

PreSchool@HealthyWeight

No registrations found.

Ethical review	Positive opinion
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON24553

Source

NTR

Health condition

Overweight, Obesity, Physical exercise, Diet

Sponsors and support

Primary sponsor: Hogeschool van Amsterdam/ Amsterdam University of Applied Sciences

Source(s) of monetary or material Support: Nationaal Regieorgaan Praktijkgericht
Onderzoek SIA

Intervention

Outcome measures

Primary outcome

The level of confidence (10 point Likert scale) of child care providers in supporting children and their parents or caregivers to pursue a healthy lifestyle.

Secondary outcome

Child care providers

- BMI (kg/m²)

- fat mass (kg)
- fat free mass (kg)
- energy intake (kcal)
- protein intake (g)
- fat intake (g)
- saturated fat intake (g)
- monounsaturated fat intake (g)
- polyunsaturated fat intake (g)
- trans fat intake (g)
- carbohydrates intake (g)
- fiber intake (g)
- Physical Activity Level
- Dutch recommendations for physical activity levels (Dutch: Nederlandse Norm Gezond Bewegen)
- knowledge, attitude and skills regarding a healthy lifestyle

Children

- BMI (kg/m²)
- fat mass (kg)
- fat free mass (kg)
- energy intake (kcal)
- protein intake (g)
- fat intake (g)
- saturated fat intake (g)

- monounsaturated fat intake (g)
- polyunsaturated fat intake (g)
- trans fat intake (g)
- carbohydrates intake (g)
- fiber intake (g)
- Physical Activity Level
- Dutch recommendations for physical activity levels (Dutch: Nederlandse Norm Gezond Bewegen)
- motor development

Parents or caregivers

- knowledge, attitude, skills and parent involvement regarding a healthy lifestyle

Study description

Background summary

Rationale

The prevalence of overweight and obesity among Dutch children is high. Child care providers can influence the eating behavior and physical activity level of children. However, child care providers are not trained to support children and their parents or caregivers in pursuing a healthy lifestyle.

Objective

The primary objective of this study is to increase the level of confidence of child care providers in supporting children and their parents or caregivers in pursuing a healthy lifestyle. The secondary objective is to gain insight in the effect of training child care providers in supporting children and their parents or caregivers regarding a healthy life style on:

- the knowledge, attitude and skills of child care providers and parents or caregivers

concerning a healthy lifestyle;

- body composition and BMI of child care providers and children;
- eating behavior and physical activity level of child care providers and children.

Study design

Cluster randomized controlled trial.

Study population

Child care providers, children and their parents or caregivers of preschool locations of child care organization Impuls in Amsterdam Nieuw-West.

Intervention

Preschool locations of child care organization Impuls will be randomly assigned to the intervention or control group. After baseline measurements, child care providers will start with the training 'Een Gezonde Start' that consists of 3 meetings. Based on theory and assignments child care providers will learn about pursuing a healthy lifestyle. After the program, child care providers can put the gained knowledge into practice by giving feedback to parents or caregivers on the eating behavior and physical activity level of their child(ren). Besides 'Een Gezonde Start', a modified version of the 'PLAYgrounds' intervention will be performed. With 'PLAYgrounds' the child care providers will stimulate the physical activity level of the children using instructions of a trainer. On preschool locations in the control group, child care providers will not take part in the interventions.

Main study parameters

The level of confidence (10 point Likert scale) of child care providers in supporting children and their parents or caregivers to pursue a healthy lifestyle.

Study objective

It is hypothesized that, as a result of the existing interventions 'Een Gezonde Start' (English: 'A Healthy Start') and 'PLAYgrounds' child care providers will have an increased level of confidence in supporting children and their parents or caregivers in pursuing a healthy lifestyle. Moreover, the interventions intend to improve:

- the knowledge, attitude and skills of child care providers and parents or caregivers regarding a healthy lifestyle;
- body composition and BMI of child care providers and children;
- eating behavior and physical activity level of child care providers and children.

Study design

Child care providers

- baseline
- 4 months (end of intervention 'Een Gezonde Start')
- 9 months (end of study)

Children

- baseline
- 9 months (end of study)

Parents or caregivers

- baseline
- 9 months (end of study)

Intervention

PreSchool@HealthyWeight concerns research on 3 populations: child care providers, children and their parents or caregivers. Preschool locations of child care organization Impuls will be randomly assigned to the intervention or control group. After baseline measurements, child care providers will start with the training 'Een Gezonde Start' that consists of 3 meetings. Based on theory and assignments child care providers will learn about pursuing a healthy lifestyle. After the program, child care providers can put the gained knowledge into practice by giving feedback to parents or caregivers on the eating behavior and physical activity level of their child(ren). Besides 'Een Gezonde Start', a modified version of the 'PLAYgrounds' intervention will be performed. With 'PLAYgrounds' the child care providers will stimulate the physical activity level of the children using instructions of a trainer. On preschool locations in the control group, child care providers will not take part in the interventions.

Contacts

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Eligibility criteria

Inclusion criteria

- Child care providers > 18 years.
- Child care providers with a permanent contract at child care organization Impuls located in Amsterdam Nieuw-West.
- Child care providers who work > half of their employment at a preschool of child care organization Impuls located in Amsterdam Nieuw-West.
- Children within the age of 2,5 to 3 years.
- Children and their parents who are under the care of included child care providers of child care organization Impuls located in Amsterdam Nieuw-West.

Exclusion criteria

- Child care providers who work at multiple preschool locations (on intervention and control

locations) of child care organization Impuls.

- Preschool locations where other lifestyle interventions take place that may intervene with 'Een Gezonde Start' or 'PLAYgrounds'.

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-09-2016
Enrollment:	600
Type:	Actual

IPD sharing statement

Plan to share IPD: Yes

Ethics review

Positive opinion	
Date:	26-08-2016
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register ID

NTR-new NL5850

NTR-old NTR6030

Other Medisch Ethische Toetsingscommissie VU medisch centrum : 2016.310

Study results

Summary results

<https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-019-6611-x>

<https://www.mdpi.com/1660-4601/17/1/329/htm>

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0255023>