

Evaluation of the Rotterdam Daily Exercise Project.

Gepubliceerd: 14-07-2006 Laatste bijgewerkt: 13-12-2022

The Rotterdam Daily Exercise Project leads to less overweight, improved fitness, healthier food habits and healthier exercise habits.

Ethische beoordeling	Niet van toepassing
Status	Werving gestopt
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON21646

Bron

NTR

Verkorte titel

N/A

Aandoening

participation and non participation in Rotterdam Daily Exercise Project

Ondersteuning

Primaire sponsor: GGD Rotterdam

Sport en Recreatie

JOS (jeugd, onderwijs en samenleving)

Overige ondersteuning: City of Rotterdam (gemeentegeld)

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

1. BMI;

2. Waiste circumference;

3. Fitness.

Toelichting onderzoek

Achtergrond van het onderzoek

Prevalences of overweight and obesity in Dutch youth increased the last decades. The prevalences in the city of Rotterdam are even higher than at the national level. In response to this development the city of Rotterdam started the Daily Exercise Project directed at primary schools. Main components of this project are a quantitative and qualitative improvement of the sports curriculum, education of children and parents and promotion of sportfacilities in the neighbourhoods . As part of the project the eurofittest is administered twice a year.

The trial is designed to evaluate the effects of the program on BMI, waist circumference, fitness, attitude and behaviour regarding healthy nutrition and exercise. Schools interested in participating in the project are matched on the socio economic level of their schoolpopulation, neighbourhood and number of pupils with other interested schools. Within each matched pair, schools are randomly assigned to immediate participation in the project or to a control-waitinglist group. Each condition will contain 1200 pupils of grade 3 to 8 (6-12 yrs of age). Data collection will be at the beginning and at the end of schoolyear 2006/2007.

Doel van het onderzoek

The Rotterdam Daily Exercise Project leads to less overweight, improved fitness, healthier food habits and healthier exercise habits.

Onderzoeksopzet

N/A

Onderzoeksproduct en/of interventie

The Rotterdam Daily Exercise Project consist of an intensified school sports curriculum by a proffessional teacher, during and after school hours, education of parents with respect to healthy nutrition and exercise, education of children with respect to healthy nutrition and exercise, as well as promoting sport facilities in the neighbourhood.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Pupils (age 6-12 yrs) of all regular primary schools that are willing to participate in the project.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Pupils (age 6-12 yrs) of schools that already adopted elements out of the total project in their schoolprogram.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd

Controle: Geneesmiddel

Deelname

Nederland
Status: Werving gestopt
(Verwachte) startdatum: 01-09-2006
Aantal proefpersonen: 2400
Type: Werkelijke startdatum

Ethische beoordeling

Niet van toepassing
Soort: Niet van toepassing

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL712
NTR-old	NTR722
Ander register	: N/A
ISRCTN	ISRCTN84383524

Resultaten

Samenvatting resultaten

N/A