

# The Hertfordshire Physical Activity Trial

<b>Submission date</b> 31/10/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 23/01/2008	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 27/03/2025	<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

Prof Nick Wareham

### Contact details

Medical Research Council Epidemiology Unit  
Institute of Metabolic Science  
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Hills Road  
Cambridge  
United Kingdom  
CB2 0QQ

## Additional identifiers

### EudraCT/CTIS number

Nil known

### IRAS number

### ClinicalTrials.gov number

Nil known

### Secondary identifying numbers

Nil known

# Study information

## Scientific Title

The Hertfordshire Physical Activity Trial

## Study objectives

The aim of the study is to determine whether differential responses to a physical activity training programme are seen between individuals with low birth weight compared to individuals with a normal birth weight.

More details can be found at: <http://www.mrc.ac.uk/ResearchPortfolio/Grant/Record.htm?RecType=Unit&AgreementId=88572&CaseId=21340>

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Ethics approval received from the Hertfordshire Local Research Ethics Committee on the 23rd May 2005 (ref: 05/Q0201/23).

## Study design

Randomised controlled single-centre trial

## Primary study design

Interventional

## Secondary study design

Randomised controlled trial

## Study setting(s)

Not specified

## Study type(s)

Quality of life

## Participant information sheet

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

Metabolic risk

## Interventions

Aerobic exercise programme versus care as usual. The control group continue with their normal activities. The exercise group take part in a fully supervised 12-week aerobic exercise programme. There are three sessions each week and each one lasts sixty minutes.

Contact for queries:

Miss Jessica Horton

Email: [Jessica.Horton@mrc-epid.cam.ac.uk](mailto:Jessica.Horton@mrc-epid.cam.ac.uk)

## Intervention Type

Other

**Phase**

Not Specified

**Primary outcome measure**

Clustered Metabolic Risk Score.

Study participants return for their second visit thirteen weeks after their baseline visit. The outcomes will be measured at this time.

**Secondary outcome measures**

1. Body composition
2. Insulin sensitivity
3. Physical fitness

Study participants return for their second visit thirteen weeks after their baseline visit. The outcomes will be measured at this time.

**Overall study start date**

17/01/2007

**Completion date**

01/03/2008

## **Eligibility**

**Key inclusion criteria**

1. Healthy volunteers from the Hertfordshire Birth Cohort
2. Male and female, born between 1931 - 1939

**Participant type(s)**

Healthy volunteer

**Age group**

Senior

**Sex**

Both

**Target number of participants**

100

**Key exclusion criteria**

1. Diabetes
2. Untreated hypertension
3. Ischaemic heart disease

**Date of first enrolment**

17/01/2007

**Date of final enrolment**

01/03/2008

## **Locations**

**Countries of recruitment**

England

United Kingdom

**Study participating centre**

**Medical Research Council Epidemiology Unit**

Cambridge

United Kingdom

CB2 0QQ

## **Sponsor information**

**Organisation**

Medical Research Council Epidemiology Unit (UK)

**Sponsor details**

Institute of Metabolic Science

BOX 285

Addenbrooke's Hospital

Hills Road

Cambridge

United Kingdom

CB2 0QQ

**Sponsor type**

Research council

**Website**

<http://www.mrc-epid.cam.ac.uk/>

**ROR**

<https://ror.org/052578691>

## **Funder(s)**

**Funder type**

Research council

**Funder Name**

Medical Research Council Epidemiology Unit (UK)

## Results and Publications

**Publication and dissemination plan**

Not provided at time of registration

**Intention to publish date****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?
<a href="#">Protocol article</a>	protocol	19/06/2009		Yes	No
<a href="#">Results article</a>	results	01/04/2010		Yes	No
<a href="#">Results article</a>		25/03/2025	27/03/2025	Yes	No