# Exercise looks after you: Piloting a programme to prevent obesity in children

Submission date	Recruitment status	<ul><li>Prospectively registered</li></ul>	
28/11/2007	No longer recruiting	☐ Protocol	
Registration date	Overall study status	Statistical analysis plan	
02/01/2008	Completed	[X] Results	
Last Edited	Condition category	[] Individual participant data	
31/12/2020	Nutritional, Metabolic, Endocrine		

## Plain English summary of protocol

Not provided at time of registration

## Contact information

## Type(s)

Scientific

#### Contact name

Prof Narcis Gusi

#### Contact details

Faculty of Sports Sciences University of Extremadura Caceres Spain 10071 +34 927 257460 ngusi@unex.es

## Additional identifiers

Protocol serial number 98//2007

# Study information

#### Scientific Title

Exercise looks after you: Piloting a programme to prevent obesity in children

#### **Acronym**

## **Study objectives**

- 1. The addition to usual care of an exercise referral from paedriatic team to a supervised exercise programme is effective and cost-effective compared to usual care
- 2. In addition to the exercise included in the programme, the programme is effective in increasing the level of physical activity in children

#### Ethics approval required

Old ethics approval format

#### Ethics approval(s)

Approved by the Bioethical Committee of the University of Extremadura on 31 October 2007 (ref: 98/2007)

## Study design

Randomised controlled trial

## Primary study design

Interventional

## Study type(s)

**Not Specified** 

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

Obesity

#### **Interventions**

Intervention group: The 6-month programme includes two one-hour sessions of an exercise programme per week. Each session includes 20-minute physical exercise to improve fitness, a 30-minute activity to improve sport skills, and 10-minute of healthy lifestyle advice (nutrition, possibilities of doing physical exercise during leisure time).

Control group: Usual care only

#### Intervention Type

Other

#### **Phase**

**Not Specified** 

### Primary outcome(s)

- 1. Level of physical activity (minutes per week) in sports and leisure time, assessed by a questionnaire at 12 months
- 2. Fitness tests (agility, hand-grip, jump test, velocity, endurance, flexibility, body composition, waist-hip index) at baseline and 3 months
- 3. Health care costs, assessed at baseline and 3 months
- 4. Health-related quality of life, measured using the EuroQol EQ-5D, EQ-5D (Child) and PedsQSl questionnaires at 12 months

#### Key secondary outcome(s))

- 1. Nutritional intake (24 h recall), assessed at baseline and 3 months
- 2. Blood samples (cholesterol, glucose, Hb1Ac), assessed at baseline and 3 months

#### Completion date

15/06/2008

# **Eligibility**

## Key inclusion criteria

- 1. Children aged 8 to 12 years old
- 2. Obesity type I and II (Body Mass Index >= age and gender adjusted 95 percentile)
- 3. Capacity to walk for 10 minutes

## Participant type(s)

**Patient** 

## Healthy volunteers allowed

No

#### Age group

Child

## Lower age limit

8 years

## Upper age limit

12 years

#### Sex

Αll

## Total final enrolment

151

### Key exclusion criteria

- 1. Diabetes type I
- 2. Hyperactivity
- 3. Morbid obesity
- 4. Contraindications to do exercise (biological or mental)

#### Date of first enrolment

30/11/2007

#### Date of final enrolment

15/06/2008

## Locations

#### Countries of recruitment

Spain

## Study participating centre Faculty of Sports Sciences Caceres Spain 10071

# Sponsor information

## Organisation

University of Extremadura (Spain)

#### **ROR**

https://ror.org/0174shg90

# Funder(s)

## Funder type

Government

#### **Funder Name**

University of Extremadura (Spain)

#### **Funder Name**

Health & Dependence Department and Young & Sports Department of Junta de Extremadura. (ref. 118/06) (Spain)

#### **Funder Name**

Innovation and Research Department of Junta de Extremadura (ref: GRU07106) (Spain)

# **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	l? Patient-facing?
Results article	results	01/09/2018	31/12/2020 Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025 No	Yes