

# Randomised controlled trial of a nursery and home based intervention for obesity prevention and cardiovascular risk factor reduction

<b>Submission date</b> 30/10/2001	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 30/10/2001	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 26/10/2022	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

**Contact name**  
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## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

## Secondary identifying numbers

PG/2001/134

# Study information

## Scientific Title

Randomised controlled trial of a nursery and home based intervention for obesity prevention and cardiovascular risk factor reduction

## Acronym

MAGIC (Movement and Activity Glasgow Intervention in Children)

## Study objectives

Cluster randomised controlled trial. 545 children in 36 clusters (nurseries). This study aims to test the hypothesis that a simple, generalisable, intervention can reduce change in body mass index (BMI) SD-score over a 12 month period in children in their pre-school year. The intervention is in two parts: enhanced physical activity programme in nursery; distribution of play resources/physical activity promotion at home.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Not provided at time of registration

## Study design

Randomised controlled trial

## Primary study design

Interventional

## Secondary study design

Randomised controlled trial

## Study setting(s)

Other

## Study type(s)

Prevention

## Participant information sheet

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

Overweight, obesity, hypertension

## Interventions

1. Intervention: nursery and home based physical activity programme
2. Control: standard nursery curriculum

## Intervention Type

Other

**Phase**

Not Applicable

**Primary outcome measure**

BMI SD-score.

**Secondary outcome measures**

1. Habitual physical activity and sedentary behaviour (both measured objectively, by accelerometry)
2. Motor skills (measured using the Movement Assessment Battery)
3. Blood pressure
4. Waist circumference and waist: arm circumference ratio (both indices of fat distribution)
5. Process evaluation

**Overall study start date**

01/06/2002

**Completion date**

31/12/2005

## **Eligibility**

**Key inclusion criteria**

Healthy 3 - 4 year-old children in their pre-school year in nursery.

**Participant type(s)**

Patient

**Age group**

Child

**Lower age limit**

3 Years

**Upper age limit**

4 Years

**Sex**

Both

**Target number of participants**

545

**Key exclusion criteria**

No exclusion criteria

**Date of first enrolment**

01/06/2002

**Date of final enrolment**

31/12/2005

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

Scotland

United Kingdom

**Study participating centre**

**Reader in Paediatric Energy Metabolism**

Glasgow

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**Sponsor information****Organisation**

British Heart Foundation (UK)

**Sponsor details**

14 Fitzhardinge Street

London

United Kingdom

W1H 6DH

+44 (0)20 7935 0185

research@bhf.org.uk

**Sponsor type**

Charity

**Website**

<http://www.bhf.org.uk/>

**ROR**

<https://ror.org/02wdwnk04>

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

Charity

**Funder Name**

British Heart Foundation (UK) (ref: PG/2001/134)

**Alternative Name(s)**

the\_bhf, The British Heart Foundation, BHF

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Trusts, charities, foundations (both public and private)

**Location**

United Kingdom

## Results and Publications

**Publication and dissemination plan**

Not provided at time of registration

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

Not provided at time of registration

**IPD sharing plan summary**

Not provided at time of registration

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Other publications</a>		01/04/2005		Yes	No
<a href="#">Results article</a>		18/11/2006		Yes	No