

Intervention fidelity in a school-based diet and physical activity intervention in the UK: Active for Life Year 5

Active for Life Year 5 (AFLY5) is an educational programme developed to increase physical activity (PA), decrease sedentary behaviours, and increase healthy food consumption amongst children aged 9-10 in the UK. The program was developed upon a recognition that many children do not meet current PA guidelines in the country. Regular PA is an important way to decrease the risk of overweight and obesity in this age group and enhances mental well-being.

The AFLY5 methodology includes training for teachers, guided lesson plans, assignments, and educational leaflets for students. These were delivered in Bristol and Somerset between September 2011 to July 2012. Half of the schools that enrolled on the trial (30) received the programme, whilst the remainder did not. The school-based intervention was received positively: 95% of children in participating schools received lessons, 77% of all the lessons were taught and 62% of the homework's were delivered.

These figures could be improved by tailoring the AFLY5 materials to align with “technologically advanced and interactive current teaching practice,” combined with adjustments to program materials so that they accommodate students with different skills and talents. School-based interventions should be considerate of teacher’s time while incorporating time to ‘train the trainer’ before the messages/curriculum is delivered.

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