

# CO-HEALTHY

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Recruiting
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON22278

### Source

Nationaal Trial Register

### Brief title

N/A

### Health condition

Overweight, Obesity

## 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

ECEC teacher-parent partnership regarding eating, physical (in)activity and sleeping behaviours in young children (assessed by questionnaire at baseline and at 6 months in ECEC teacher and parents).

### Secondary outcome

## ECEC TEACHERS

Knowledge, attitude and practices regarding healthy eating, physical (in)activity and sleeping behaviours of young children (assessed by questionnaire at baseline and at 6 months).

## PARENTS

Knowledge, attitude and practices regarding healthy eating, physical (in)activity and sleeping behaviours of young children (assessed by questionnaire at baseline and at 6 months).

Whether or not they performed parent-child activities at home. If yes, which activities. If not, why not (assessed by questionnaire at 6 months, only applicable for parents in the intervention group).

## CHILDREN

Eating, physical (in)activity and sleeping behaviours (assessed by questionnaire at baseline and at 6 months).

Dietary intake (parents will be given the option to participate in a 24 hour recall about the dietary intake of their child at baseline and at 6 months).

Physical activity (parents will be given the option to participate in a physical activity assessment (accelerometer) of their child at baseline and at 6 months).

Height in cm (measurement at baseline and at 6 months).

Weight in kg (measurement at baseline and at 6 months).

Waist circumference in cm (measurement at baseline and at 6 months).

BMI z-score (BMI (kg/m<sup>2</sup>) will be calculated and BMI z-scores will be assessed at baseline and at 6 months).

# Study description

## Background summary

**Rationale:** The need for early interventions to prevent overweight and obesity in deprived areas is widely recognised. Urban preschools with play-based education provide an opportunity to reach many young children (2 to 4 years old) and their parents with disadvantaged backgrounds. Early Childhood Education and Care (ECEC) teachers at preschools are potential key figures to promote healthy behaviours and engage parents in lifestyle-related topics. A partnership between ECEC teachers and parents regarding eating, physical (in)activity and sleeping behaviours may support parents and stimulate their children's development. However, it is not an easy task to establish such a collaboration in practice.

**Objective:** To examine the effects of a preschool-based intervention on the ECEC teacher-

parent partnership regarding eating, physical (in)activity and sleeping behaviours in children.  
Study design: Cluster Randomised Controlled Trial.  
Study population: ECEC teachers, parents and their children (2 to 4 years old) at urban preschools in Amsterdam, the Netherlands, that provide play-based education.  
Intervention: The intervention consists of a toolkit and associated training for ECEC teachers. The Toolkit CO-HEALTHY includes 10 parent-child activities concerning healthy eating, physical (in)activity and sleeping behaviours in young children. At intervention preschools, a local team of ECEC teachers will select 6 parent-child activities (most suitable for their group of parents/children) and will carry out the activities during regular contact moments. Parents will receive corresponding intervention materials and will be encouraged to perform parent-child activities at home. ECEC teachers at control preschools will not receive the toolkit and training.  
Main study parameters/endpoints: The ECEC teacher-parent partnership regarding eating, physical (in)activity and sleeping behaviours in young children.

## **Study objective**

It is hypothesised that the preschool-based intervention will improve the ECEC teacher-parent partnership regarding eating, physical (in)activity and sleeping behaviours in children. The intervention should reach parents and their children with different socio-economic and socio-cultural backgrounds.

## **Study design**

Baseline  
6 months

## **Intervention**

CO-HEALTHY concerns research on 3 populations: ECEC teachers, parents and children. Preschools will be randomly assigned to an intervention or control group. After baseline measurements, at least 1 ECEC teacher at intervention preschools will follow a 3-hour training session. The training focusses on improving the teachers' knowledge and skills to collaborate with parents regarding lifestyle behaviours of their children. The first part of the training will include theory and a practical assignment about collaborating with parents. In the second part of the training, a toolkit with 10 parent-child activities concerning eating, physical(in)activity and sleeping behaviours in young children will be presented. The parent-child activities aim to engage parents from different socio-economic and socio-cultural backgrounds. ECEC teachers will be instructed to carry out 6 of the 10 parent-child activities in a period of 3 months. A reader with information of the training will be provided. After the training session, the ECEC teachers will communicate the content of the training to their local team of colleague ECEC teachers. As a team, the ECEC teachers will decide which parent-child activities they will provide at their preschool. The parent-child activities, of 15-30 minutes each, will be carried out at regular contact moments during preschool hours (at the walk-in play time/when parents bring their child). Parents will receive corresponding intervention materials per activity and will be encouraged also to perform parent-child

activities at home. ECEC teachers at control preschools will not receive the training and toolkit.

## Contacts

### **Public**

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## Eligibility criteria

### **Inclusion criteria**

- Urban preschools must provide play-based education to be eligible to be included in this study.
- ECEC teachers and parents must provide written Informed Consent for participation.
- Parents must provide additional written Informed Consent for the participation of their child.
- Parents must have a child at the participating urban preschools and the child must be between 2 to 3.5 years old to be eligible to participate in this study.

### **Exclusion criteria**

- ECEC interns will be excluded from participation in this study.

## Study design

### **Design**

Study type: Interventional

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

## Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	14-09-2020
Enrollment:	800
Type:	Anticipated

## IPD sharing statement

**Plan to share IPD:** Undecided

### Plan description

N/A

## Ethics review

Positive opinion	
Date:	08-09-2020
Application type:	First submission

## Study registrations

### Followed up by the following (possibly more current) registration

ID: 52877  
Bron: ToetsingOnline  
Titel:

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

No registrations found.

## In other registers

Register	ID
NTR-new	NL8883
CCMO	NL73907.029.20
OMON	NL-OMON52877

## Study results

### Summary results

N/A