








Prevention interventions for 6-12 year olds

Name + Logo	Contact	Sample characteristics	Intervention components	Publications	Additional information
<p>Wollongong Sport</p> 	<p>Dr Dylan Cliff</p>	<p><u>Sample size:</u> 48 <u>Mean age at baseline:</u> 8.6 years</p>	<p><u>Design:</u> Pilot RCT <u>Setting:</u> Primary School 3-5pm <u>Length:</u> 7 months <u>Primary outcome/s:</u> BMI z-score, % body fat</p>	<p>Efficacy of two single-sex after-school activity programs targeting overweight and at-risk of overweight children</p>	<p><u>Full Name:</u> The Wollongong Sport Program <u>Study Weblink:</u> N/A</p>
<p>SAKG Program</p> 	<p>Dr Lisa Gibbs</p>	<p><u>Sample size:</u> 764 children and 562 parents <u>Mean age at baseline:</u> 9-10 years</p>	<p><u>Design:</u> Non-randomised comparison longitudinal <u>Setting:</u> Primary schools, homes <u>Length:</u> 2 years <u>Primary outcome/s:</u> Increased child willingness to try new foods, increase in child knowledge, confidence and skills in cooking and gardening</p>	<p>Growing Community: The Impact of the Stephanie Alexander Kitchen Garden Program on the Social and Learning Environment in Primary Schools. Health Education & Behavior</p>	<p><u>Full Name:</u> Evaluation of the Stephanie Alexander Kitchen Garden Program <u>Study Weblink:</u> http://mccaugheycentre.unimelb.edu.au/research/current/intergenerational-health/sakg <u>In press:</u> Methodology for the Evaluation of the Stephanie Alexander Kitchen Garden Program; Expanding children's experience of food: the impact of a school-based kitchen garden program; Volunteering in a school kitchen garden program: Cooking up confidence, capabilities and connections!</p>

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<p><i>fun 'n healthy in Moreland!</i></p> 	<p>Dr Lisa Gibbs, Dr Elizabeth Waters, Dr Andrea De Silva-Sanigorski</p>	<p><u>Sample size:</u> 3167 <u>Mean age at baseline:</u> 8.5 years</p>	<p><u>Design:</u> Cluster RCT <u>Setting:</u> Primary schools, culturally diverse, mixed socioeconomic <u>Length:</u> 5 year study, 4 year intervention <u>Primary outcome/s:</u> Changes at school, family and child level of health promotion and obesity prevention strategies</p>	<ul style="list-style-type: none"> • Double disadvantage: the influence of ethnicity over socioeconomic position on childhood overweight and obesity: findings from an inner urban population of primary school children • Increasing school playground physical activity: A mixed methods study combining environmental measures and children's perspectives • Addressing the potential adverse effects of school-based BMI assessments on children's wellbeing 	<p><u>Full Name:</u> <i>fun 'n healthy in Moreland!</i></p> <p><u>Study Weblink:</u> http://mccaugheycentre.unimelb.edu.au/research/current/intergenerational_health/funnhealth</p>
<p>Healthy Dads, Healthy Kids</p> 	<p>Prof Phil Morgan</p>	<p><u>Sample size:</u> 50 families <u>Mean age at baseline:</u> 8.5 years</p>	<p><u>Design:</u> RCT <u>Setting:</u> After school program <u>Length:</u> 3 months <u>Primary outcome/s:</u> Body weight of fathers at 6-month follow-up</p>	<p>The 'Healthy Dads, Healthy Kids' community effectiveness trial: study protocol of a community-based healthy lifestyle program for fathers and their children</p>	<p><u>Full Name:</u> The Healthy Dads, Healthy Kids community program: Promoting family health through sustainable school and community partnerships - <i>Community Randomised controlled trial</i> <u>Study Weblink:</u> healthydadshealthykids.com.au/</p>

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Healthy Dads, Healthy Kids 2 	Prof Phil Morgan	<u>Sample size:</u> ~200 families <u>Mean age at baseline:</u> Currently being evaluated	<u>Design:</u> Non-randomised prospective <u>Setting:</u> After-school program <u>Length:</u> 3 months <u>Primary outcome/s:</u> Body weight of father at 6-month follow-up	As above	<u>Full Name:</u> The Healthy Dads, Healthy Kids community program: Promoting family health through sustainable school and community partnerships - <i>Community Effectiveness Trial</i> <u>Study Weblink:</u> healthydadshealthykids.com.au/
The Fit-4-Fun Program	Prof Phil Morgan	<u>Sample size:</u> 223 <u>Mean age at baseline:</u> 10.7 years	<u>Design:</u> RCT <u>Setting:</u> Primary school <u>Length:</u> 2 months <u>Primary outcome/s:</u> Cardiorespiratory fitness	Study protocol: Improving health-related fitness in children: the fit-4-Fun randomized controlled trial	<u>Full Name:</u> The Fit-4-Fun Program <u>Study Weblink:</u> N/A
M.A.D.E (Mothers and Daughters Exercising) 4 Life	Prof Phil Morgan	<u>Sample size:</u> 40 mothers, 47 daughters <u>Mean age at baseline:</u> Mothers = 39.1 years, Daughters = 7.9 years	<u>Design:</u> Pilot RCT <u>Setting:</u> After-school community <u>Length:</u> 10 weeks <u>Primary outcome/s:</u> Objectively measured physical activity (MVPA)		<u>Full Name:</u> The M.A.D.E (Mothers and Daughters Exercising) 4 LIFE Pilot Randomised Control Trial: A theory-based, physical activity intervention targeting mothers and their daughters. <u>Study Weblink:</u> N/A

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PLAY 	Dr Rachael Taylor	<u>Sample size:</u> 905 <u>Mean age at baseline:</u> ~8.5 years	<u>Design:</u> 2 arm cluster RCT <u>Setting:</u> Primary schools <u>Length:</u> 1 year <u>Primary outcome/s:</u> Physical activity (7-day accelerometry)		<u>Full Name:</u> Changing the way we play at school: the PLAY study <u>Study Weblink:</u> N/A
Project Energize 	Professor Elaine Rush, Steph McLennan, Kasha Latimer	<u>Sample size:</u> 42 000 children <u>Mean age at baseline:</u> 5 years	<u>Design:</u> Cluster, crosssectional compared with historical controls <u>Setting:</u> Schools <u>Length:</u> Continuous <u>Primary outcome/s:</u> BMIz, prevalence of obesity and overweight, time to run 550m	<ul style="list-style-type: none"> • An evaluation of nutrition and physical activity in Waikato primary schools: Project Energize: June 2008 to June 2011: Key Findings • Tracking of body mass indices over 2 years in Māori and European children • A schools-based obesity control programme: Project Energize: two year outcomes • Vitamin D status of Year 3 children and supplementation through schools with fortified milk • Increasing activity and improving nutrition through a schools-based programme: Project Energize. 1. Design, programme, randomisation and 	<u>Full Name:</u> Project Energize <u>Study Weblink:</u> www.sportwaikato.org.nz/primary_schools_team_energize.cfm OR http://www.projectenergize.org.nz/

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				<p>evaluation methodology</p> <ul style="list-style-type: none"> • Growth and childhood obesity: perspective of Pacific Island children in New Zealand. Handbook of Growth and Growth Monitoring in Health and Disease • Body composition in a multiethnic community in New Zealand. Handbook of Anthropometry: Physical Measures of Human Form in Health and Disease 	
SCORES	Dr David Lubans	<p><u>Sample size:</u> 460 <u>Mean age at baseline:</u> 8.5 years</p>	<p><u>Design:</u> Cluster RCT <u>Setting:</u> Primary schools <u>Length:</u> 12 months <u>Primary outcome/s:</u> Objectively measured physical activity, FMS competence, cardiorespiratory fitness</p>	<p>Rationale and study protocol for the supporting children's outcomes using rewards, exercise and skills (SCORES) group randomized controlled trial: A physical activity and fundamental movement skills intervention for primary schools in low-income communities</p>	<p><u>Full Name:</u> The SCORES (Supporting Children's Outcomes using Rewards, Exercise and Skills) group randomized controlled trial: A physical activity and fundamental movement skills intervention <u>Study Weblink:</u> N/A</p>

** Abbreviations: RCT = randomized controlled trial, PA = physical activity, SB = sedentary behaviour, TV = television, BMI = body mass index