

The effect of an exercise referral program (exercise on prescription) on physical activity among non-Western migrant women: a randomized controlled trial

No registrations found.

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

Summary

ID

NL-OMON24757

Source

NTR

Brief title

VIDA: Vrouwen In Den haag: op weg naar een Actieve leefstijl

Health condition

Physical inactivity

Sponsors and support

Primary sponsor: ZonMW Sport, Bewegen en Gezondheid 2: deelpr. Onderzoeksprojecten: 75020013

Source(s) of monetary or material Support: The primary sponsor ZonMw and the AMC, department of Social Medicine, Prof. Dr. K Stronks

Intervention

Outcome measures

Primary outcome

The primary outcome measure is physical activity (and motivational determinants) measured with a questionnaire. This will be measured at baseline, after 6 months and after 12 months

Secondary outcome

Secondary outcome measures are:

Aerobic fitness, BMI, body composition
wellbeing, use of healthcare

Study description

Background summary

In the Netherlands, only half of the population meets the current recommendations for physical activity. Several studies in the Netherlands have shown that non-Western migrant populations, are even less physically active than the ethnic Dutch population. A lack of physical activity is an important risk factor for disease and may therefore be a major contributing factor to disparities in health that are observed among these populations. Of the interventions aimed at increasing physical activity that have been developed in the Netherlands, the exercise referral scheme "Bewegen op Recept" (BOR), is one that successfully targets this population. The main objective of our study is to evaluate the effect of an exercise referral scheme (BOR) on physical activity among women with a non-Western background. The study will be set up as a randomised controlled trial. In total, 350 women, recruited from general practices in deprived neighbourhoods in The Hague, will be randomly allocated to the intervention or control group. Women in the intervention group will have an intake with a lifestyle advisor, followed by 20 supervised exercise sessions. After 6 months, i.e. at the end of the intervention, and after 12 months, i.e. 6 months after the intervention, the level of physical activity and several other secondary outcomes, will be assessed in both groups.

Study design

Data will be collected at baseline, after 6 months and after 12 months.

Intervention

Women are randomized into the intervention group (exercise on prescription) or into the control group. The intervention consists of 20 weekly sessions of supervised exercise. The

control group receives usual care.

Contacts

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Eligibility criteria

Inclusion criteria

1. Non-Western migrant women in The Hague
2. Physically inactive*
3. Aged 18 and over
4. Frequent GP visits in the three month period before start of inclusion

* Definition: not meeting the (international) recommendation of at least 30 minutes of moderate activity during 5 or more days in a week.

Exclusion criteria

1. Sufficiently active
2. Participation in exercise of prescription in the year preceding the start of inclusion

3. Pregnancy
4. Diagnosis or treatment of cancer, or any other disorder that makes physical activity impossible.
5. Planned emigration or a long-term stay abroad

Study design

Design

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

Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	01-10-2008
Enrollment:	350
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	ID
NTR-new	NL1248
NTR-old	NTR1294
Other	: 75020013
ISRCTN	ISRCTN wordt niet meer aangevraagd

Study results

Summary results

N/A