

# CHInese pRimary school children PhYsical activity and DietaRy behAViour chanGes InterventiON (CHIRPY DRAGON)

<b>Submission date</b> 09/01/2015	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 03/02/2015	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 20/01/2015	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

The number of children who are overweight and obese in urban China is increasing rapidly and there is a high likelihood that these problems will persist in adulthood and affect health. Effective interventions to prevent and control childhood obesity are urgently needed. The aim of this study is to test an obesity prevention programme among urban primary school children in Guangzhou (China).

### Who can participate?

Students aged 6–7 and their family members, and relevant school staff

### What does the study involve?

Children and their family members will be randomly selected from participating schools.

### What are the possible benefits and risks of participating?

A benefit is the prevention of obesity and its consequences. Risks were not provided at the time of registration.

### Where is the study run from?

Three non-boarding state primary schools in Guangzhou (China)

### When is the study starting and how long is it expected to run for?

From March 2015 to July 2015

### Who is funding the study?

Zhejiang Yong Ning Pharmaceutical Co Ltd

### Who is the main contact?

Dr Bai Li

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# Contact information

## Type(s)

Scientific

## Contact name

Dr Bai Li

## Contact details

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# Additional identifiers

## Protocol serial number

-

# Study information

## Scientific Title

Development and evaluation of a childhood obesity prevention programme in urban China: a feasibility trial

## Acronym

CHIRPY DRAGON

## Study objectives

1. Are the planned methods for the recruitment of school and participants feasible?
2. Is delivery of the developed intervention programmes feasible?
3. Are the planned methods and procedures for outcome measures feasible?
4. What modifications in intervention components and/or implementation arrangements are needed to maximise the programme's feasibility and acceptability?
5. What are the most culturally relevant methods for cost-effectiveness evaluation for a future trial?

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

University of Birmingham Science, Technology, Engineering and Mathematics Ethical Review Committee, 16/12/2014, reference number ERN\_14-1440

## **Study design**

Feasibility study

## **Primary study design**

Interventional

## **Study type(s)**

Prevention

## **Health condition(s) or problem(s) studied**

Childhood overweight or obesity, related health behaviours and quality of life

## **Interventions**

Four components:

1. Improving health knowledge and perception among grandparents or parents and children through:
  - 1.1. Interactive learning activities targeting carers
  - 1.2. Interactive learning activities targeting children
  - 1.3. Cross-generation quizzes targeting both carers and children
  - 1.4. Family-wide health behavioural challenges targeting both carers and children
2. Improving the nutritional quality and taste of school meals and parental perception about school meals by:
  - 2.1. Having a joint monitoring and evaluating system
  - 2.2. Demonstrating tested and feasible changes to current menus and preparation methods among kitchen staff
3. Providing and encouraging off-campus physical activities that involve both parents and children by:
  - 3.1. Demonstrating and practicing family-friendly active fun games
  - 3.2. Assigning homework to play the games learnt once a day outside school (this homework will be implemented in coordination with component 1.4.)
4. Promoting better implementation of the national requirement for a 1 hour of physical activity on campus each day in schools by:
  - 4.1. Facilitating discussion about situation, barriers and opportunities for improvement
  - 4.2. Supporting continuous development of action plan and progress evaluation

Activities in components 1 and 3 will take place once every 2 weeks for a total of three or four sessions in the spring term (family-wide health behavioural challenges will be on a weekly basis); activities in components 2 and 4 will take place mostly on a daily or weekly basis.

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

Body-mass index z score at baseline

## **Key secondary outcome(s)**

1. Children's quality of life, assessed with the validated Chinese version of the Pediatric Quality of Life Inventory (4.0) and the validated Chinese version of the Child Health Utility 9D; both will be administered to children face to face by a trained researcher
2. Child diet, assessed with an adapted Short Form Food Frequency Questionnaire
3. Physical activity, assessed with the Zhiji Energy Monitor UX-02, a translated version of the Day

in Life Questionnaire, an adapted version of the Physical Activity Questionnaire for Older Children, and an adapted version of the Godin Leisure-Time Exercise Questionnaire and self-designed questions

4. Quality of life of parents and grandparents, assessed with the Chinese version of EQ-5D

The outcome measures will be tested at baseline.

**Completion date**

31/12/2015

## Eligibility

**Key inclusion criteria**

1. First year students (aged 6–7) in three non-boarding state primary schools in Guangzhou (China)
2. Students' family members
3. Relevant school staff

**Participant type(s)**

Mixed

**Healthy volunteers allowed**

No

**Age group**

Mixed

**Sex**

All

**Key exclusion criteria**

Students who are not in year one of the three participating schools and their family members

**Date of first enrolment**

09/02/2015

**Date of final enrolment**

20/03/2015

## Locations

**Countries of recruitment**

China

**Study participating centre**

Three non-boarding state primary schools in Guangzhou (China)

Guangzhou

China

# Sponsor information

## Organisation

University of Birmingham

## ROR

<https://ror.org/03angcq70>

# Funder(s)

## Funder type

Industry

## Funder Name

Zhejiang Yong Ning Pharmaceutical Co., Ltd

# Results and Publications

## Individual participant data (IPD) sharing plan

## IPD sharing plan summary

Not expected to be made available