125 Primary schools in Devon including Plymouth meeting inclusion criteria

32 schools recruited by July 2012

All schools randomised (independently by CTU) into control or intervention group based on a) % of children eligible for free school meals and b) number of year 5 classes*

Parental consent obtained

Baseline measures (height, weight, % body fat, waist circumference, diet (blind assessments)) on approximately 980 year 5 children
Cohort 1 - 2012; Cohort 2 - 2013

Schools and trial team informed of school allocation (i.e. control or intervention) for Cohort 1-2012; Cohort 2-2013

Healthy Lifestyles Programme (HeLP)Phase 1 – Creating a Supportive Context – Spring term Year 5
Phase 2 – Healthy Lifestyles Week – Summer term Year 5
Phase 3 – Personal Goal Setting – Summer term Year 5
Phase 4 – Reinforcement Activities – Autumn term Year 6

1 class randomly selected from each participating school to wear accelerometers for measure of physical activity (~700 children)

No intervention ('Usual practice')

Anticipated attrition up to 10% over 18 months

Anticipated attrition up to 20% over 24 months

12 months post baseline ‘My Lifestyle’ Questionnaire to assess knowledge, motivation and behavioural mediators of diet and physical activity in all children (~882 children)

18 months post baseline measures (height, weight, % body fat, waist circumference, diet (blind assessments) on all children (~882 children)

All children tracked to secondary school

24 months post baseline measures (height, weight, % body fat, waist circumference (blind assessments) in all children (~784 children)