

Watch Me Grow: A garden-based pilot intervention to increase fruit and vegetable intake in preschoolers

Submission date	Recruitment status	<input type="checkbox"/> Prospectively registered
27/11/2012	No longer recruiting	<input type="checkbox"/> Protocol
Registration date	Overall study status	<input type="checkbox"/> Statistical analysis plan
13/12/2012	Completed	<input type="checkbox"/> Results
Last Edited	Condition category	<input type="checkbox"/> Individual participant data
13/12/2012	Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims:

Current fruit and vegetable consumption in children is low. There are few studies which promote fruit and vegetable intake, which have targeted children in child care, despite the fact that younger children are more likely influenced by adults in an eating environment. The objective of this pilot study is to assess whether Watch Me Grow (WMG) can become a sustainable, inexpensive way to increase vegetable consumption in pre-schoolers while attending child care.

Who can participate?

Child care centers in North Carolina, which care for children between the ages of 3-5 years.

What does the study involve?

Child care centers were allocated to receiving the The Watch Me Grow (WMG) programme first, or receiving it at a later date. WMG is designed to encourage fruit and vegetable consumption among children in child care. Centers given the programme at a later date, received a garden and the curriculum materials, but not the regular technical assistance visits.

What are the possible benefits and risks of participating?

Centers will benefit from receipt of an on-site garden. Children enrolled at the center may benefit from increased consumption of fresh vegetables. To reduce the chance of harm, only non poisonous crops will be grown at the child care centers. There are no known risks of participating in the study.

Where is the study run from?

Duke University Medical Center, Durham, North Carolina, USA

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

The study began in March 2011 and is expected to run until November 2013.

Who is funding the study?

Duke University Medical Center, USA

Who is the main contact?
Rebecca Brouwer
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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
Watch Me Grow: A garden-based pilot intervention to increase fruit and vegetable intake in preschoolers a randomized controlled trial

Acronym
WMG

Study objectives
Children in intervention child care centers, compared with children in control centers, will increase their consumption of fruit and vegetables more from pre- to post-intervention.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Duke University Medical Center, 17 August 2010, ref: Pro00025325

Study design
Randomized controlled trial

Primary study design
Interventional

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Child Nutrition

Interventions

Centers allocated 1:1 to WMG intervention or delayed WMG intervention.

We compare the Watch Me Grow (WMG) garden-based intervention to a delayed intervention. WMG is a crop-a-month curriculum and garden intervention designed to encourage fruit and vegetable consumption among children in child care.

The intervention includes

1. Nutritional counseling to providers on low-cost ways to increase fruits and vegetables on the child care menu
2. Delivery of a multi-disciplinary pilot curriculum promoting fresh produce to providers and children and
3. Assistance establishing child care center gardens to get providers and children excited about growing their own fresh crops

Centers in the delayed intervention will receive a garden and the curriculum materials, but will not receive regular technical assistance visits.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Servings of vegetables consumed by children in child care measured pre intervention and one month post intervention

Key secondary outcome(s)

Servings of vegetables served to children in child care measured pre intervention and one month post intervention

Completion date

11/01/2013

Eligibility**Key inclusion criteria**

Center directors in North Carolina who care for at least 3 children between the ages of 3 and 5

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

Center directors outside of North Carolina, or those who do not care for children between the ages of 3 and 5

Date of first enrolment

03/01/2011

Date of final enrolment

11/01/2013

Locations

Countries of recruitment

United States of America

Study participating centre

Duke University Medical Center

Durham

United States of America

27710

Sponsor information

Organisation

Duke University Medical Center (USA)

ROR

<https://ror.org/03njmea73>

Funder(s)

Funder type

Hospital/treatment centre

Funder Name

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