

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

**Submission date**

28/11/2007

**Recruitment status**

No longer recruiting

☐ Prospectively registered

☐ Protocol

**Registration date**

02/01/2008

**Overall study status**

Completed

☐ Statistical analysis plan

☒ Results

**Last Edited**

31/12/2020

**Condition category**

Nutritional, Metabolic, Endocrine

☐ Individual participant data

**Plain English summary of protocol**

Not provided at time of registration

## Contact information

**Type(s)**

Scientific

**Contact name**

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

98//2007

# Study information

## Scientific Title

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

## Acronym

ETCOI98/07

## Study objectives

1. The addition to usual care of an exercise referral from paediatric 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

## Secondary study design

Randomised controlled trial

## Study setting(s)

Not specified

## Study type(s)

Not Specified

## Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet.

## 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 measure**

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

**Secondary outcome measures**

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

**Overall study start date**

30/11/2007

**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  $\geq$  age and gender adjusted 95 percentile)
3. Capacity to walk for 10 minutes

**Participant type(s)**

Patient

**Age group**

Child

**Lower age limit**

8 Years

**Upper age limit**

12 Years

**Sex**

Both

**Target number of participants**

200

**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

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**Sponsor information****Organisation**

University of Extremadura (Spain)

**Sponsor details**

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**Sponsor type**

University/education

**Website**

<http://www.unex.es>

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

### 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?
<a href="#">Results article</a>	results	01/09/2018	31/12/2020	Yes	No