

Amsterdam University of Applied Sciences

PreSchool@HealthyWeight

towards a healthy child care environment for every toddler

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Poster Shift 2: Childhood & Adolescence

PRESCHOOL@HEALTHYWEIGHT; TOWARDS A HEALTHY CHILD CARE ENVIRONMENT FOR EVERY TODDLER

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Background and Aims

The prevalence of overweight and obesity among Dutch children is high, especially in ethnic and lower socioeconomic groups. Child care providers can influence the lifestyle of toddlers (2.5 to 4 years) at preschool. However, they are not trained to support toddlers (and their parents) in pursuing a healthy lifestyle. The aim of this study is to gain insight in the effect of training child care providers in supporting toddlers to pursue a healthy lifestyle on BMI and body composition of toddlers.

Methods

In this cluster randomized controlled trial, preschool locations (child care organization Impuls) in Amsterdam Nieuw-West will be randomly assigned to the intervention or control group. Child care providers on intervention locations will perform the training 'Een Gezonde Start' and 'PLAYgrounds'. With 'Een Gezonde start' they will learn how to create a healthy, active and safe environment for children. The 'PLAYgrounds' intervention will focus on stimulating outdoor physical activity of children. Height and weight will be measured to assess BMI. Bio-electrical impedance analysis will be used to assess body composition.

Results

It is hypothesized that, as a result of the interventions, toddlers will gain or maintain a healthy body weight. The study will be carried out between September 2016 and May 2018. During the conference, the protocol and baseline results will be presented.

Conclusions

The intention is to reach disadvantaged preschool children via child care providers, with the aim of promoting healthy (weight) development of children and reducing health inequalities between socioeconomic and ethnic groups.