

# PreSchool@HealthyWeight

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It is hypothesized that, as a result of the existing interventions 'Een Gezonde Start' (English: 'A Healthy Start') and 'PLAYgrounds' child care providers will have an increased level of confidence in supporting...

<b>Ethische beoordeling</b>	Positief advies
<b>Status</b>	Werving gestopt
<b>Type aandoening</b>	-
<b>Onderzoekstype</b>	Interventie onderzoek

## Samenvatting

### ID

NL-OMON24553

### Bron

NTR

### Aandoening

Overweight, Obesity, Physical exercise, Diet

### Ondersteuning

**Primaire sponsor:** Hogeschool van Amsterdam/ Amsterdam University of Applied Sciences

**Overige ondersteuning:** Nationaal Regieorgaan Praktijkgericht Onderzoek SIA

### Onderzoeksproduct en/of interventie

### Uitkomstmaten

#### Primaire uitkomstmaten

The level of confidence (10 point Likert scale) of child care providers in supporting children and their parents or caregivers to pursue a healthy lifestyle.

# Toelichting onderzoek

## Achtergrond van het onderzoek

### Rationale

The prevalence of overweight and obesity among Dutch children is high. Child care providers can influence the eating behavior and physical activity level of children. However, child care providers are not trained to support children and their parents or caregivers in pursuing a healthy lifestyle.

### Objective

The primary objective of this study is to increase the level of confidence of child care providers in supporting children and their parents or caregivers in pursuing a healthy lifestyle. The secondary objective is to gain insight in the effect of training child care providers in supporting children and their parents or caregivers regarding a healthy life style on:

- the knowledge, attitude and skills of child care providers and parents or caregivers concerning a healthy lifestyle;
- body composition and BMI of child care providers and children;
- eating behavior and physical activity level of child care providers and children.

### Study design

Cluster randomized controlled trial.

### Study population

Child care providers, children and their parents or caregivers of preschool locations of child care organization Impuls in Amsterdam Nieuw-West.

### Intervention

Preschool locations of child care organization Impuls will be randomly assigned to the intervention or control group. After baseline measurements, child care providers will start

with the training 'Een Gezonde Start' that consists of 3 meetings. Based on theory and assignments child care providers will learn about pursuing a healthy lifestyle. After the program, child care providers can put the gained knowledge into practice by giving feedback to parents or caregivers on the eating behavior and physical activity level of their child(ren). Besides 'Een Gezonde Start', a modified version of the 'PLAYgrounds' intervention will be performed. With 'PLAYgrounds' the child care providers will stimulate the physical activity level of the children using instructions of a trainer. On preschool locations in the control group, child care providers will not take part in the interventions.

## Main study parameters

The level of confidence (10 point Likert scale) of child care providers in supporting children and their parents or caregivers to pursue a healthy lifestyle.

## Doel van het onderzoek

It is hypothesized that, as a result of the existing interventions 'Een Gezonde Start' (English: 'A Healthy Start') and 'PLAYgrounds' child care providers will have an increased level of confidence in supporting children and their parents or caregivers in pursuing a healthy lifestyle. Moreover, the interventions intend to improve:

- the knowledge, attitude and skills of child care providers and parents or caregivers regarding a healthy lifestyle;
- body composition and BMI of child care providers and children;
- eating behavior and physical activity level of child care providers and children.

## Onderzoeksopzet

### Child care providers

- baseline
- 4 months (end of intervention 'Een Gezonde Start')
- 9 months (end of study)

### Children

- baseline
- 9 months (end of study)

Parents or caregivers

- baseline

- 9 months (end of study)

### **Onderzoeksproduct en/of interventie**

PreSchool@HealthyWeight concerns research on 3 populations: child care providers, children and their parents or caregivers. Preschool locations of child care organization Impuls will be randomly assigned to the intervention or control group. After baseline measurements, child care providers will start with the training 'Een Gezonde Start' that consists of 3 meetings. Based on theory and assignments child care providers will learn about pursuing a healthy lifestyle. After the program, child care providers can put the gained knowledge into practice by giving feedback to parents or caregivers on the eating behavior and physical activity level of their child(ren). Besides 'Een Gezonde Start', a modified version of the 'PLAYgrounds' intervention will be performed. With 'PLAYgrounds' the child care providers will stimulate the physical activity level of the children using instructions of a trainer. On preschool locations in the control group, child care providers will not take part in the interventions.

## **Contactpersonen**

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## Deelname eisen

### Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- Child care providers > 18 years.
- Child care providers with a permanent contract at child care organization Impuls located in Amsterdam Nieuw-West.
- Child care providers who work > half of their employment at a preschool of child care organization Impuls located in Amsterdam Nieuw-West.
- Children within the age of 2,5 to 3 years.
- Children and their parents who are under the care of included child care providers of child care organization Impuls located in Amsterdam Nieuw-West.

### Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- Child care providers who work at multiple preschool locations (on intervention and control locations) of child care organization Impuls.
- Preschool locations where other lifestyle interventions take place that may intervene with 'Een Gezonde Start' or 'PLAYgrounds'.

## Onderzoeksopzet

### Opzet

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

## Deelname

Nederland  
Status: Werving gestopt  
(Verwachte) startdatum: 01-09-2016  
Aantal proefpersonen: 600  
Type: Werkelijke startdatum

## Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Ja

## Ethische beoordeling

Positief advies  
Datum: 26-08-2016  
Soort: Eerste indiening

## 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
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NTR-new	NL5850
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NTR-old	NTR6030
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Ander register Medisch Ethische Toetsingscommissie VU medisch centrum : 2016.310

# Resultaten

## **Samenvatting resultaten**

<https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-019-6611-x>

<https://www.mdpi.com/1660-4601/17/1/329/htm>

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0255023>