

Weight loss with protein and resistance exercise in overweight older adults

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A high protein diet and resistance exercise have a positive effect on fat free mass, fat mass, muscle strength, physical functioning and quality of life compared to regular dietary and exercise advice according to CBO guidelines for treatment of...

Ethische beoordeling	Positief advies
Status	Werving gestopt
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON29590

Bron

NTR

Verkorte titel

WelPrex

Aandoening

Overweight, adiposity

Ondersteuning

Primaire sponsor: Amsterdam University of Applied Sciences

Overige ondersteuning: Amsterdam University of Applied Sciences

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Fat free mass

Toelichting onderzoek

Achtergrond van het onderzoek

To investigate the effect of a high protein diet and resistance exercise on body composition, muscle strength, physical functioning and quality of life in overweight older adults during a 10 week weight loss period.

Doel van het onderzoek

A high protein diet and resistance exercise have a positive effect on fat free mass, fat mass, muscle strength, physical functioning and quality of life compared to regular dietary and exercise advice according to CBO guidelines for treatment of obesity in an overweight population of older adults.

Onderzoeksopzet

1. baseline
2. after 5 weeks
3. after 10 weeks

Onderzoeksproduct en/of interventie

Duration of intervention: 10 weeks.

Subjects are randomized into:

1. control group (regular diet and exercise advice according to CBO guideline) or,
2. high protein diet group (high protein diet and exercise advice according to CBO guideline) or,
3. exercise group (regular diet and exercise program according to CBO guideline) or,
4. high protein diet and exercise group (both high protein diet and exercise program).

The regular dietary advice consists of 0.8 g/kg and the high protein dietary advice of 1.3 g/kg body weight (using current weight for BMI < 30 kg/m² or using weight at BMI 27,5 kg/m² for BMI ≥ 30 kg/m²).

Exercise training in groups 3 and 4 involve resistance exercise (circuit training) combined with an aerobic warming up and cooling down 3 days a week during 60 minutes.

Contactpersonen

Publiek

Hogeschool van Amsterdam
Dr. Meurerlaan 8
A.M. Verreijen
Amsterdam 1067 SM
The Netherlands
+31 (0)20 5953542

Wetenschappelijk

Hogeschool van Amsterdam
Dr. Meurerlaan 8
A.M. Verreijen
Amsterdam 1067 SM
The Netherlands
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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. BMI > 28 and/or BMI > 25 with a waist circumference > 88 cm (women) or > 102 cm (men)
2. age ≥ 55
3. Willingness and ability to comply with the protocol, including:
 - A. following a hypocaloric diet
 - B. participation in study visits
 - C. ability to comply with the complete study protocol
 - D. ability to understand and fill out questionnaires

E. physiotherapist's professional view that the subject is physically fit and it is safe to participate in the resistance exercise program.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. renal failure
2. cardiovascular disease
3. Diabetes Mellitus with insulin
4. exercise asthma
5. dysfunction of joints
6. use of antidepressant (< 1 year)
7. thyroid dysfunction (use of thyroid medication with changed dosage in last 12 months. When stable, subjects can be included.)
8. Participation in a resistance exercise and/or weight loss program three months before starting and during the study
9. Current alcohol or drug abuse in opinion of the sponsor-investigator
10. Known allergy to milk and milk products
11. Known galactosaemia
12. Sponsor-investigator's uncertainty about the willingness or ability of the subject to comply with the protocol requirements

Onderzoeksopzet

Opzet

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

Controle: Geneesmiddel

Deelname

Nederland
Status: Werving gestopt
(Verwachte) startdatum: 01-05-2014
Aantal proefpersonen: 120
Type: Werkelijke startdatum

Ethische beoordeling

Positief advies
Datum: 01-05-2014
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	NL4434
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NTR-old	NTR4556
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Ander register Amsterdam University of Applied Sciences : METc: IRBN2014001

Resultaten

Samenvatting resultaten

N/A