

Evaluation of the Rotterdam daily exercise project

Submission date 22/11/2006	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 22/11/2006	Overall study status Completed	☐ Protocol
Last Edited 01/11/2011	Condition category Nutritional, Metabolic, Endocrine	☐ Statistical analysis plan
		☒ 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

Study objectives

The Rotterdam Daily Exercise Project leads to less overweight, improved fitness, healthier food habits and healthier exercise habits.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics approval received from the Medical Ethics Review Committee of the Erasmus Medical Center (The Netherlands) on the 4th May 2007 (ref: MEC-2006-365).

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Healthy nutrition and physical activity, prevention of obesity

Interventions

The Rotterdam Daily Exercise Project consist of an intensified school sports curriculum by a professional teacher, during and after school hours, education of parents with respect to healthy nutrition and exercise, education of children with respect to healthy nutrition and exercise, as well as promoting sport facilities in the neighbourhood.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

1. Body Mass Index (BMI)
2. Waist circumference
3. Fitness

Key secondary outcome(s)

1. Attitude, intention and behaviour regarding healthy nutrition and exercise
2. School performance

Completion date

01/07/2007

Eligibility

Key inclusion criteria

Pupils (age six to 12 years) of all regular primary schools that are willing to participate in the project.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Child

Lower age limit

6 Years

Upper age limit

12 Years

Sex

Not Specified

Key exclusion criteria

Pupils (age six to 12 years) of schools that already adopted elements out of the total project in their school program.

Date of first enrolment

01/09/2006

Date of final enrolment

01/07/2007

Locations**Countries of recruitment**

Netherlands

Study participating centre

P.O. Box 70032

Rotterdam

Netherlands

3000 LP

Sponsor information**Organisation**

Municipal Public Health Service Rotterdam area (Gemeentelijke Gezondheidsdienst [GGD] Rotterdam en omstreken) (The Netherlands)

ROR

<https://ror.org/00dkp4z50>

Funder(s)

Funder type

Government

Funder Name

Community of Rotterdam (The Netherlands)

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	01/06/2011		Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes