

Title of Intervention	Creating an "activity friendly" school environment plus providing computer-tailored feedback and parent support.	
Intervention Strategies	Environment and Policy, Individual Education	
Purpose	'Promote healthy food choices and physical activity engagement to prevent the increasing prevalence of overweight among adolescents.'	
Populations	7th and 8th graders in Finland.	
Settings	School-based	
Partners	Not mentioned	
Intervention Description	<p>'Schools changed their physical environment by creating more opportunities to be physically active during breaks, at noon, or after school hours. The content of the physical activities varied and noncompetitive activities were included to reach less skilled students. Extra physical activities were often organized at noon, on Wednesday afternoons, and after school hours. Additionally, extra sports materials were made available. Every school received an intervention box with sports materials like ropes, Frisbees, balls, and beach ball sets. Sports materials were most often made available at noon, in some schools it was made available after school hours, and in one school, sports materials were also made available during breaks. During classes, students received an adaptation of the adult computer-tailored intervention for physical activity. They received personal physical activity advice in which an active lifestyle was promoted. In 5 of the 10 intervention schools, additional efforts were aimed at creating a supportive social environment for healthy behaviors outside school through parental involvement. Parents were invited for an interactive meeting on physical activity and the relationship with health. Information was also communicated through home correspondence and all parents received a free CD with the adult computer-tailored intervention for physical activity to complete at home.'</p>	
Theory	Not mentioned	
Resources required	Staff/Volunteers:	Routine school staff.
	Training:	None
	Technology:	Computers, adult computer-tailored intervention for physical activity.
	Space:	Not mentioned
	Budget:	Not mentioned
	Intervention:	Ropes, Frisbees, balls, and beach ball sets. The adult computer-tailored intervention for physical activity.
	Evaluation	Flemish Physical Activity Questionnaire, accelerometers
Evaluation	Design:	Clustered randomized controlled design

	Methods and Measures:	'A random sample of 15 schools with 7th and 8th graders was randomly assigned to one of three conditions: (a) intervention with parental support, (b) intervention alone, and (c) control group. The intervention combined environmental strategies with computer-tailored feedback to increase levels of moderate to vigorous physical activity. The intervention was implemented by the school staff. Physical activity was measured through a questionnaire in the total sample and with accelerometers in a sub sample of adolescents.'
Outcomes	Short term impact:	1) The physical activity intervention, implemented by the school staff, resulted in enhanced physical activity behaviors in both middle school boys and girls.
		2) The intervention with parental support increased daily physical activity and decreased overall low intensity physical activity.
		3) The combination of environmental approaches with computer-tailored interventions seemed promising.
	Long term impact:	Not measured
Maintenance	Basic equipment maintenance.	
Lessons Learned	1) It could be argued that making the school environment more “activity friendly” had a direct impact on physical activity at school.	
	2) 'Interventions designed to target leisure time sports and active transportation should be more community-based, rather than school-based.'	
	3) 'Instrumental parental support behaviors could be critical for increasing participation in school-related physical activity and moderate-vigorous physical activity (MVPA).'	
	4) 'School-based intervention strategies combining environmental approaches with computer-tailored interventions seemed promising for increasing physical activity in adolescent boys and girls.'	
Citation(s)	Haerens L, De Bourdeaudhuij I, Maes L, Cardon G, Deforche B. (2007) School-based randomized controlled trial of a physical activity intervention among adolescents. Journal of Adolescent Health 2007; 40(3): 258–65.	