

# ENERGY evaluation study: Up4fun

<b>Submission date</b> 29/07/2011	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 11/10/2011	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 16/05/2016	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

The aim of this study is to test a school-based, family-involved scheme to promote health behaviours that help to prevent obesity in children aged 10-12 years old across Europe. The scheme, called Up4fun, aims to reduce sitting time in school and at home (with special emphasis on TV and PC/electronic games)

### Who can participate?

10-12 year old children at selected schools.

### What does the study involve?

Participating schools will be randomly allocated to either the intervention group or the control group. The control group schools were asked to continue with their usual school curriculum. The intervention group schools took part in the Up4fun scheme for 6 weeks in the fall semester of 2011.

The teachers involved will be given training and are requested to spend one school hour (45 minutes) to teach a pre-planned lesson each week for 5 weeks. Weekly newsletters (6 in total) for the parents and pre-planned homework for the children will be handed out by the teacher. The parents will be fully informed about the contents and the aims of the study and will be asked for consent for the participation of their child. The pupils will complete questionnaires about their sedentary (sitting) behaviours, physical activity and dietary habits. Additionally, some of the children's physical activity levels will be measured using accelerometers. The parents will also complete a questionnaire about their own and their child's nutritional and physical activity.

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

The scheme may help to reduce the prevalence of obesity and improve public health. No risks are involved, but the questionnaires take time and might be boring to fill out, a few questions might be uncomfortable for some to answer.

### Where is the study run from?

The study is run from centres in Belgium, Germany, Greece, Hungary and Norway. The lead centre is University of Agder, Norway. The project leader is based in VU University Medical Center, Amsterdam, the Netherlands.

When is the study starting and how long is it expected to run for?  
From September 2011 to run for 6 weeks.

Who is funding the study?  
The European Commission.

Who is the main contact?  
Amika Singh

## Contact information

**Type(s)**  
Scientific

**Contact name**  
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## Additional identifiers

**Protocol serial number**  
223254

## Study information

**Scientific Title**  
European ENERGY balance research to prevent excessive weight gain among youth: WP9 evaluating the evidence-based intervention promoting healthy energy balance among 10-12 year olds

**Acronym**  
ENERGY Up4fun

**Study objectives**  
Conduct a process and outcome evaluation of the Up4fun intervention.

**Ethics approval required**  
Old ethics approval format

**Ethics approval(s)**

Belgium: Ghent University Hospital, 30/11/2009, ref. EC UZG 2009/545

Germany: State Medical Chamber of Baden-Württemberg

Greece: Harokopio University Bioethics Committee

Hungary: Scientific and Ethics Committee of Health Sciences Council, 28 May 2010, ref: 4979-0/2010-1018 EKU, valid until 31/01/2012

Norway: Regional Committees for Medical and Health Research Ethics, 5 July 2011, ref: 2011/919b, valid until 30/06/2012

## **Study design**

Multicenter randomized intervention study

## **Primary study design**

Interventional

## **Study type(s)**

Prevention

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

Prevention of excessive weight gain by reducing sedentary behaviour

## **Interventions**

The intervention, including about 10 schools (5 intervention schools and 5 control schools) in each of the 5 participating countries primarily aiming at reducing sitting time in school and at home (with special emphasis on television and personal computer (PC)/electronic games), will last for 6 weeks in the fall semester of 2011 in the intervention schools. The teachers involved will be given training (1.5 hours) as week 0 of the intervention, and completed materials to be used are provided by project workers. During the project period teachers are requested to spend one school hour (45 minutes) to teach a pre-planned lesson each week for 5 weeks. Weekly newsletters (6 in total) for the parents and pre-planned homework for the children will be handed out by the teacher.

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

Screen time behaviours (TV/DVD watching and computer/games consol usage) measured with frequency questions (hours/day). Measured pre and post intervention.

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

1. Determinants of screen time behaviours measured pre and post intervention
2. Sedentary time and breaking up of sedentary time measured with accelerometers measured pre and post intervention

## **Completion date**

31/12/2011

## **Eligibility**

### **Key inclusion criteria**

All school children in two grade levels (age 10-12) in the included schools, and one of their parents

**Participant type(s)**

Healthy volunteer

**Healthy volunteers allowed**

No

**Age group**

Child

**Lower age limit**

10 years

**Upper age limit**

12 years

**Sex**

All

**Key exclusion criteria**

No parental consent

**Date of first enrolment**

01/09/2011

**Date of final enrolment**

31/12/2011

**Locations**

**Countries of recruitment**

Belgium

Germany

Greece

Hungary

Netherlands

Norway

**Study participating centre**

VU University Medical Center Amsterdam  
Amsterdam  
Netherlands  
1081 BT

## Sponsor information

### Organisation

European Commission (Belgium)

### ROR

<https://ror.org/00k4n6c32>

## Funder(s)

### Funder type

Government

### Funder Name

Seventh Framework Programme

### Alternative Name(s)

EC Seventh Framework Programme, European Commission Seventh Framework Programme, EU Seventh Framework Programme, European Union Seventh Framework Programme, FP7

### Funding Body Type

Government organisation

### Funding Body Subtype

National government

### Location

## 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?
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<a href="#">Results article</a>	results	18/08/2014	Yes	No
<a href="#">Results article</a>	results	31/03/2015	Yes	No
<a href="#">Results article</a>	results	01/10/2015	Yes	No