

# Baby Nutrition and Physical Activity Self-Assessment for Child Care (Baby NAP SACC)

<b>Submission date</b> 29/10/2012	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 14/11/2012	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 12/10/2016	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Individual participant data

## Plain English Summary

### Background and study aims

Few interventions have focused on child care for obesity prevention, despite the fact that in most developed countries the majority of children under five years of age spend time in these settings. Even fewer of these interventions have targeted very young children. The aim of this study is to evaluate the ability of an intervention to improve the nutrition and physical activity environments and practices in child care centers serving infants and toddlers.

### Who can participate?

Child care centers located in the Boston area where at least 50% of children are racial minorities (non-white)

### What does the study involve?

Participating child care centers are randomly allocated to either the intervention group or the control group. In the intervention group, center directors assess their child care environments, select areas for improvement, and make changes with the help of a trained interventionist. Interventionists also provide training for all child care providers in the intervention centers. The training focuses on infant and toddler nutrition, physical activity for infants and toddlers, and working with parents to help prevent obesity in young children. Center environments are assessed at the start of the study and at the six-month follow up. Control groups centers receive the intervention after the end of the study.

### What are the possible benefits and risks of participating?

Benefits of participation in the study include improving the child care environment and preventing the development of obesity in young children. The main risk of participation was the potential for breach of confidentiality.

### Where is the study run from?

The study took place in 32 child care centers in Boston, Massachusetts, and was conducted by researchers at Harvard Medical School and Harvard Pilgrim Health Care (USA)

### When is the study starting and how long is it expected to run for?

March to December 2009

Who is funding the study?

1. National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) (USA)
2. Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) (USA)

Who is the main contact?

Dr Sara Benjamin Neelon

## Contact information

**Type(s)**

Scientific

**Contact name**

Dr Sara Benjamin Neelon

**Contact details**

Duke University  
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DUMC 104006  
Durham  
United States of America  
27705

## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**

N/A

## Study information

**Scientific Title**

Preventing obesity in infants and toddlers in child care

**Acronym**

Baby NAP SACC

**Study hypothesis**

Child care centers participating in the intervention would improve their practices and environments supporting nutrition and physical activity for young children.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

1. Institutional Review Board, Harvard Pilgrim Health Care, 07/03/2008 ref: HSC# 3.7.08
2. Institutional Review Board, Duke University Medical Center, 14/10/2009, ref: Pro00019220

**Study design**

Randomized controlled trial

**Primary study design**

Interventional

**Secondary study design**

Randomised controlled trial

**Study setting(s)**

Other

**Study type(s)**

Prevention

**Participant information sheet**

Not available in web format, please use the contact details to request a patient information sheet

**Condition**

Nutrition and physical activity to help prevent obesity

**Interventions**

The intervention allowed child care centers to assess their nutrition and physical activity environments, select areas for improvement, and make changes with the help of a trained interventionist.

Control centers received a delayed intervention.

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome measure**

A researcher-administered assessment of each centers environment using the Environment and Policy Assessment and Observation instrument

**Secondary outcome measures**

No secondary outcome measures

**Overall study start date**

01/03/2009

**Overall study end date**

31/12/2009

## Eligibility

### Participant inclusion criteria

1. Child care centers located in the Boston area
2. The Massachusetts licensing office classified them as a child care center and not a family child care home
3. At least 50% of children were racial minorities (non-white)

### Participant type(s)

Patient

### Age group

Child

### Sex

Both

### Target number of participants

32

### Participant exclusion criteria

Centers with an open or pending case of abuse or neglect on file with the state

### Recruitment start date

01/03/2009

### Recruitment end date

31/12/2009

## Locations

### Countries of recruitment

United States of America

### Study participating centre

Duke University

Durham

United States of America

27705

## Sponsor information

### Organisation

Eunice Kennedy Shriver National Institute of Child Health (NICHD) (USA)

### **Sponsor details**

Bldg 31  
Room 2A32, MSC 2425  
31 Center Drive  
Bethesda  
United States of America  
20892-2425

### **Sponsor type**

Government

### **Website**

<http://www.nichd.nih.gov/>

### **ROR**

<https://ror.org/04byxyr05>

## **Funder(s)**

### **Funder type**

Government

### **Funder Name**

National Institutes of Health (USA) ref: F32DK80618

### **Alternative Name(s)**

Institutos Nacionales de la Salud, US National Institutes of Health, NIH

### **Funding Body Type**

Government organisation

### **Funding Body Subtype**

National government

### **Location**

United States of America

## **Results and Publications**

### **Publication and dissemination plan**

Not provided at time of registration

### **Intention to publish date**

## 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	01/07/2014		Yes	No