

LONGER:

FREE study for overweight young people looking for help

*The Murdoch Childrens Research Institute at **The Royal Children's Hospital** is conducting a randomised controlled trial of an online weight management program designed for overweight adolescents aged 12 to 17 years.*

We want to find a fun and interactive way to help adolescents learn about healthy food choices and physical activity. Around 30% of all 12 to 17 year old Australians are overweight and spaces in clinical services are limited. Staying Fit is an interactive online program designed to help adolescents learn about healthy lifestyle choices. We would like to find out if it is more effective than the information that is already available to Australian adolescents.

We are looking for 550 overweight adolescents aged 12 - 17 to help us test two ways of providing health information. Those who take part in the study will be randomly assigned to either the Staying Fit group or the Usual Care group.

- Both groups will receive information for young people about healthy food choices, physical activity, stress and coping with eating disorders, and a list of useful websites to visit. The Staying Fit group will also spend about an hour each week (for 12 weeks) working through a fun, interactive, online session and they will be provided with a pedometer and a walking program.
- If we find that the Staying Fit program is more helpful, then at the end of the study the Usual Care group will also get access to the Staying Fit program.
- All participants are asked to complete questionnaires and have their height, weight, blood pressure and waist circumference measured at baseline, 3, 6 and 12 months follow-ups. Parents are also invited to complete questionnaires, height and weight measurements. These measurements can be taken at the Royal Children's hospital or during home visits (not at schools) and all individual information is confidential.
- **Recruitment has commenced and we are looking for overweight young people aged between 12 and 17.**

If you would like to know more, contact the Staying Fit Project Coordinator, **Karly Cini on (03) 9345 6954 or email: stayingfit@mcri.edu.au**

RCH HREC 31021

SHORT:

Participants needed: FREE study for overweight young people looking for help!

Murdoch Childrens Research Institute at **The Royal Children's Hospital** is running a randomised clinical trial of an online weight management program for overweight adolescents. Participation involves completing height, weight, blood pressure and waist circumference measurements and an online questionnaire at baseline, 3, 6 and 12 months. Parents are also invited to participate. Every 3 months there will be a draw for a \$100 gift voucher for those participants who have kept their appointments. The results will demonstrate the feasibility and effectiveness of using the personalised, targeted Staying Fit program for addressing weight-related behaviours during adolescence. Recruitment has commenced and we are looking for 550 overweight young people aged 12- 17 living in metropolitan Melbourne. RCH HREC 31021.

Enquiries Karly Cini 9345 6954 karly.cini@mcri.edu.au

For more info: <http://www.mcri.edu.au/research/research-projects/staying-fit-project>