



# Adherence to The Daily Mile's ten core principles for effective implementation in primary schools across Greater London

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## About the research

- The Daily Mile, a popular school based active mile intervention which has a global reach, involves children running or jogging for 15 minutes every day or at least three times a week.
- There are ten core principles for successful implementation of The Daily Mile, of which three are key for effectiveness to increase children's physical activity. These three key principles are:
  - that it is quick (15 minutes),
  - the whole school participates, and
  - that it takes place in the school day during lessons (excluding physical education lessons and scheduled breaks) at least three times a week
- Understanding implementation of interventions is crucial to identifying the potential impact and feasibility of scalable interventions in real-world settings.
- Qualitative studies report that schools adapt implementation of The Daily Mile intervention to suit their needs.
- Previous studies assessing the effects of The Daily Mile on children's health do not always report how it is implemented or to what extent its core principles are practised.

## What we did

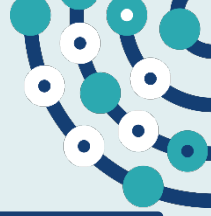
We sent a survey to 1,717 state-funded primary schools in Greater London to identify how many adopt The Daily Mile, and of those that do, whether they adhere to the principles – especially the three key principles recommended for effectiveness.

## Policy implications

- ❖ Wide variations seen in adherence to core principles of The Daily Mile may limit its effectiveness in real world settings
- ❖ Schools implement features of the intervention that appear more feasible and may need support to adhere to those recommended for effectiveness to increase physical activity
- ❖ Implementation of active mile interventions that are promoted in UK policy to prevent obesity and raise children's physical activity should be monitored



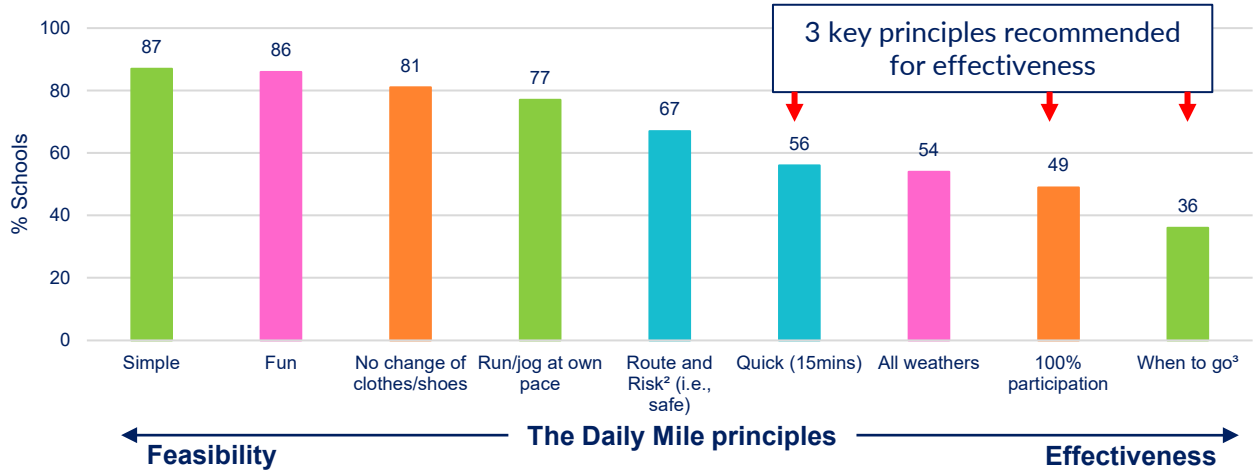
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## Key findings



## Adherence to The Daily Mile principles<sup>1</sup> implemented by schools in Greater London



<sup>1</sup>The Daily Mile ten core principles: (<https://thedailymile.co.uk/steps-to-success/>); <sup>2</sup>The Route and Risk<sup>2</sup> principles were combined in the survey; <sup>3</sup>When to go<sup>3</sup> is recommended during curricular lessons (excluding physical education lessons) **and** at least 3 times a week (separately: 87% schools report in curricular time; 67% x3 per week)

- 55 (28%) schools reported adherence to at least 6 principles (in various combinations)
- 19 (10%) schools adhered to all 3 key principles recommended for effectiveness for increased physical activity
- In practice, principles that are more feasible are more likely to be implemented than those required for effectiveness



### Further information

[Ram B, et al. \(2023\) Real-world application of a scalable school-based physical activity intervention...PLOS ONE](#)

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### About the School

The NIHR SPHR is a partnership between the Universities of Sheffield; Bristol; Cambridge; Imperial; and University College London; The London School for Hygiene and Tropical Medicine (LSHTM); LiLaC – a collaboration between the Universities of Liverpool and Lancaster; and Fuse – The Centre for Translational Research in Public Health a collaboration between Newcastle, Durham, Northumbria, Sunderland and Teesside Universities.

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