

## **‘Let’s Move It’ – a school-based multilevel intervention to increase physical activity and reduce sedentary behaviour among older adolescents in vocational secondary schools: a study protocol for a cluster-randomised trial.**

Worldwide, adolescents are not meeting the levels of physical activity recommended. Engagement in physical activity (PA) “tends to decline with age and vary by gender, with boys reporting higher PA levels than girls”. Meanwhile, interventions in school settings have been favoured given that adolescents spend most of their time there. The effectiveness of school-based physical activity interventions has not been studied to a large extent among older, less-educated adolescents, and particularly in vocational schools. ‘Let us Move it’ is a multi-level, theory-based intervention delivered in vocational schools to increase PA.

The programme addresses individual and environmental drivers of physical inactivity by training teachers, targeting PA motivation and self-regulation skills in adolescents, and enhancing access to sports facilities, and modifying equipment in classrooms. The study was conducted across 6 schools in Helsinki, Finland, engaging year 1 and 2 students (aged 15-17).

Intervention outcomes were assessed over the course of two months and at 14 months. Researchers were particularly interested in students’ engagement in moderate to vigorous intensity PA, sedentary behaviour, sedentary time, and breaks in sedentary time. It is hypothesised that individuals receiving ‘Let’s Move It’ intervention would have improved levels of PA, compared to the control group, among girls and boys, both after the trial and at follow-up.

Advantages of the intervention included its “phased approach in development, combined with a participatory process with end-users”. Post-intervention dissemination has also been considered so that the program components can be integrated into the existing educational curriculum.

*Hankonen, N., Heino, M., Araujo-Soares, V., Sniehotta, F., Sund, R., Vasankari, T., Absetz, P., Borodulin, K., Uutela, A., Lintunen, T. and Haukkala, A., 2016. ‘Let’s Move It’ – a school-based multilevel intervention to increase physical activity and reduce sedentary behaviour among older adolescents in vocational secondary schools: a study protocol for a cluster-randomised trial. BMC Public Health, 16(1).*