

CLAHRCBITE

Brokering innovation through evidence

Barriers and facilitators of implementing a school-based running programme, Marathon Kids



Results

There was variability in implementation across schools. Multiple factors were reported to act as both facilitators and barriers, mainly related to the school's climate.

Who needs to know?

Those working in and with schools promoting children's physical activity e.g. headteachers, governors, teachers, physical activity providers and practitioners, researchers and policy makers

What did we do:

Interviews and focus groups were conducted with a range of stakeholders to understand how Marathon Kids had been developed, promoted and implemented in practice. These included; the programme developers (Kids Run Free), the teacher champions from 20 schools who had been implementing Marathon Kids during to 2015/16 academic year and 55 pupils (aged 6–10 years) from five schools who had participated in the programme on a weekly basis.

What we found and what does this mean:

The barriers and facilitators to implementation are wide-ranging. If physical activity initiatives provided by teachers are to be successful, practitioners and teachers need to plan how to facilitate implementation, prior to delivery in school. Consideration should be given to the school's readiness to implement and how the programme might be adapted to suit the local context, meet pupils' needs, and complement existing educational and school-based initiatives, policies and practices.

What next:

School based running programmes are an emerging public health initiative but to realise their potential it is important to understand the type and level of support required by schools to maximise and sustain pupil participation. The next step would be to examine the process of implementation in depth and detail to understand the nuances over a longer period of time.

Evidence:

Chalkley AE, Routen AC, Harris JP, Cale LA, Gorely T, Sherar LB. A retrospective qualitative evaluation of barriers and facilitators to the implementation of a school-based running programme 11 Medical and Health Sciences 1117 Public Health and Health Services. BMC Public Health. 2018;18(1). <http://dx.doi.org/10.1186/s12889-018-6078-1>

What is NIHR CLAHRC EM?

NIHR Collaborations for Leadership in Applied Health Research and Care (CLAHRCs) are collaborations between the NHS, universities and local organisations. Our goals are to conduct applied health research across the East Midlands and translate our research findings into improved outcomes for the public.

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