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

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

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

Prof Thomas Danne

Contact details

Kinderkrankenhaus auf der Bult Janusz-Korczak-Allee 12 Hannover Germany 30173 +49 (0)511 8115 3330 danne@hka.de

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?
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes
Study website	Study website	11/11/2025	11/11/2025	No	Yes