

The promotion of water consumption among children in Aruba.

No registrations found.

| | |
|------------------------------|----------------|
| Ethical review | Not applicable |
| Status | Pending |
| Health condition type | - |
| Study type | Interventional |

Summary

ID

NL-OMON20508

Source

NTR

Health condition

The study contributes to obesity prevention.

Keywords: water consumption; sugar sweetened beverage consumption; children; obesity; overweight; obesity prevention; health; health promotion; Aruba; Caribbean; small island.

Sponsors and support

Primary sponsor: Radboud University Nijmegen
Behavioural Science Institute

Source(s) of monetary or material Support: University of Aruba
Faculty for Finance, Accounting and Marketing

Intervention

Outcome measures

Primary outcome

The consumption of water and sugar sweetened beverages.

Secondary outcome

Study description

Background summary

The purpose of this study is to determine the effectiveness of a social network randomized control trial promoting water consumption among primary schools (grade 5 and 6) in Aruba, a small Caribbean island. The intervention consists of sociometrically selecting influential children and educating them on the benefits of drinking water and training them in finding informal ways to promote water consumption among their peers in school for a period of eight weeks. The control condition will not receive any intervention. The consumption of water and sugar sweetened beverages of children will be measured at pre- and post-intervention.

Study objective

Children in the intervention condition will consume (a) more water and (b) less sugar sweetened beverages after the intervention compared to the control condition.

Study design

Pre-intervention measurement: January 2016

Post-intervention measurement: March 2016

Intervention

Participating primary schools will be randomized in an intervention group and a control group. A key component of the intervention is influential children because of their impact on their social network. Therefore, this intervention will make use of the social network of children at their schools. The intervention will consist of four components: (1) Nominating children sociometrically by their own classmates through a questionnaire; (2) Targeting influential children to take up the role of peer influencers; (3) Training the influential peers to promote water consumption during informal interactions with their classmates for a period of eight weeks; and (4) Conducting follow-up sessions to offer additional support. The control group will receive no treatment. During the training session the peer influencers will (a) Be educated about the health and environmental benefits of drinking water; (b) Be encouraged to formulate their own arguments for drinking water; (c) Be encouraged to find ways to have informal interactions with their classmates in which they can address the consumption of water; and (d) Be encouraged to be an example themselves.

Contacts

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Eligibility criteria

Inclusion criteria

Primary school children between 9 and 13 years old.

Exclusion criteria

Primary schools involved in programs promoting water consumption or other programs aimed at changing their health related behaviors.

Study design

Design

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

Control: N/A , unknown

Recruitment

NL

Recruitment status: Pending

Start date (anticipated): 11-01-2016

Enrollment: 200

Type: Anticipated

Ethics review

Not applicable

Application type: Not applicable

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

NTR-new

NTR-old

Other

ID

NL5519

NTR5646

: ECSW2014-2411-273

Study results