

A health tool kit: primary prevention of obesity of preschoolers - the fit von klein auf randomised study in Lower Saxony, Germany

Submission date 29/05/2009	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 15/07/2009	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 15/07/2009	Condition category Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
4148

Study information

Scientific Title

Primary prevention of obesity of preschoolers in Lower Saxony, Germany: the Fit von klein auf single-centre, randomised, cross-over, longitudinal, prospective intervention study

Acronym

KICK

Study objectives

To study if primary prevention of obesity in preschoolers is feasible already in four year olds with a health tool kit focussing on physical activity.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethikkommission der Medizinischen Hochschule Hannover approved on the 7th June 2006 (ref: 4148)

Study design

Single centre randomised cross-over longitudinal prospective intervention study

Primary study design

Interventional

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Paediatric obesity

Interventions

Intervention duration: 12 months

Intervention measures:

1. Health tool kit "Fit von klein auf" (physical activity, nutrition, stress management)
2. Record card of physical exercises for care givers in the kindergarden
3. "Physical Activity Protocol"
4. Parental information sessions (psychology and nutrition)

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Change in body mass index (BMI) standardised for gender and age, measured annually.

Key secondary outcome(s)

1. Body measures: height, weight, waist, hip and abdomen circumferences
2. Health related quality of life: KINDL-Kiddy (4 - 7 years) (interview and questionnaire for

- parents)
3. Motor performance: MOT 4 - 6
 4. "Physical Activity Protocol" of kindergardens

Measured annually.

Completion date

30/06/2010

Eligibility

Key inclusion criteria

1. Kindergartens selected on the basis of representativity for Lower Saxony
2. Boys and girls with birth date from 1st July 2001 until 31st December 2002
3. Informed consent of parents

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Child

Sex

All

Key exclusion criteria

1. Lack of consent
2. Physically and mentally handicapped children
3. Planned relocation during the study period

Date of first enrolment

01/07/2006

Date of final enrolment

30/06/2010

Locations

Countries of recruitment

Germany

Study participating centre

Kinderkrankenhaus auf der Bult
Hannover
Germany
30173

Sponsor information

Organisation

BKK Landesverband Niedersachsen/Bremen (Germany)

Funder(s)

Funder type

Government

Funder Name

BKK Landesverband Niedersachsen/Bremen (Germany) - health insurance company (<http://www.bkk-ni-hb.de/>)

Funder Name

National Action Forum for Diabetes Mellitus (Nationales Aktionsforum Diabetes Mellitus [NAFDM]) (Germany) (<http://www.nafdm.de/>)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Study website	Study website	11/11/2025	11/11/2025	No	Yes