

The Hertfordshire Physical Activity Trial

| | | |
|--|--|--|
| Submission date 31/10/2007 | Recruitment status No longer recruiting | <input type="checkbox"/> Prospectively registered |
| Registration date 23/01/2008 | Overall study status Completed | <input checked="" type="checkbox"/> Protocol |
| Last Edited 27/03/2025 | Condition category 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

Contact name
Prof Nick Wareham

Contact details
Medical Research Council Epidemiology Unit
Institute of Metabolic Science
BOX 285
Hills Road
Cambridge
United Kingdom
CB2 0QQ

Additional identifiers

Clinical Trials Information System (CTIS)
Nil known

Protocol serial number
Nil known

Study information

Scientific Title
The Hertfordshire Physical Activity Trial

Study objectives

The aim of the study is to determine whether differential responses to a physical activity training programme are seen between individuals with low birth weight compared to individuals with a normal birth weight.

More details can be found at: <http://www.mrc.ac.uk/ResearchPortfolio/Grant/Record.htm?RecType=Unit&AgreementId=88572&CaseId=21340>

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics approval received from the Hertfordshire Local Research Ethics Committee on the 23rd May 2005 (ref: 05/Q0201/23).

Study design

Randomised controlled single-centre trial

Primary study design

Interventional

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Metabolic risk

Interventions

Aerobic exercise programme versus care as usual. The control group continue with their normal activities. The exercise group take part in a fully supervised 12-week aerobic exercise programme. There are three sessions each week and each one lasts sixty minutes.

Contact for queries:

Miss Jessica Horton

Email: Jessica.Horton@mrc-epid.cam.ac.uk

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Clustered Metabolic Risk Score.

Study participants return for their second visit thirteen weeks after their baseline visit. The outcomes will be measured at this time.

Key secondary outcome(s)

1. Body composition
2. Insulin sensitivity
3. Physical fitness

Study participants return for their second visit thirteen weeks after their baseline visit. The outcomes will be measured at this time.

Completion date

01/03/2008

Eligibility

Key inclusion criteria

1. Healthy volunteers from the Hertfordshire Birth Cohort
2. Male and female, born between 1931 - 1939

Participant type(s)

Healthy volunteer

Healthy volunteers allowed

No

Age group

Senior

Sex

All

Key exclusion criteria

1. Diabetes
2. Untreated hypertension
3. Ischaemic heart disease

Date of first enrolment

17/01/2007

Date of final enrolment

01/03/2008

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Medical Research Council Epidemiology Unit
Cambridge
United Kingdom
CB2 0QQ

Sponsor information

Organisation

Medical Research Council Epidemiology Unit (UK)

ROR

<https://ror.org/052578691>

Funder(s)

Funder type

Research council

Funder Name

Medical Research Council Epidemiology Unit (UK)

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 | 01/04/2010 | | Yes | No |
| Results article | | 25/03/2025 | 27/03/2025 | Yes | No |
| Protocol article | protocol | 19/06/2009 | | Yes | No |