



Amsterdam University of Applied Sciences

PreSchool@HealthyWeight

towards a healthy child care environment for every toddler - preliminary report

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

N. Toussaint¹, M.T. Streppel¹, S. Mul¹, M. Oosterhof², M. Janssen³, H. Toussaint³, K. van Drongelen⁴, M. Balledux⁵, R. Fukkink⁶, P.J.M. Weijs^{1,7}

¹Department of Nutrition & Dietetics, Amsterdam University of Applied Sciences, Amsterdam, The Netherlands; ²Child care organization Impuls, Amsterdam, The Netherlands; ³Academy of Physical Education, University of Applied Sciences Amsterdam, Amsterdam, The Netherlands; ⁴The Netherlands Nutrition Centre Foundation, The Hague, The Netherlands; ⁵Netherlands Youth Institute, Utrecht, The Netherlands; ⁶Department of Child Development and Education, University of Amsterdam, Amsterdam, The Netherlands; ⁷Department of Nutrition & Dietetics, Internal Medicine, VU University Medical Center, Amsterdam, The Netherlands

Background

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 - 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 body mass index (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. After baseline measurements, child care providers on intervention locations will perform the training 'Een Gezonde Start' (English: 'A Healthy Start') that consists of 3 meetings. Based on theory and assignments child care providers will learn how to create a healthy, active and safe environment for toddlers. Besides 'Een Gezonde Start', a modified version of the 'PLAYgrounds' intervention will be performed on intervention locations. 'PLAYgrounds' will focus on stimulating outdoor physical activity of toddlers using instructions of a trainer. Height (Seca 213) and weight (Seca 813) are measured to assess BMI. Bio-electrical impedance analysis is used to assess body composition (Bodystat 1500MDD).

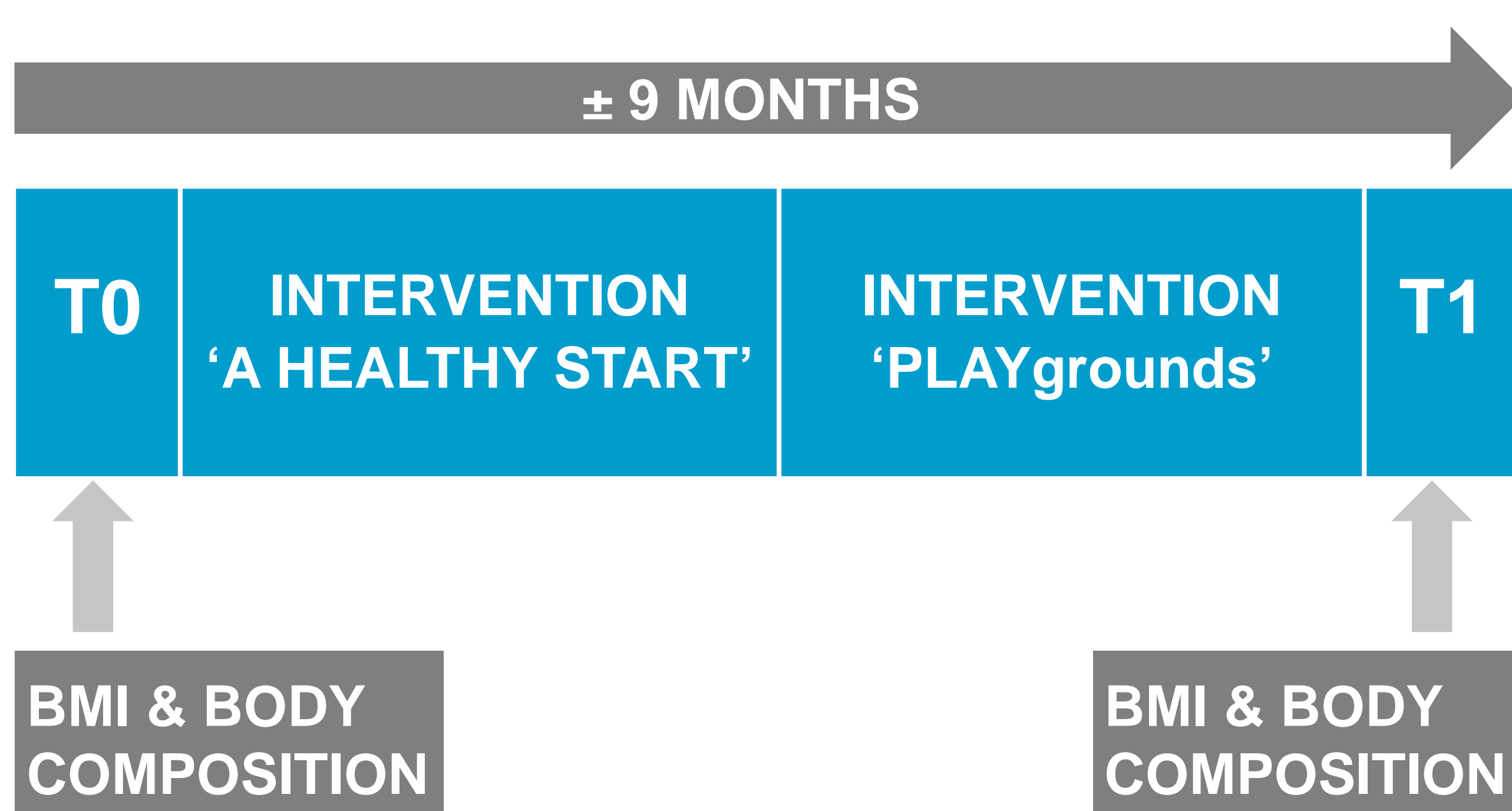


Figure 1 Study design

Preliminary 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. Table 1 shows the results of the first baseline measurements in toddlers.

Table 1 Participants characteristics

Characteristics	Total (n = 52) Clusters (n = 12)
Gender, male	50% (26)
Age, years	2.6 ± 0.5 (2 – 3)
Height, cm	95.9 ± 3.8 (87.9 – 103.5)
Weight, kg	15.3 ± 1.9 (12.1 – 19.6)
BMI, kg/m ²	16.6 ± 1.4 (14.1 – 21.2)
BMI-z score*	0.74 ± 0.9 (-1.08 – 3.43)
Overweight**	11.5% (6)
Obesity**	1.9% (1)

Values are mean ± SD (minimum – maximum) or % (n). *Based on WHO reference data. **Based on international cut off points for BMI for overweight and obesity (Cole TJ, Bellizzi MC, Flegal KM, Dietz WH. Establishing a standard definition for child overweight and obesity worldwide: international survey. BMJ 2000;320:1240).

Correspondence

n.toussaint@hva.nl, Nicole Toussaint MSc, Faculty of Sports and Nutrition, Amsterdam University of Applied Sciences, Dr. Meurerlaan 8, 1067 SM, Amsterdam, The Netherlands.