

# Evaluation of the Rotterdam daily exercise project

<b>Submission date</b> 22/11/2006	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 22/11/2006	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 01/11/2011	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

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

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
N/A

## Study information

**Scientific Title**

**Study objectives**

The Rotterdam Daily Exercise Project leads to less overweight, improved fitness, healthier food habits and healthier exercise habits.

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

Ethics approval received from the Medical Ethics Review Committee of the Erasmus Medical Center (The Netherlands) on the 4th May 2007 (ref: MEC-2006-365).

### **Study design**

Randomised controlled trial

### **Primary study design**

Interventional

### **Study type(s)**

Quality of life

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

Healthy nutrition and physical activity, prevention of obesity

### **Interventions**

The Rotterdam Daily Exercise Project consist of an intensified school sports curriculum by a professional teacher, during and after school hours, education of parents with respect to healthy nutrition and exercise, education of children with respect to healthy nutrition and exercise, as well as promoting sport facilities in the neighbourhood.

### **Intervention Type**

Other

### **Phase**

Not Specified

### **Primary outcome(s)**

1. Body Mass Index (BMI)
2. Waist circumference
3. Fitness

### **Key secondary outcome(s)**

1. Attitude, intention and behaviour regarding healthy nutrition and exercise
2. School performance

### **Completion date**

01/07/2007

## **Eligibility**

### **Key inclusion criteria**

Pupils (age six to 12 years) of all regular primary schools that are willing to participate in the project.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Child

**Lower age limit**

6 years

**Upper age limit**

12 years

**Sex**

Not Specified

**Key exclusion criteria**

Pupils (age six to 12 years) of schools that already adopted elements out of the total project in their school program.

**Date of first enrolment**

01/09/2006

**Date of final enrolment**

01/07/2007

## **Locations**

**Countries of recruitment**

Netherlands

**Study participating centre**

P.O. Box 70032

Rotterdam

Netherlands

3000 LP

## **Sponsor information**

**Organisation**

Municipal Public Health Service Rotterdam area (Gemeentelijke Gezondheidsdienst [GGD]  
Rotterdam en omstreken) (The Netherlands)

**ROR**

<https://ror.org/00dkp4z50>

## Funder(s)

**Funder type**

Government

**Funder Name**

Community of Rotterdam (The Netherlands)

## 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?
<a href="#">Results article</a>	results	01/06/2011		Yes	No
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes