

# "We Act – together for health" - a school-based intervention to promote healthy diet, physical activity, and wellbeing in school children aged 10-12 years

<b>Submission date</b> 04/04/2018	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 14/05/2018	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 15/06/2023	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Strategies to improve health behaviour and well-being of Danish children are needed. A multicomponent intervention "We Act – together for health" has been developed with the aim to improve the dietary habits, physical activity, well-being and social capital among school children aged 10-12 years by increasing their health experiences and promoting a healthy school environment.

### Who can participate?

Children aged 10-12 attending a participating school

### What does the study involve?

Four schools participate in the intervention, matched with control schools from the same municipality.

The intervention is made up of an educational component, teaching meal habits and other processes within school. The school component provides a workshop to develop teachers' competencies, and finally the parental component comprises a homepage, an APP, a Facebook-group and a handout produced by their child.

The intervention runs for 6 – 8 months, with data collected before and after by photograph, pedometer and questionnaire.

### What are the possible benefits and risks of participating?

There are no direct benefits or risks for the children participating in the We Act intervention. Hopefully they will enjoy teaching that builds on a democratic health education approach.

### Where is the study run from?

Eight schools in Denmark

When is the study starting and how long is it expected to run for?  
October 2014 to September 2017

Who is funding the study?  
Nestlé Denmark A/S (Denmark)

Who is the main contact?  
Mrs Marianne Sabinsky (Scientific)  
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## Contact information

**Type(s)**  
Scientific

**Contact name**  
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## Additional identifiers

**Protocol serial number**  
H-7-2015-FSP1

## Study information

**Scientific Title**  
"We Act – together for health" - a school-based multicomponent intervention to promote healthy diet, physical activity, and wellbeing in school children aged 10-12 years

**Study objectives**  
School children's participation in health education following the IVAC model develops their action competence in health and this, along with support from teachers, school management and parents, initiates a change process creating a healthy supportive school environment, leading to an increase in nutrition quality and dietary intake, physical activity, social capital and wellbeing in school children.

**Ethics approval required**  
Old ethics approval format

## **Ethics approval(s)**

1. Danish Data Protection Agency, 18/04/2015, ref: 2015-41-4201
2. Regional Ethics Committee for the Capital Region of Denmark, 04/05/2015, ref: H-7-2015-FSP1

## **Study design**

Quasi-experimental controlled pre- and post-intervention study

## **Primary study design**

Interventional

## **Study type(s)**

Prevention

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

Health promotion

## **Interventions**

The intervention builds upon the health promoting school approach and the IVAC model. The settings are the school and the family.

Four schools are recruited for the intervention, and matched with four control schools from the same municipality, considering families' social backgrounds and school size.

The intervention schools receive an intervention made up of three educational components:

- 1) Lunch meal habits are integrated into science and Danish ("IEAT") and physical activity is integrated into maths ("IMOVE")
- 2) Vision workshop is integrated primarily in Danish
- 3) The Action and Change process is taught at class and school level.

Teachers participate in a course to develop competencies regarding the holistic health concept, active involvement of school children and the IVAC approach. Components developed for parental support included a homepage, an APP, a Facebook-group and a handout produced by their child.

The intervention runs for about 6-8 months. The control schools receive no intervention at all, only the scientific measurements which are recorded at baseline and after the intervention.

## **Intervention Type**

Mixed

## **Primary outcome(s)**

1. Dietary intake (food groups) is measured using the digital photographic method
2. Physical activity is measured using a pedometer
3. Wellbeing is measured using the Personal Social Capital Scale questionnaire

All primary outcome measures are collected at baseline and again after the intervention.

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

Anthropometrics (Height and Weight) are measured at baseline and after the intervention.

## **Completion date**

30/09/2017

# Eligibility

## Key inclusion criteria

1. School does not have a school food programme
2. Sufficient number of children in 5th and 6th grade
3. School motivated to participate

## Participant type(s)

Healthy volunteer

## Healthy volunteers allowed

No

## Age group

Child

## Sex

All

## Key exclusion criteria

1. Small school with too few children

## Date of first enrolment

01/03/2015

## Date of final enrolment

01/08/2015

# Locations

## Countries of recruitment

Denmark

## Study participating centre

**National Food Institute, Technical University of Denmark**

Kemitorvet

Building 201, Room 106

Kgs. Lyngby

Denmark

2800

## Study participating centre

**Steno Diabetes Center Copenhagen**

Niels Steensens Vej 6

Gentofte  
Denmark  
2820

## Sponsor information

### Organisation

Technical University of Denmark

### ROR

<https://ror.org/04qtj9h94>

### Organisation

Steno Diabetes Center Copenhagen

## Funder(s)

### Funder type

Industry

### Funder Name

Nestlé Denmark A/S

### Funder Name

National Food Institute, Technical University of Denmark

### Funder Name

Steno Diabetes Center Copenhagen

## Results and Publications

### Individual participant data (IPD) sharing plan

Data for this project will be held at internal databases at the DTU FOOD.

### IPD sharing plan summary

Not expected to be made available

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	26/09/2018		Yes	No
<a href="#">Other publications</a>	Process evaluation	27/12/2018	15/06/2023	Yes	No
<a href="#">Participant information sheet</a>	version v1	09/05/2018	01/04/2019	No	Yes
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes