Physical activity levels of children with mild-moderate intellectual disabilities: a multi-component physical activity intervention.

Children with learning disabilities are less active than children who do not have learning disabilities. This two year study developed and piloted a multi-component intervention aimed at supporting children to increase their levels of moderate-vigorous physical activity, in line with national recommendations. Two additional support needs schools participated in the study. The Get Active, Be Healthy intervention was a 10 week multi-component intervention that includes a home-based component aimed at increasing children’s’ physical activity levels outside of the school environment, and a school-based component. Children participating in the intervention significantly increased their physical activity levels during school hours but there was no change in physical activity levels outside of the school environment. This finding is similar to the results of previous multi-component interventions. Children participating in the intervention maintained their BMI over the course of the intervention, whilst the BMI of children in the control group increased significantly. Parents and teachers participated in qualitative interviews to identify their perceptions of physical activity and identify barriers to children with learning disabilities becoming more physically active.

Research Group:

Dr Craig Melville, University of Glasgow, Institute of Health and Wellbeing,
Craig.Melville@glasgow.ac.uk

Mrs Victoria Penpraze, University of Glasgow, School of Life Sciences
Victoria.Penpraze@glasgow.ac.uk