

CO-HEALTHY - COllaboration between parents and childcare to promote a HEALTHY lifestyle in young children.

Published: 24-07-2020

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The project primarily aims to examine the effects of a preschool-based intervention on the ECEC teacher-parent partnership regarding eating, physical (in)activity and sleeping behaviours in young children.

Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Other condition
Study type	Interventional

Summary

ID

NL-OMON52877

Source

ToetsingOnline

Brief title

CO-HEALTHY

Condition

- Other condition
- Lifestyle issues

Synonym

overweight and obesity

Health condition

preventie overgewicht en obesitas

Research involving

Human

Sponsors and support

Primary sponsor: Vrije Universiteit Medisch Centrum

Source(s) of monetary or material Support: Nationaal Regieorgaan Praktijkgericht Onderzoek SIA (Regieorgaan SIA)

Intervention

Keyword: Healthy lifestyle, Parental engagement, Preschool, Young children

Outcome measures

Primary outcome

- the ECEC teacher-parent partnership regarding eating, physical (in)activity and sleeping behaviours in young children

Secondary outcome

- ECEC teachers' knowledge, attitude and practices regarding eating, physical (in)activity and sleeping behaviours in young children
- parents* knowledge, attitude and practices regarding eating, physical (in)activity and sleeping behaviours in young children
- children*s eating, physical (in)activity and sleeping behaviours
- children*s dietary intake
- children*s physical activity level
- children*s height
- children*s weight
- children*s waist circumference
- children*s BMI (z-score)
- experiences of ECEC teachers and parents with the toolkit

Study description

Background summary

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 healthy 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.

Study objective

The project primarily aims to examine the effects of a preschool-based intervention on the ECEC teacher-parent partnership regarding eating, physical (in)activity and sleeping behaviours in young children.

Study design

Cluster Randomised Controlled Trial.

Intervention

The intervention consists of a training and Toolkit for ECEC teachers. The Toolkit 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 and carry out 6 parent-child activities during regular contact moments. Parents will receive associated intervention materials and will be encouraged to perform parent-child activities at home. ECEC teachers at control preschools will not receive the training and Toolkit.

Study burden and risks

The risks associated to the intervention are minimal. ECEC teachers are used to provide parent-child activities. In this study, 6 parent-child activities about eating, physical (in)activity and sleeping behaviours of young children will be carried out and supported by local teams of ECEC teachers during regular contact moments at preschools. ECEC teachers will be asked to fill in a questionnaire and participate in a short interview at both baseline and 6 months. Parents will be asked to fill in a questionnaire at baseline and at 6

months. At 6 months, only parents in the intervention group will additionally be asked to participate in a short interview about the intervention. Children's height, weight and waist circumference will be measured at baseline and at 6 months. In addition, at baseline and at 6 months, parents will be given the option to participate in a 24 hour recall about the dietary intake of their child and/or a physical activity measurement of their child (accelerometer for 7 consecutive days). Benefits include the free of charge training and Toolkit for ECEC teachers and healthy life style activities for parents/children.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adults (18-64 years)
Children (2-11 years)

Inclusion criteria

- Urban preschools must provide play-based education to be eligible to be included in this study.

- 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.
- ECEC teachers and parents must provide written informed consent for participation.
- Parents must provide additional written informed consent for the participation of their child.

Exclusion criteria

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

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:	Recruitment stopped
Start date (anticipated):	03-10-2020
Enrollment:	800
Type:	Actual

Ethics review

Approved WMO	
Date:	24-07-2020
Application type:	First submission
Review commission:	METC Amsterdam UMC
Approved WMO	

Date:	13-07-2021
Application type:	Amendment
Review commission:	METC Amsterdam UMC
Approved WMO	
Date:	18-07-2022
Application type:	Amendment
Review commission:	METC Amsterdam UMC

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

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

ID: 22278

Source: Nationaal Trial Register

Title:

In other registers

Register	ID
CCMO	NL73907.029.20
Other	NL8883
OMON	NL-OMON22278