Effectiveness of JUMP-in, a Dutch primary school-based community intervention aimed at the promotion of physical activity

Inadequate levels of physical activity have been identified as a key factor in the development of overweight. While various interventions promoting physical activity among children have been developed, few have shown substantial effects. To this end, JUMP-in was developed as a “systematically developed primary-school-based intervention that focuses on the use of theory, environmental changes, parental influences and cooperation with multi-level parties in intervention development.” This article seeks to show the “effectiveness of the JUMP-in intervention on physical activity as well as its social cognitive determinants in a population of primary school children.”

Started in 2002 in Amsterdam, JUMP-in promotes physical activity to primary school children. The intervention consisted of six programme components:

1. School sports activities
2. A pupil follow-up system
3. The Class Moves!, in-class exercises
4. Choose your Card! Lessons aimed at increasing awareness
5. Parental information services
6. An Activity-week

Overall, JUMP-in seems to have been successful in preventing Grade 6 children from becoming less active. JUMP-in was therefore successful in influencing physical activity behaviour.