

'Pre-schoolers in the Playground' (PiP) - physical activity for children aged 18 months to 4 years old

Submission date 04/09/2012	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
Registration date 05/10/2012	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 30/01/2020	Condition category Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Background and study aims

The pre-school years is a critical period for establishing healthy lifestyle behaviours such as physical activity (PA). There are many benefits of taking part in regular PA for pre-school children, e.g. maintaining a healthy weight. Tackling childhood obesity is a national public health priority. Although the rate of rise in childhood obesity is slowing, levels in England remain high in urban areas, in those from deprived backgrounds and in ethnic minority groups such as South Asians. Regular PA also has many other important health and social benefits for pre-school children; it is valuable for developing motor skills, enhancing bone and muscle development and for learning social skills. Despite the well-known health benefits of PA there are high levels of physical inactivity across the UK in all age groups, including the pre-school years. Only a few PA programmes for pre-school children have been tested to see how effective they are and the results of these studies are mixed. In a report published in July 2011 the UK's Chief Medical Officer highlighted that we need new programmes that promote movement in the early years (0-5 years old) in the UK. The 'pre-schoolers in the playground' (PiP) programme aims to increase PA levels in children aged 18 months - 4 years old. PiP will open up school playgrounds for pre-school siblings to use with their parent/carer. The 'school run' occurs on every week day for 39 weeks a year, regardless of weather. Capitalising on this daily routine to provide a safe, organised, supervised area for pre-school children to enjoy active play outdoors may increase PA and over time, reduce adiposity. Additionally, involving parents in their community settings has the potential to bond them together and improve their well-being.

Who can participate?

Children aged 18 months to 4 years of age

What does the study involve?

Eight schools will be selected from locations across deprived areas of Bradford. Four of the schools will have mostly South Asian pupils and the 4 schools will have mostly Caucasian (white) pupils. Families will be invited to take part in the study, before the schools are randomly allocated to one of the two groups. Four schools will be allocated to the PiP programme and 4 to a group where the usual practice (the control). All participants taking part in the study will have

to complete a questionnaire at the start of the study and at 10 weeks, 30 weeks and 52 weeks during the study

Where is the study run from?

Bradford Teaching Hospitals NHS Foundation Trust - Born in Bradford Project

What are the possible benefits and risks of participating?

There may be no benefit to taking part in the trial; however, parents will be given a £10 voucher towards play equipment following each completed measurement session. The disadvantages to taking part in the trial may include injuries to the child whilst engaging in play and for the adults participating, the time taken to complete the data collection.

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

The PiP trial is expected to be completed two years from the start of the first wave in September 2012. The second wave of recruitment will take place in January 2013 and the third and final wave in April 2013.

Who is funding the study?

National Institute for Health Research (NIHR) - Public Health Research Programme (UK).

Who is the main contact?

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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

'Pre-schoolers in the Playground' (PiP) - a pilot cluster randomised controlled trial of a physical activity intervention for children aged 18 months to 4 years old

Acronym

PiP

Study objectives

Preschoolers in the Playground (PiP) aims to assess the feasibility of opening primary school playgrounds to preschool children aged 18 months to 4 years of age, in order to increase physical activity levels over a sustained period of time leading to a healthier lifestyle and reduced risk of childhood obesity.

Ethics approval required

Old ethics approval format

Ethics approval(s)

NRES Committee Yorkshire and The Humber, 30/07/2012 ref: 12/YH/0334

Study design

Two-armed pilot cluster randomised controlled trial

Primary study design

Interventional

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Childhood obesity

Interventions

The intervention will include the introduction of organised and supported physical activity sessions in playgrounds, followed by access to the playgrounds and play equipment unsupported up to 52 weeks from the start.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

1. Increased levels of physical activity in preschoolers
2. Improved wellbeing and self efficacy for adults attending the intervention with the preschoolers

Key secondary outcome(s)

1. Child health related quality of life (PedsQL) as well as anthropometric measurements from the children

2. Parent health-related quality of life (EQ5D)
3. Self-efficacy (GSES)
4. Wellbeing (ComQol-A5)

Completion date

30/09/2014

Eligibility

Key inclusion criteria

Children aged 18 months to 4 years of age not in school

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Child

Lower age limit

18 months

Upper age limit

4 years

Sex

All

Total final enrolment

164

Key exclusion criteria

1. Children aged less than 18 months of age and those children aged 4 years and over
2. Enrolled into school

Date of first enrolment

07/09/2012

Date of final enrolment

30/09/2014

Locations

Countries of recruitment

United Kingdom

England

Study participating centre
Bradford Teaching Hospitals NHS Foundation Trust
Bradford
United Kingdom
BD9 6RJ

Sponsor information

Organisation
Bradford Teaching Hospitals NHS Foundation Trust (UK)

ROR
<https://ror.org/05gekvn04>

Funder(s)

Funder type
Government

Funder Name
NIHR - Public Health Research Programme (UK)

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?
Results article	results	01/05/2015		Yes	No
Results article	results	01/12/2016		Yes	No
Results article	results	28/01/2020	30/01/2020	Yes	No
Protocol article	protocol	09/10/2013		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes

