

Early Obesity Intervention Program

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The overall aim of Early Obesity Intervention Program is to evaluate the effect of a multidisciplinary intervention program during 15 months for preventing developing obesity in young babies.

Ethical review	Approved WMO
Status	Pending
Health condition type	Other condition
Study type	Interventional

Summary

ID

NL-OMON30016

Source

ToetsingOnline

Brief title

Obesity Intervention Program

Condition

- Other condition

Synonym

Obesity, overweight

Health condition

overgewicht en obesitas

Research involving

Human

Sponsors and support

Primary sponsor: Academisch Medisch Centrum

Source(s) of monetary or material Support: Ministerie van OC&W

Intervention

Keyword: intervention, multidisciplinary, obesity, program

Outcome measures

Primary outcome

Anthropometrie (weight, length, head-, waist- and hip circumferences)

Secondary outcome

Anthropometry and physical activity

Study description

Background summary

Obesity is becoming an extensive problem all around the world. The prevalence of obesity and the adverse health outcome associated with obesity are increasing rapidly in adults, but also in children. Because of this, it is important to find the right intervention method to reduce the prevalence of obesity.

This program is made to prevent children to develop obesity and to teach them a healthy lifestyle immediately.

Study objective

The overall aim of Early Obesity Intervention Program is to evaluate the effect of a multidisciplinary intervention program during 15 months for preventing developing obesity in young babies.

Study design

The program will be focused on healthy dietary intake, promoting and increasing physical activity and the interaction between children and parents. Every three months a group (10 children with each parent) session will be given. In this session the parent(s) will get information and advice of the different disciplines. All these advices will be in line with the regular advices given at the Children*s Health Clinic, only more explored in depth.

Evaluation will be done, by comparing the Body Mass Index (BMI) and the Alberta Infant Motor Scale (AIMS) score between the children who got the

Intervention Program and a control group, who did not get this unique intervention program.

Intervention

Advices on healthy dietary intake, promoting and increasing physical activity and the interaction between children and parents

Study burden and risks

The burden of the Early Obesity Intervention Program is minimal and there are no risks to this program. De only burden is a time burden and will be 240 minutes in total (7 groupsessions and 1 visit at home)

Contacts

Public

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adults (18-64 years)
Elderly (65 years and older)

Inclusion criteria

Pregnant women and/or their partner, whose children expect to:

- be born from April 2006 and April 2007
- be living in the direct area of Meppel, during the start of the intervention program
- be living in Drenthe, one of the northern provinces of the Netherlands and who
- have a pre-pregnancy BMI above 25

Exclusion criteria

if a parent misses more than one group session of the program

Study design

Design

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

Primary purpose: Prevention

Recruitment

NL	
Recruitment status:	Pending
Enrollment:	200
Type:	Anticipated

Ethics review

Approved WMO	
Application type:	First submission
Review commission:	METC Universitair Medisch Centrum Groningen (Groningen)

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
CCMO	NL12292.042.06