

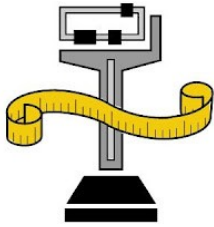
ACTIVE FOR LIFE



STUDENT NEWSLETTER

What have you been part of?

You have been part of a huge project taking place in Bristol and North Somerset. **60 primary schools** have been taking part and over **2000 children** just like you have joined in! Since 2011



we have made 3 visits to your school. You may remember each time we have measured your height, weight and waist, given you an activity belt to wear (an 'accelerometer') and you have completed a big questionnaire.

We have now finished collecting this information from you, so want to say a **BIG THANK YOU** for taking part and making Active for Life a great success!

Why have you been measured?

We have been following you all to try and find out whether a topic called '**Active for Life**' which has been taught in some schools can help to make children more active and help them eat healthier foods.

Half of you are in schools that did the Active for Life lessons when you were in year 5, and **half** of you are in schools that carried on having your normal lessons. We are going to see if children in schools that did the Active for Life lessons are any different to children who did normal lessons instead.

50:50



The results will be ready by the end of 2013, but you will have left to go to secondary school by then! Don't worry, you can check out our website as the results will be on there when they are ready:



www.bris.ac.uk/social-community-medicine/projects/afl

Do you have an activity belt at home?

Calling all **lost activity belts!** If you have an activity belt at home, from this year or last year, it is not too late to **bring it in!** We really need to collect all the belts back that we can. Please bring it in to school and give it to your teacher and ask them to let Active for Life know it is there.

If you find a belt after you have left your primary school, please call us on 0117 331 4011 to let us know and we will collect it from you. You will not be in any trouble, we will be so pleased to have it back!

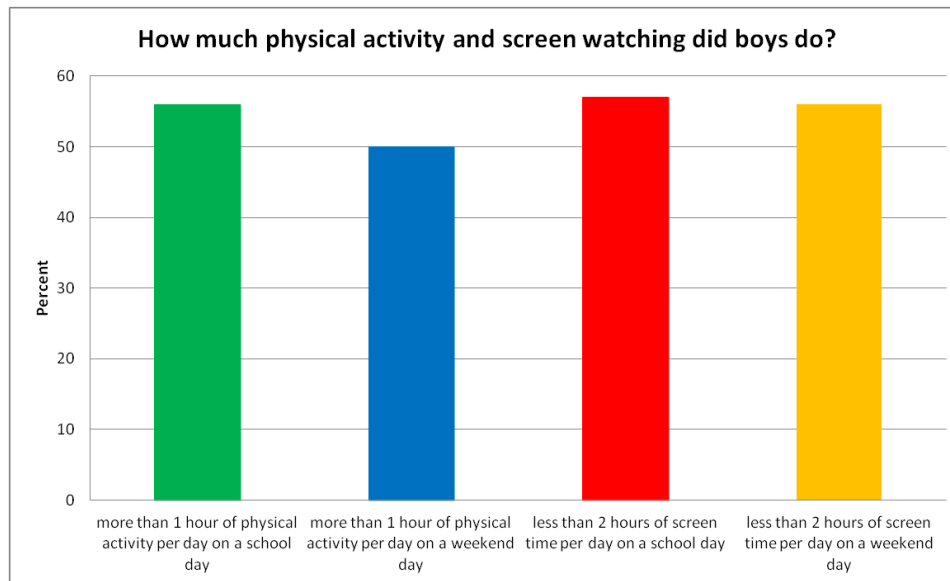


Good luck in secondary school!

You will be moving up to a new school this summer, so we would like to wish you **good luck** and hope that you enjoy yourself meeting new friends and learning lots of new things.

What were you like at the start of the study in 2011?

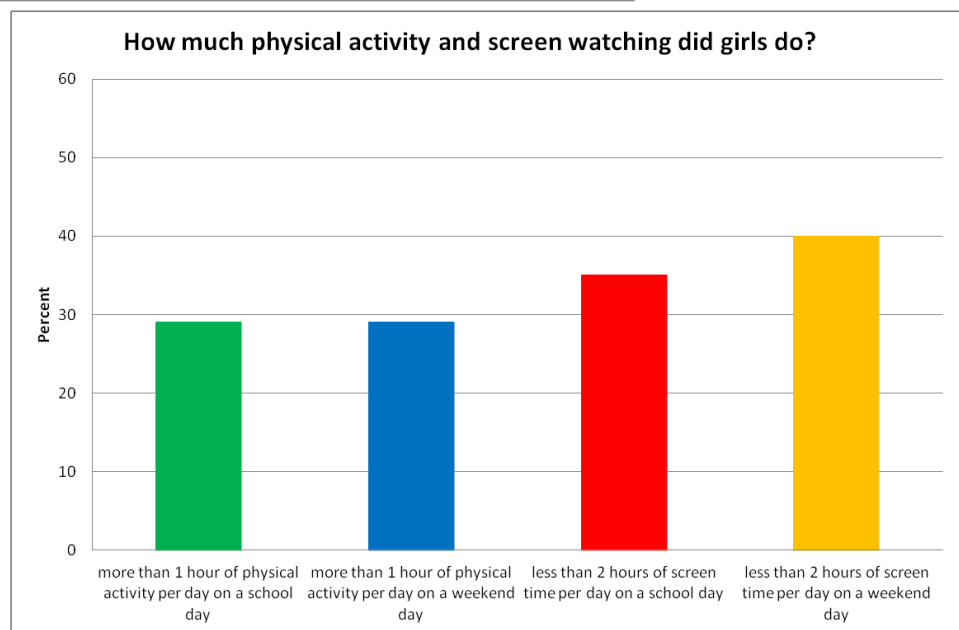
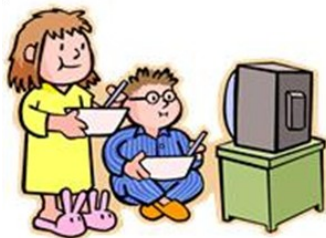
The graphs below show information for all the children in the study (over 2000 children!). They show what percentage of children, on average, did more than 1 hour of physical activity a day on a school day (**green**) and Saturday (**blue**). They also show what percentage of children, on average, spent less than 2 hours in front of a screen (TV, DVD, games machine) on a school day (**red**) and a Saturday (**yellow**). These graphs show the data from the first time we visited your schools, in 2011.



To stay healthy all children should be doing at least 1 hour of physical activity every day! This is anything that makes you hot and out of puff.



Screen time includes watching TV, watching DVDs and playing video games. To stay healthy, children should have less than 2 hours of screen time each day.



As you can see from the graphs, when the study started back in 2011, 56% of boys and only 29% of girls were doing an hour of activity each day on a school day.

When it came to screen time, 57% of boys and 35% of girls had less than 2 hours of screen time on a school day. That means that most girls were watching a screen for more than 2 hours a day!

Are you **active** for **at least 1 hour** every day?
Do you stare at a **screen** for **less than 2 hours** each day?
If so **WELL DONE...** Keep it up!

Don't forget to check out our website next year to find out the results of the main study:

www.bris.ac.uk/social-community-medicine/projects/afl



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