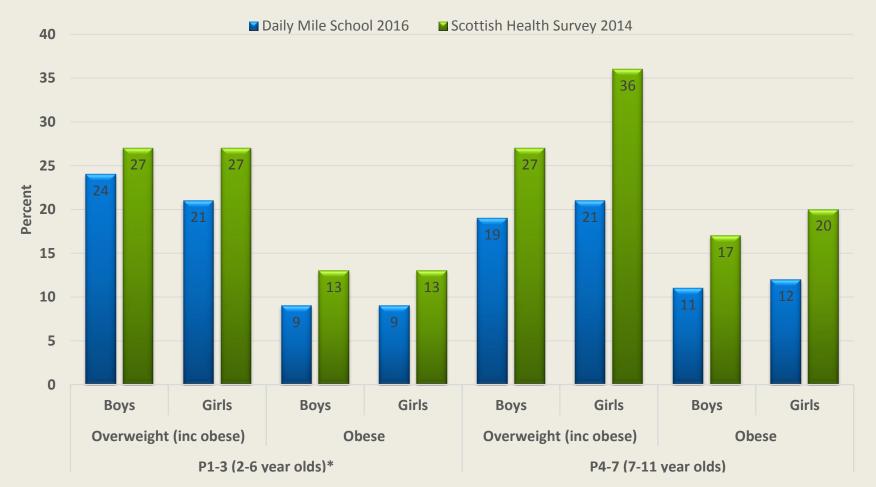
Overweight / obesity in a Daily Mile School vs Scottish National Average





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 >=1.04) and obese (BMI z-score >=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? Whitersity of the Highlands and Islands Offitigh no a Galdhealtachd agus nan Eilean





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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.

Chesham RA, Booth JN, Sweeney EL, Ryde GC, Gorely T, Brooks NE, Moran CN. 2018. The Daily Mile makes primary school children more active, less sedentary and improves their fitness and body composition: a quasi-experimental pilot study. BMC Medicine 16:64 https://doi.org/10.1186/s12916-018-1049-z