



Alive 'n' Kicking Childhood Obesity Intervention Results 2009 - 2011



ALIVE 'N' KICKING EXTENDED REPORT



Alive 'N' Kicking (ANK) is a 12 week childhood obesity intervention programme, which aims to promote a healthier lifestyle for families with overweight children in the UK. The programme workshops and activity sessions educate families on the importance of healthy eating and increasing activity levels, providing the support and guidance needed to empower families to make healthier lifestyle choices. This report summarises the results from all ANK programmes completed between 2009 and 2011.

Eligibility Criteria

Families are assessed for eligibility by an initial assessment meeting, where anthropometric measurements are taken. Children with a Body Mass Index (BMI) over the 91st centile for their age and gender are eligible for the programme. The current age range for these ANK programme results is 4-19 (the full ANK age range available is 2-19 years old). All candidates must also live, attend a School or GP practice within the local borough to be eligible for a place on the programme. Families are also assessed for their 'readiness to change' during their assessment meeting to ensure that they are ready to make healthy lifestyle changes during the programme. All families are also required to attend a family consultation prior to the start of their programme to discuss their current nutrition and lifestyle behaviours and to set their own 'family agreements' and goals.



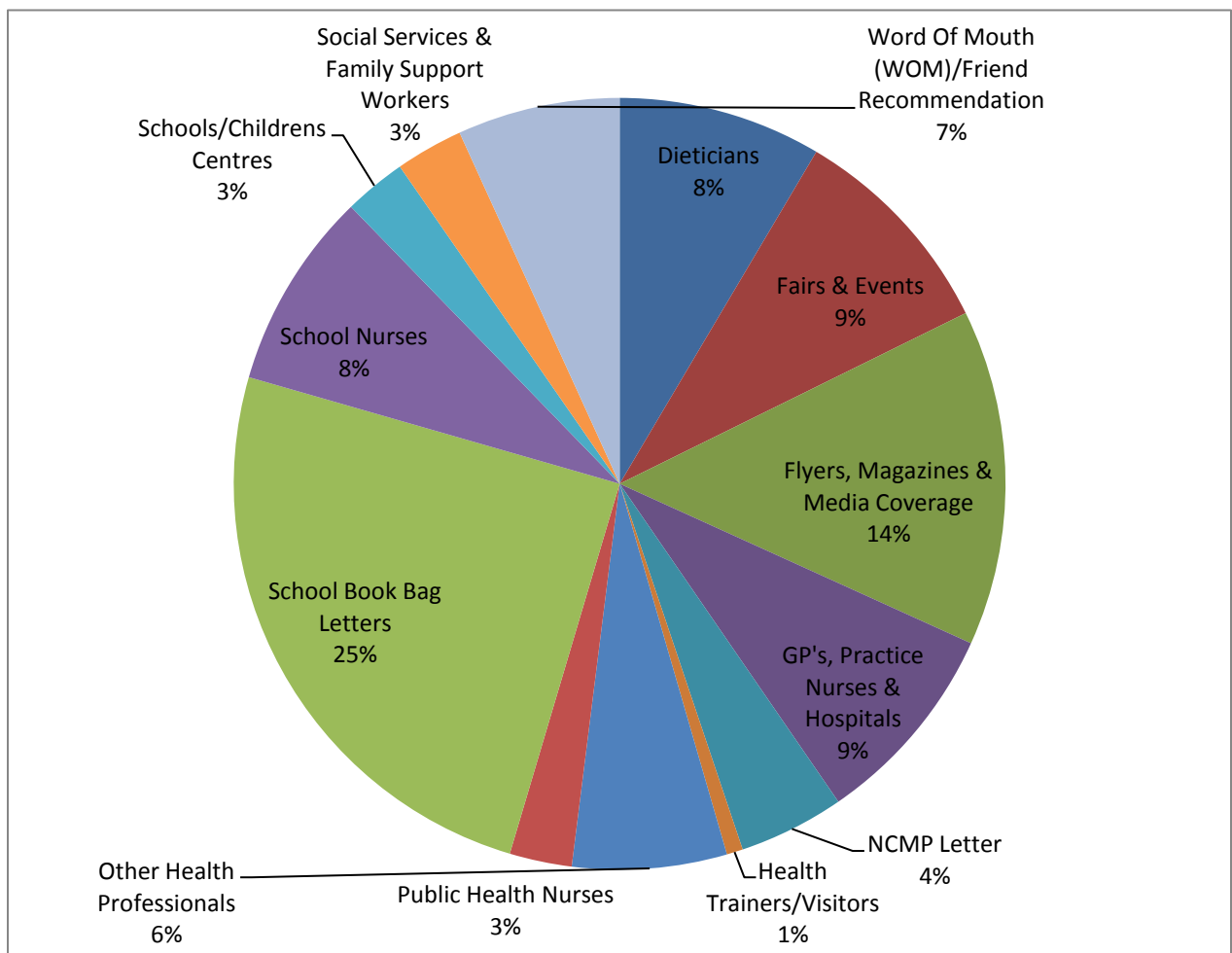
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1. All Programme's Overview

389	Starters: Infants = 74, Juniors = 187, Seniors = 73, Young People 16+ = 55
309	Completers: Infants = 57, Juniors = 158, Seniors = 58, Young People 16+ = 36
78%	Completion Rate
44%	Week 24 Follow Up Attendance

1.1 Recruitment source



This diagram shows the method of recruitment including the place where information was seen, or whom a referral came from.

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2. Quantitative Results

2.1 Anthropometry

Infants (4-6 years)	Measure	Pre Mean	Post Mean	Mean Change
Measured Data	BMI	22.03	21.31	-0.76
	BMI z Score	2.43	2.18	-0.25
	Weight	34.37kg	34.31kg	-0.06kg
	Waist Circumference	74.11cm	71.46cm	-2.65cm

Juniors (7-11years)	Measure	Pre Mean	Post Mean	Mean Change
Measured Data	BMI	25.27	24.66	-0.62
	BMI z Score	2.36	2.17	-0.19
	Weight	51.63kg	44.76kg	-6.87kg
	Waist Circumference	84.69cm	82.71cm	-1.98cm
	No of Shuttles	31.30	35.52	+4.22

Seniors (12-15years)	Measure	Pre Mean	Post Mean	Mean Change
Measured Data	BMI	29.86	29.59	-0.26
	BMI z Score	2.71	2.52	-0.18
	Weight	75.33kg	74.49kg	-0.85kg
	Waist Circumference	89.79cm	84.42cm	-5.38cm
	No of Shuttles	21.98	27.83	+5.85

- When data is combined all measured anthropometric data results in a mean reduction across measures in BMI, BMI z score, weight and waist circumference.
- Our results also show that fitness levels increase over the duration of the 12 week ANK programmes. On average, children across all age ranges tested for fitness improvement (7-15yrs), increase the number of shuttles from initial testing at week 1 to re-testing at week 12.

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Fig.1 BMI z Score Mean Change

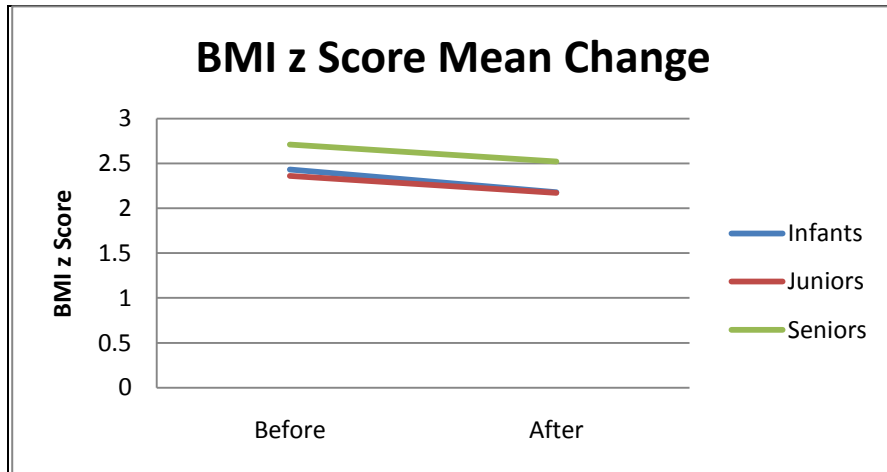
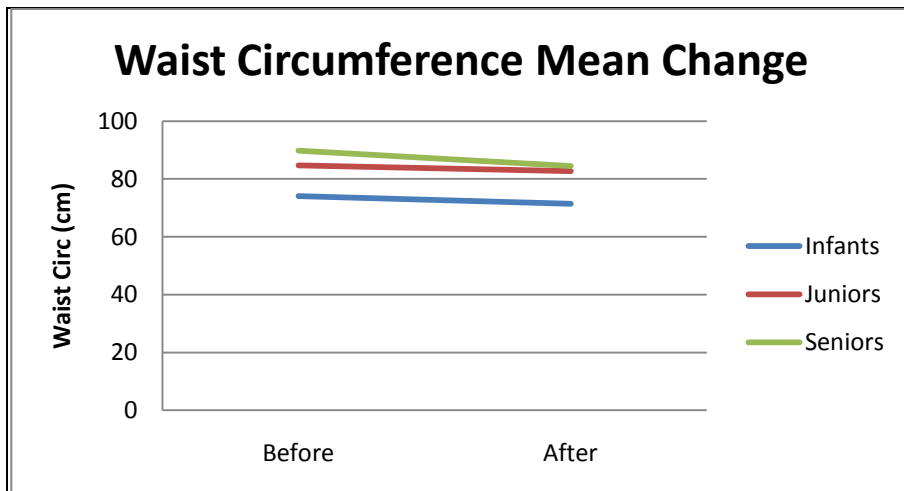


Fig.2 Weight Mean Change across the age groups



Fig.3 Waist Circumference Mean Change across the age groups



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- 92.5% of children decreased their BMIz score from baseline to week 12
- 80% of children decreased their waist circumference over 12 weeks. The average reduction was -5cm.



2.2 Physical Activity

The Alive n Kicking Programme incorporates a test of fitness to be completed by all children of the Junior and Senior programmes at week 1 and again at week 12. This is measured by a shuttle run test. An improvement in fitness is seen when children complete more shuttles at week 12 than they could at week 1.

Across the Junior and Senior programmes from September 2009 – January 2011:

82% of fitness test completers at week 1 and week 12 have improved their fitness levels



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2.2.1 Time Spent in Physical Activity

Fig.5 Percentage of ANK completers achieving 60 active minutes a day.

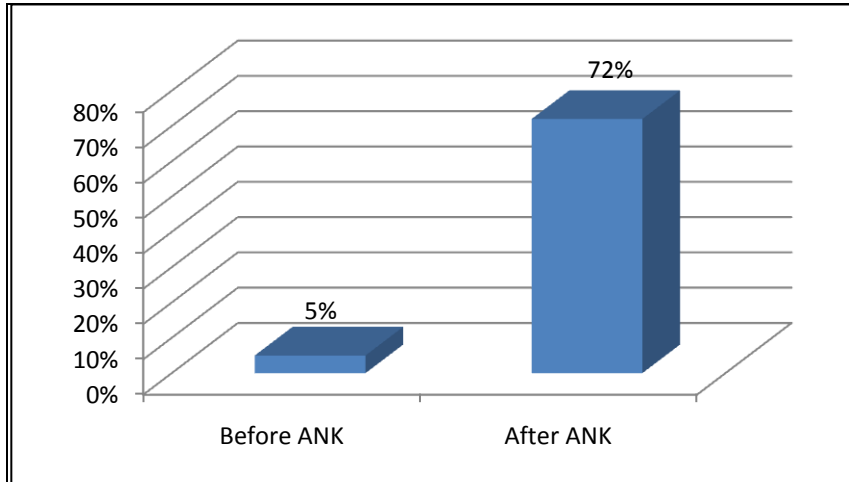
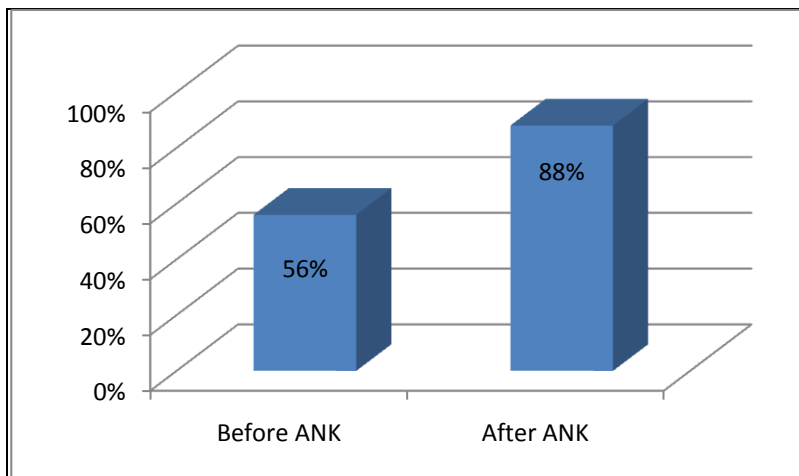


Figure 5 demonstrates that before attending an Alive n Kicking programme, only **5%** of completers achieved the recommended 60 minutes of activity a day. Following completion of the 12 week ANK programme a staggering **75%** of completers are now achieving their 60 minutes of activity every day.

2.3 Nutrition Behaviour Change

Evaluation of results from our data collection points at week 1 and week 12 of the programme indicate the following positive results.

Fig.6 Percentage of ANK completers consuming breakfast every day.



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The percentage of ANK completers consuming breakfast every day increased following the completion of each 12 week programme. Figure.6 shows that **88%** of completers were now consuming breakfast every day compared to only **56%** before the start of the programme.

Fig.7 Percentage of ANK completers consuming Fruit & Vegetables after programme completion.

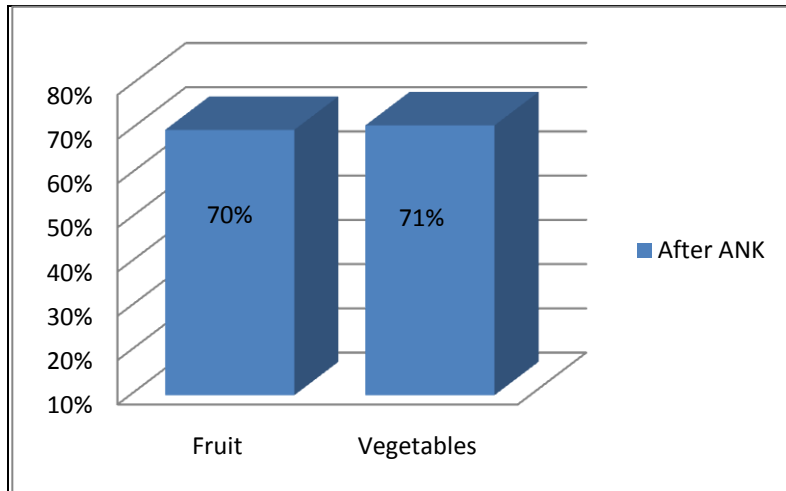


Figure.7 shows that following the completion of a 12 week ANK programme, 70% of children improved their daily consumption of fruit & vegetables.

3. Service Satisfaction

Each parent completing an ANK programme is asked to rate the service using the following scale:

Overall how would you rate this service?

1 2 3 4 5 6 7 8 9 10
(Very Poor) (Poor) (Reasonable) (Good) (Very Good) (Excellent)

We are pleased to announce that results from our 2009-2010 programmes show excellent service satisfaction results:

60% of ANK families rate the service 10/10

98% of families rate the service Good (7) to Excellent (10)

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4. Young Peoples Programme Evaluation

This lifestyle-changing program is for overweight teens between the ages of 16 and 19 that are motivated to address their weight issues but require a supportive, educational, age-appropriate intervention to help them succeed.

Over 12 weeks, young people attend a weekly 1-hour session with a qualified personal trainer and nutritionist who work together to empower the teens using techniques that teach them how to lose weight safely. Young people are given the choice to either be eased into the gym environment where they are taught the basics of gym etiquette, working out with equipment and the use of proper exercise technique. Or they may prefer to take up one of our alternative fitness plans set in the great outdoors using equipment that be used at home. Challenging workouts, designed by their trainer and professionally implemented, improve their fitness level, self-confidence and self esteem.

Impacting nutrition workshops also encourage young people to participate in practical life-skill lessons such as 'how to read a food label, meal preparation, recipes and cooking, making a food shopping list and shopping smart together in the supermarket.' Teens visually see the fat in the fast foods they loved to eat and learn how to order healthy food from a restaurant menu.

Hanaa Sebek is a recent ANK Young People's success story. Hanaa lost over 10 kilograms and reduced her BMI to the healthy weight range. She achieved her goal to drop 2 jeans sizes and enjoys her new self-confidence.

"I didn't know how to shop for healthy food until my trainer took me on and outing to a grocery store. There were so many choices! We reviewed food labels, compared fat, sugar and salt in some of my favourite foods and now I know what to put into my basket. Thank you AnK"

Hanaa Sebek (ANK Young Peoples Graduate)

4. Quantitative Results

4.1 Anthropometry

Young People (16-19years)	Measure	Subjects (n=)	Pre Mean	Post Mean	Mean Change
Measured Data	BMI	8	29.37	28.48	-0.90
	BMI z Score		2.10	1.96	-0.14
	Weight	8	93.66kg	77.44kg	-16.23kg
	Waist Circumference	4	102.00cm	93.00cm	-9.00cm

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Fig8. BMI z score mean change

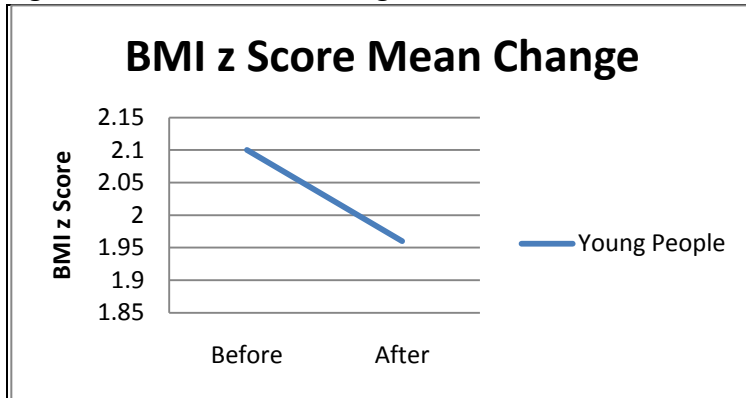


Fig.9 Weight mean change

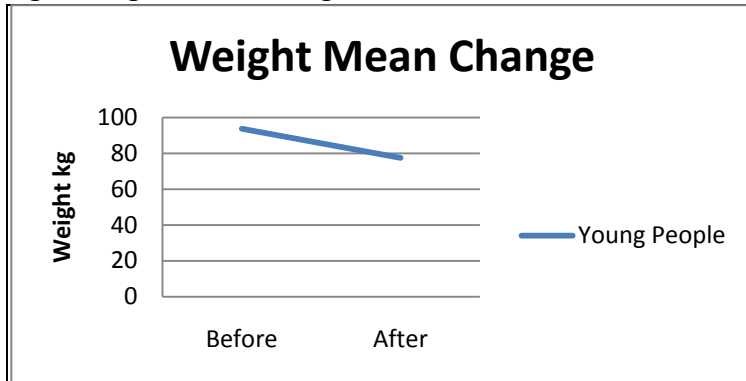
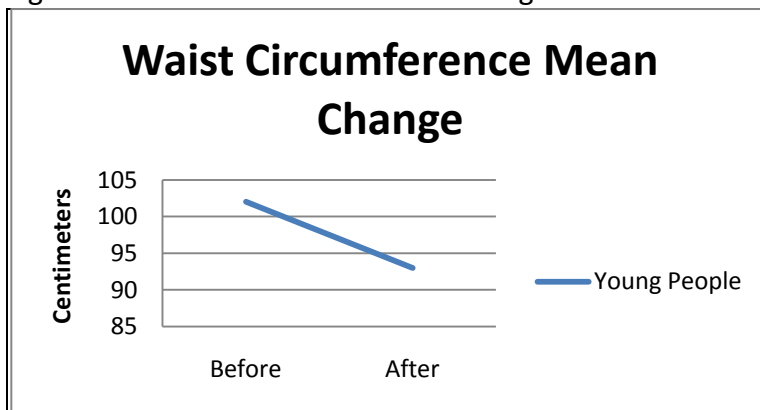


Fig.10 Waist Circumference Mean Change



In summary, results from the young people's programme demonstrate that following completion of the 12 week personal training service, all anthropometric results show a reduction. We can conclude that on average, the ANK young person's programme reduces BMI, BMI z score, waist circumference and overall weight.

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Week 24 Follow Up Appointment

All families that complete an ANK programme are invited back for a week 24 follow up appointment (24 weeks from the start of their programme). This appointment is to enable us to collect data to evaluate the sustained lifestyle changes following the ANK programme. It is also a good opportunity for the families to check they are on progress and set any new goals that may be required for the future. At this meeting further signposting to local services is provided and any questions that the parents may have are answered by our experienced staff.

- 44% of families attend their week 24 follow up appointment
- 81% of children have maintained or reduced their BMIz score at the Week 24 appointment



5. Testimonials

“I have been thinking for a while about how I can help my family eat healthily and enjoy more active lifestyles. It is great that the Alive ‘n’ Kicking programme was there to help us – though we were a bit nervous in the first session. We set goals of weight loss and healthier eating and are beginning to see the benefits since starting the programme.”

Parent from Hounslow programme 2

“A’N’ K have motivated staff and excellent session content. They’re able to adapt to local needs and work with their commissioners to find solutions. That’s why A’N’ K works!”

David Tchilingirian, Registered Public Health Nutritionist - Children and Families, London Borough of Merton

“I have found out that this programme has helped me a lot I am now aware of my diet”

Score for Alive N Kicking Programme 10/10

11 year old boy from Merton