

Process Evaluation

Number of schools expressing an interest; number of eligible children; number of children opting out

Number of children completing baseline measures

Number of children attending each activity

Number of parents attending each parental activity

Number setting goals with parents

Teacher interviews -control (n=4) and intervention(n=8)

Focus groups with children - control (n=3groups) and intervention (n=3 groups)

Parent interviews (n=17) and questionnaires sent to parents (intervention)

Number of children completing 18 month post baseline measures

Number of children completing 24 month post baseline measures

Four primary schools (7 classes 204 children)
(Two opted out)

Baseline measures (height, weight, waist circumference, % body fat made by independent assessor) TV viewing/screen based activity and food intake questionnaires N=3 left 202
Accelerometry N=109/111(1 class per school)

Randomisation by Clinical Trials Unit

Intervention: 2 schools, 3 classes N= 80

Control: 2 schools, 4 classes N= 122

Term 1:Assembly, rap lesson & competition, activity workshops, parent assembly

Term 2:PHSE lessons, drama activities, parent information sheets, 1:1 goal setting, parent assembly

Term 3:PHSE lesson, drama workshop, class delivered assembly, 1:1 goal re-assessment

6 children moved to another area; 1 opted out; 3 children withdrew

18 month follow up measures (as baseline) N= 192/204
Accelerometry N=107/111(1 class per school)

Children tracked to secondary school (1 withdrew; 4 moved out of area)

24 month follow up measures (height, weight, WC, % BF)
N=187/204