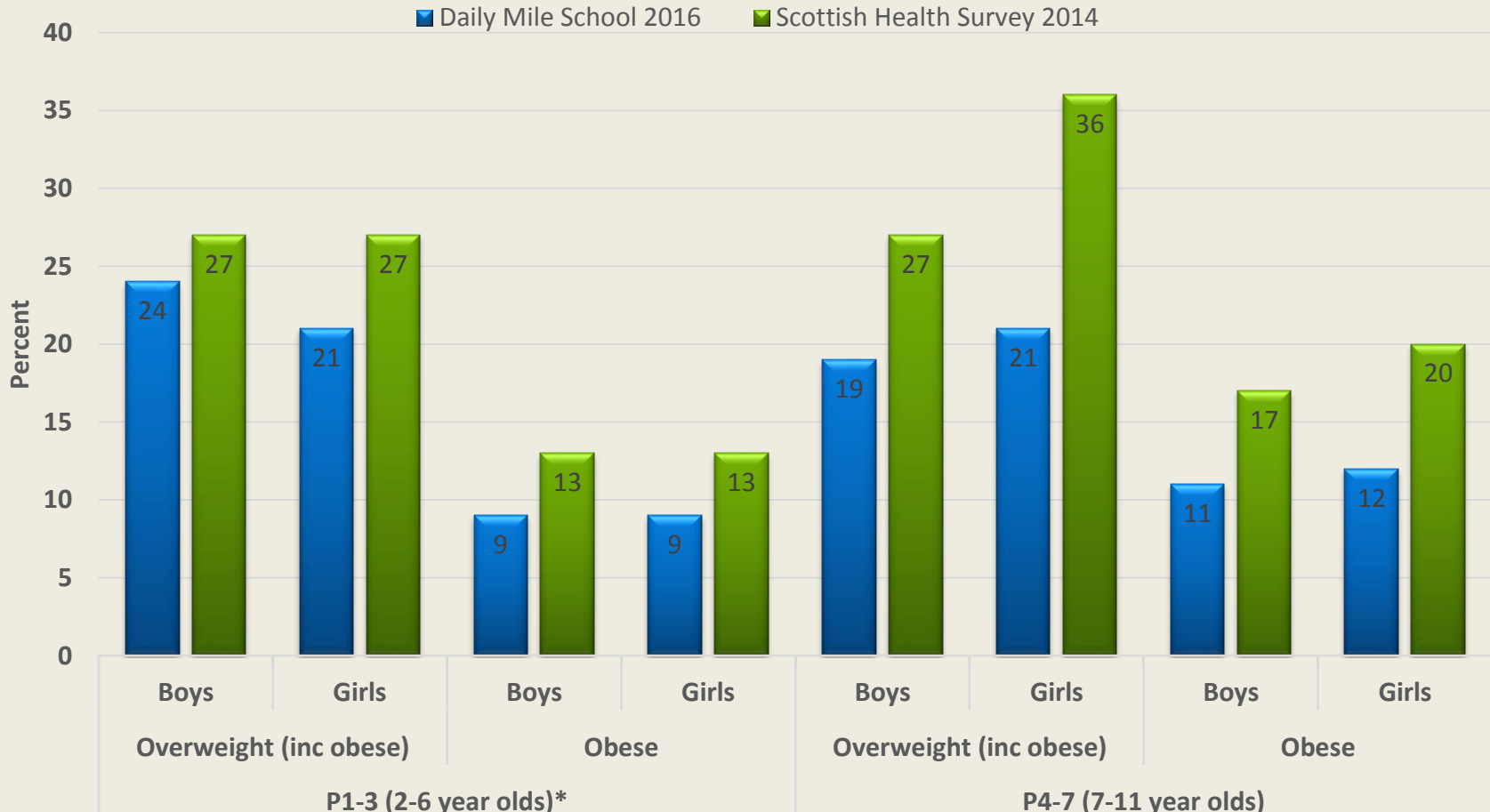


# Overweight / obesity in a Daily Mile School vs Scottish National Average



Scottish Health Survey data <http://www.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey/Publications/Trendtables14> \*Note includes 2-3 year olds  
Overweight (BMI z-score  $\geq 1.04$ ) and obese (BMI z-score  $\geq 1.64$ ) calculated with LMSgrowth (Version 2.74) based on Cole TJ et al. (1998) British 1990 growth reference centiles for weight, height, body mass index and head circumference fitted by maximum penalized likelihood. *Statistics in Medicine* 1998;17:407-429.

# 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 **-1.4mm** (~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.