

Effects of Exercise on Lipids and Endothelial Function in Youth

Status: RECRUITING

Eligibility Criteria

Sex: ALL

Age: 10 years to 20 years old

Healthy Volunteers: This study is NOT accepting healthy volunteers

Inclusion Criteria:

1. Age: 10-20 years
2. Obesity as defined by BMI ≥ 30 kg/m² OR BMI ≥ 95 th percentile for age and sex
3. Planned to start the Healthworks! structured weight loss program.
4. English or Spanish speaking -

Exclusion Criteria:

1. Physician judgement about inability to finish the protocol

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Conditions & Interventions

Interventions:

OTHER: Exercise Program

Conditions:

Obesity & Overweight

More Information

Description:

This study is for individuals who have a BMI that is at or above the 95th percentile and are participating in the Cincinnati Children's Hospital Healthworks! Structured weight loss program. The main reason for this research study is to determine how exercise affects an individual's high level of lipids (fats) in their blood and how well their blood vessels function.

Contact(s): Erin Cain - erin.cain@cchmc.org

Principal Investigator:

Principal Investigator ID:

Phase: NA

IRB Number:

System ID: NCT07409064

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