

# Active Living

<b>Submission date</b> 19/10/2015	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 21/10/2015	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 03/06/2019	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Active Living is a programme (or intervention) that looks at the effects of the social and physical environment on the physical activity of children aged 8-12 living in low socioeconomic (i.e. poor or deprived) areas in the Southern-Limburg region of the Netherlands. The aim of this study is to investigate whether children attending schools running the Active Living programme become more active and less sedentary than children attending schools not running the programme.

### Who can participate?

All children attending the 6th and 7th grade of participating primary schools.

### What does the study involve?

Schools participating in the study are randomly allocated to either the intervention group or the control group. Working groups are formed at intervention schools. These working groups include local stakeholders, parents and an advisor of the Public Health Services (GGD). They try to develop initiatives that encourage children in the neighbourhood to take part in physical activity. The initiatives focus on stimulating physical activity during recess, using active transport to school, and physical activity after school. Schools in the control groups carry on as usual. The effects of the environment and the initiatives on the physical activity of children are investigated four times – in the autumn of 2012, spring 2013, spring 2014, and spring 2015. Children are asked to wear an accelerometer and some of them also asked to wear a GPS device. Furthermore, during each measurement period children and their parents are asked to fill out a questionnaire.

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

Potential benefit includes increasing physical activity and decreasing sedentary behavior among primary school children by contributing to the establishment of physical activity-friendly school environments. No risks were identified by taking part in the Active Living project.

### Where is the study run from?

A total of 20 schools attended by children from low socioeconomic areas in South Limburg, the Netherlands.

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

October 2011 to September 2015

Who is funding the study?  
Netherlands Organisation for Health Research and Development

Who is the main contact?  
Mr Dave Van Kann  
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## Contact information

**Type(s)**  
Scientific

**Contact name**  
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## Additional identifiers

**Protocol serial number**  
N/A

## Study information

**Scientific Title**  
Active Living: physical activity as a daily habit for primary school children through adaptations in social and physical environment

**Study objectives**  
Children attending Active Living schools are hypothesized to increase physical activity and decrease sedentary behavior more than children attending control schools after changing the physical and social environment.

**Ethics approval required**  
Old ethics approval format

**Ethics approval(s)**  
Medical Ethics Committee of the University Hospital Maastricht, 26/11/2012, ref: METC 12-4-077

**Study design**

The intervention study uses a quasi-experimental design with 10 intervention schools and 10 matched control schools. Children (8-12 years-old) attending these schools are measured multiple times, i.e. at baseline, after 6 months, after 18 months, and after 30 months.

### **Primary study design**

Interventional

### **Study type(s)**

Prevention

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

Increasing physical activity and decreasing sedentary behavior.

### **Interventions**

The Active Living study used a quasi-experimental design. In total, 10 schools were included in the Active Living project as intervention schools. A local working group at each school defined the needs of the school and children. They developed and implemented physical and social environmental interventions targeting at either:

1. Stimulating active school transportation
2. Promoting physical activity at school or
3. Promoting physical activity in leisure time

All intervention schools were matched to a control school. These control schools only participated in the measurement, but did not receive any interventions such as the intervention schools did.

### **Intervention Type**

Behavioural

### **Primary outcome(s)**

Children's physical activity levels, measured by wearing an accelerometer. Some children were also asked to wear a GPS device. Data was collected at the end of 2012, spring 2013, spring 2014 and spring 2015.

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

Neighborhood perceptions, collected using questionnaires given to the children and their parents. Data was collected at the end of 2012, spring 2013, spring 2014 and spring 2015.

### **Completion date**

01/09/2015

## **Eligibility**

### **Key inclusion criteria**

1. All children attending 6th and 7th grade of participating primary schools. At baseline, the age range is 8-12 years old
2. Both boys and girls are included

### **Participant type(s)**

All

**Healthy volunteers allowed**

No

**Age group**

Child

**Sex**

All

**Key exclusion criteria**

No exclusion criteria were formulated. All children attending participating primary schools were invited to participate in this study.

**Date of first enrolment**

01/08/2012

**Date of final enrolment**

30/11/2012

**Locations****Countries of recruitment**

Netherlands

**Study participating centre****Maastricht University**

P.O. Box 616

Maastricht

Netherlands

6200 MD

**Study participating centre****Public Health Services**

P.O. Box 2022

Geleen

Netherlands

6160 HA

**Sponsor information****Organisation**

Maastricht University

**Organisation**

Public Health Services

**Organisation**

Maastricht University

**ROR**

<https://ror.org/02jz4aj89>

**Funder(s)****Funder type**

Government

**Funder Name**

Netherlands Organisation for Health Research and Development

**Alternative Name(s)**

Netherlands Organisation for Health Research and Development

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Other non-profit organizations

**Location**

Netherlands

**Results and Publications****Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Available on request

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/08/2016	03/06/2019	Yes	No
	protocol				

<a href="#">Protocol article</a>		29/12/2015		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes