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

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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).

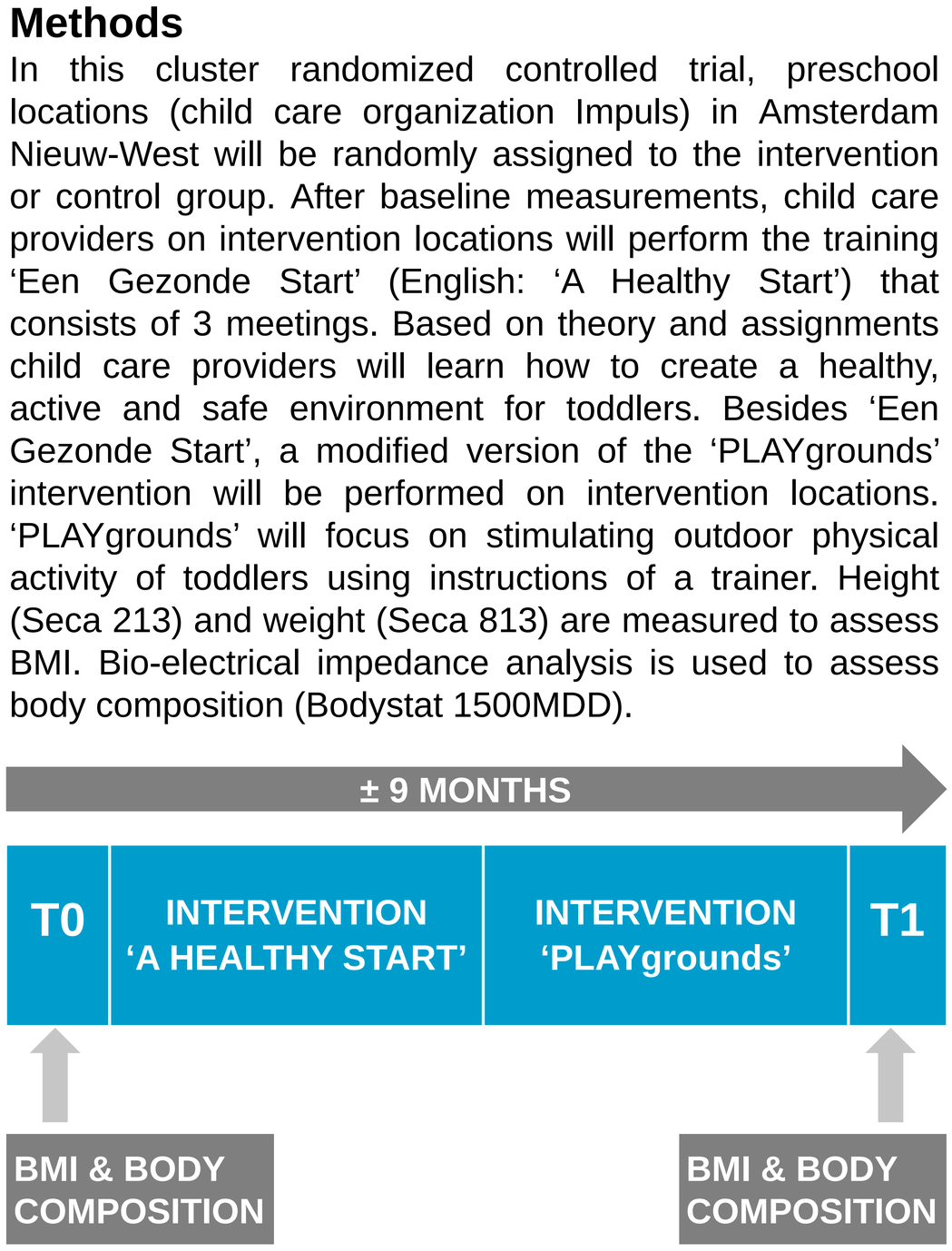

Figure 1 Study design

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** Obesity**	11.5% (6) 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).

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