

PLAYCE PAWS



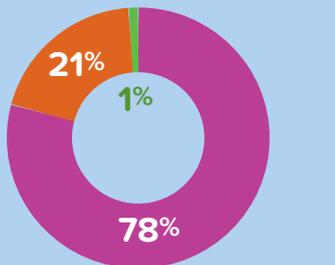
PARTICIPANTS



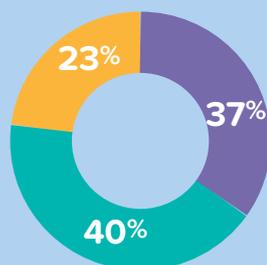
Mean age 7 years 4 months

56% boys

Number of dogs in household



Dog size



The PLAYCE PAWS intervention

150 children (5 to 10 years old)

SMS group

SMS and pedometer group

Usual care

4-week long intervention – 3 text messages/week to both intervention group; 'SMS and pedometer' group also received dog pedometer and personalised dog steps diary.

1 month and 3 month follow-up surveys

After the PAWS intervention



Children walked with their dog more

- More intervention children walked their dog >5 times/week, compared with usual care children.



Children played with their dog more

- More intervention children played with their dog daily, compared with usual care children.



Children had better socio-emotional outcomes

- Children in the 'SMS and dog pedometer' group had better emotional difficulties and hyperactivity scores than usual care children.



- 81% were satisfied to very satisfied with the SMS prompts



- 83% were satisfied to very satisfied with the dog pedometer



- 67% were satisfied to very satisfied with the dog steps diary

We are currently working to scale-up PAWS into a larger community-based physical activity intervention to improve child and family physical activity levels.



If you are interested to take part in this new PAWS project, please email us on: playce.study@telethonkids.org.au

Follow us on: <https://www.facebook.com/PLAYCEresearch>

