

Developing, implementing and evaluating interventions together with children to stimulate a healthy lifestyle

No registrations found.

Ethical review	Positive opinion
Status	Other
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON28351

Source

NTR

Health condition

Obesity, overweight

Sponsors and support

Primary sponsor: VU University Medical Center (VUmc)

Source(s) of monetary or material Support: FNO

Intervention

Outcome measures

Primary outcome

Physical activity, sedentary behavior, consumption of sugar-sweetened beverages, consumption of snacks, self-rated health

Secondary outcome

n/a

Study description

Background summary

Despite the emergence of many preventive programs, the number of obese kids in Amsterdam continues to be alarmingly high. Additionally, it has been shown that many kids with parents of low socioeconomic class are especially vulnerable when it comes to adopting an unhealthy lifestyle, and are therefore more prone to being overweight. One way to tackle this problem is through Participatory Action Research (PAR), which aims to involve the people the research focuses on itself (in this case the children and their parents). Therefore, the keyword in the 'Kids in Action-program is 'participation'. In collaboration with children, who are the experts on their own living environments, the main health-related problems will be identified. By including the children in this process, we aim to design the most appropriate initiatives to encourage healthy behavior.

Study objective

Many interventions have been developed and implemented to tackle childhood obesity, but the most affected group of children - i.e. from families with a low Socio-Economic-Status (SES) and from non-Western backgrounds - is difficult to reach. Therefore the current research project, named 'Kids in Action', uses a novel approach by engaging children from a low SES neighborhood as co-researchers, i.e. Participatory Action Research (PAR). We believe that by engaging the target group in this process, more effective interventions can be developed.

Study design

Baseline measurement takes place in the schoolyear 2016-2017. T1 will be in March-April 2018, T2 will be in March-April 2019.

Intervention

Interventions will be developed together with children. The interventions will be aimed at increasing their physical activity levels and improving their dietary behavior.

Contacts

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Eligibility criteria

Inclusion criteria

children between the ages of 9-12 years, going to one of the participating schools

Exclusion criteria

n/a

Study design

Design

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

Recruitment

NL	
Recruitment status:	Other
Start date (anticipated):	01-04-2016
Enrollment:	400
Type:	Unknown

Ethics review

Positive opinion

Date: 25-07-2017

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	NL6472
NTR-old	NTR6659
Other	VUmc METc : 2016.366

Study results