

# 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

**Registration date**

15/07/2009

**Overall study status**

Completed

**Last Edited**

15/07/2009

**Condition category**

Nutritional, Metabolic, Endocrine

☐ Prospectively registered

☐ Protocol

☐ Statistical analysis plan

☐ Results

☐ Individual participant data

☐ Record updated in last year

**Plain English summary of protocol**

Not provided at time of registration

**Study website**

<http://www.fitvonkleinauf.de>

## Contact information

**Type(s)**

Scientific

**Contact name**

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**Contact details**

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

## Secondary identifying numbers

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

## Secondary study design

Non randomised controlled trial

## Study setting(s)

Other

## Study type(s)

Quality of life

## Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet

## 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 measure**

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

**Secondary outcome measures**

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.

**Overall study start date**

01/07/2006

**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

**Age group**

Child

**Sex**

Both

**Target number of participants**

900 children

**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)

**Sponsor details**

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**Sponsor type**

Government

**Website**

<http://www.bkk-ni-hb.de/>

**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

**Publication and dissemination plan**

Not provided at time of registration

**Intention to publish date****Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not provided at time of registration