

The Hertfordshire Physical Activity Trial

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

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Institute of Metabolic Science
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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

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

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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?
Protocol article	protocol	19/06/2009		Yes	No
Results article	results	01/04/2010		Yes	No
Results article		25/03/2025	27/03/2025	Yes	No