# The Hertfordshire Physical Activity Trial

Submission date	<b>Recruitment status</b> No longer recruiting	<ul><li>Prospectively registered</li></ul>	
31/10/2007		[X] Protocol	
Registration date 23/01/2008	Overall study status Completed	Statistical analysis plan	
		[X] Results	
<b>Last Edited</b> 27/03/2025	<b>Condition category</b> Nutritional, Metabolic, Endocrine	[] 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 BOX 285 Hills Road Cambridge United Kingdom CB2 0QQ

## Additional identifiers

### Clinical Trials Information System (CTIS)

Nil known

### ClinicalTrials.gov (NCT)

Nil known

### Protocol serial number

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

### Study type(s)

Quality of life

### 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

### Intervention Type

Other

#### Phase

**Not Specified** 

### Primary outcome(s)

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.

### Key secondary outcome(s))

- 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.

### 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

### Healthy volunteers allowed

No

### Age group

Senior

#### Sex

All

### 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

United Kingdom

England

### Study participating centre

## Medical Research Council Epidemiology Unit

Cambridge United Kingdom CB2 0QQ

## Sponsor information

### Organisation

Medical Research Council Epidemiology Unit (UK)

### **ROR**

https://ror.org/052578691

## Funder(s)

### Funder type

Research council

### Funder Name

Medical Research Council Epidemiology Unit (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	01/04/2010		Yes	No
Results article		25/03/2025	27/03/2025	Yes	No
Protocol article	protocol	19/06/2009		Yes	No