

Prevention interventions for 13-18 year olds (More information)

Name	Sample characteristics	Intervention components
Physical Activity Leaders	<p><u>Inclusion criteria:</u> Adolescent boys attending schools in low-income communities. Low-active or disengaged in physical activity as identified by PE teachers.</p> <p><u>% boys at baseline:</u> 100</p> <p><u>Retention rate at follow-up:</u> 82% at 6 months</p>	<p><u>Outcomes assessed at:</u> 6 months, 12 months</p> <p><u>Description of intervention:</u> School sport sessions (10 x 90 mins), interactive seminars (3 x 30 mins), lunch-time activities (8 x 30 mins), physical activity and nutrition handbooks, leadership sessions (6 x 30 mins) and pedometers for self-monitoring.</p> <p><u>Study evaluation:</u> At 6 months intervention group showed a significant decrease in BMI, BMI z-score and body fat % and physical self-perceptions.</p> <p><u>Strengths:</u> High methodological quality</p> <p><u>Weaknesses:</u> Sample size</p>
NEAT Girls	<p><u>Inclusion criteria:</u> Adolescent girls attending schools in low-income communities. Low-active or disengaged in physical activity as identified by PE teachers.</p> <p><u>% boys at baseline:</u> N/A</p> <p><u>Retention rate at follow-up:</u> 82%</p>	<p><u>Outcomes assessed at:</u> 12 months, 24 months</p> <p><u>Description of intervention:</u> School sport sessions (40 x 90 mins), interactive seminars (3 x 30 mins), nutrition workshops (3 x 90 minutes), lunch-time activities (30 x 30 mins) , physical activity and nutrition handbooks, parent newsletters (4), text messaging (1 x week for 40 weeks, 2 x week for 10 weeks) and pedometers for self-monitoring.</p> <p><u>Study evaluation:</u> After 12-months, changes in BMI (adjusted mean difference [95% CI] = -0.19, [-0.70 to 0.33]), BMI z-score (-0.08 [-0.20 to 0.04]), and percentage body fat (-1.09 [-2.88 to 0.70]) were in favor of the intervention, but were not statistically different from those in the control group. Changes in screen time were statistically significant (-30.67 mins/day, [-62.43 to -1.06]), no group by time effects for physical activity, dietary behavior or self-esteem.</p> <p><u>Strengths:</u> High methodological quality</p> <p><u>Weaknesses:</u> Poor intervention adherence in some schools</p>