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A Healthy School Start

Submission date
13/12/2010

Recruitment status
No longer recruiting

Registration date
07/02/2011

Overall study status
Completed

Last Edited
16/02/2015

Condition category
Nutritional, Metabolic, Endocrine

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] 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

Study information

Scientific Title
Parental support to promote healthy dietary and physical activity habits in children: a randomised controlled trial

Study objectives
The overall aim is to develop and evaluate a method to promote healthy dietary and physical activity habits in six-year-old children.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Regional Ethical Review Board in Stockholm approved on the 23rd June 2010 (ref: 2010/934-31 /1)

Primary study design
Interventional

Study design
Cluster randomised controlled trial

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Overweight, obesity

Interventions
The duration of the intervention is six months. Fourteen classes are randomised to intervention (n = 7) and control (n = 7) groups. This theory-based intervention (social cognitive theory) is directed at parents with six-year-old children who start school. The intervention consists of two components:
1. When parents in the intervention group have their regular meeting with the health care staff at school they are offered a motivational interview where they discuss issues related to diet, physical activity and sleep. A second motivational interview is offered three months later.
2. Children in class are exposed to ten teacher-led sessions aiming to "take home" messages to enforce parents.

The control groups carry on as usual. Parents and teachers will be offered the intervention components after the project has finished.

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
1. Physical activity in the children (counts per minute, intensity and time spent sedentary) will be measured objectively with accelerometers for seven consecutive days
2. Intake of food indicators (fruit/vegetables and energy dense products) will be measured with a self-reported questionnaire
3. Parents' self-efficacy will be measured by self-reported questionnaire
4. Experiences from the study will be collected by interviewing parents and teachers in focus groups

The data will be collected before and after the intervention. Data will also be collected six months after the intervention (follow-up). Data from the study will be analysed with parametric and non-parametric tests.

Key secondary outcome(s)
Body mass index and waist circumference in the children will be measured by the research team.

The data will be collected before and after the intervention. Data will also be collected six months after the intervention (follow-up). Data from the study will be analysed with parametric and non-parametric tests.

Completion date
30/06/2012

Eligibility

Key inclusion criteria
Schools with families living in varied types of housing (blocks of flats, terraced houses and detached houses), where about 30% of families live in blocks of flats, are invited to participate in the study. Families in these schools with six-year-old children who are starting school are invited to participate in the project.

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Other

Sex
All

Key exclusion criteria
1. Schools with a high proportion of families with high socio-economic position
2. Parents/guardians that have difficulties with the Swedish language

Date of first enrolment
01/01/2010

Date of final enrolment
30/06/2012

Locations

Countries of recruitment
Sweden

Study participating centre

Karolinska Institutet
Stockholm
Sweden
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Sponsor information

Organisation
Health Care Board and Management (Hälso och sjukvårdens förvaltning) (Sweden)

ROR
https://ror.org/04d5f4w73

Funder(s)

Funder type
Government

Funder Name
Stockholm County Council (Folkhälsoanslaget) (Sweden) - Sweden and Signhild Engkvist Foundation

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?
Results article	results	13/02/2015		Yes	No