

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

<b>Submission date</b> 28/11/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 02/01/2008	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 31/12/2020	<b>Condition category</b> 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

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## Additional identifiers

**Protocol serial number**  
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)

### **Primary study design**

Interventional

### **Study design**

Randomised controlled trial

### **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  $\geq$  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**

All

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