PRALIMAP-INÈS - PRomotion de l'ALIMentation et de l'Activité Physique - INÉgalités de Santé

Duration	2012-2016
Objectives	The primary objective of the PRALIMAP-INÈS trial (PRomotion de l'ALIMentation et de l'Activité Physique - INÉgalités de Santé) is to evaluate the effectiveness of a school-based intervention to tackle social inequalities in adolescents overweight through three 2*2 non-independent comparisons: - a strengthened care management strategy in low socioeconomic adolescents vs a standard care management in high socioeconomic adolescents (equivalence). - a standard-care management in high socioeconomic adolescents vs low socioeconomic adolescents (superiority). - a strengthened care management vs a standard-care management in low socioeconomic adolescents (superiority). The secondary objectives of the PRALIMAP-INÈS trial (PRomotion de l'ALIMentation et de l'Activité Physique - INÉgalités de Santé) are - to evaluate the effectiveness of a school-based intervention to tackle social inequalities in adolescents healthy behaviours adoption through the same comparisons - to investigate the impact of the interventions on quality of life, anxiety and depression to evaluate the process and especially the feasibility of implementing tackling inequalities interventions in the school setting
Approach used	Screening and care management; Education; awareness raising; provision of healthy choice; proportionate universalism
Geographical Coverage	Vosges department north east France
Primary target population	Adolescents 13-18 years old from Vosges with excess weight
Description of the intervention	The PRALIMAP-INÈS trial included adolescents categorised in 2 groups according to their Family Affluence Scale (FAS) score: advantaged (FAS > 5) and less advantaged. A standard care management (PRALIMAP) based on patient education principle through 5 collective sessions are offered to all teens. A strengthened care management (INES) through individual activities according to their needs and aiming at overcoming main barriers assumed to explain health social inequalities is offered to 2/3 of the less advantages adolescents
Behavioural components addressed	healthy eating; physical activity; sedentary behaviour

Targeted risk behaviour	Global approach
Main setting/place of delivery	State-run high schools (grade 10) and middle schools (grade 9)
Description of the evaluation	Comparisons of groups with weight, behaviours and health indicators pre, post (one year) and one year after the intervention in the followed cohort Programme evaluation and evaluative research through a mixed design, observational and experimental with a two-year follow-up cohort at the end and one year after the intervention
Legislative framework	Based on PNNS (Programme National Nutrition Santé) directed by health ministry after the 2004 public health law and the obesity plan
Total budget in Euro	200 K€ per year for interventions; 150k€ per year for evaluation and research
Funding sources	Public; cancer national institute
Impact (incl. differences among groups)	Significant improvement of weight, physical activity, sedentary and diet indicators associated to a reduction of the social gradient after one year
Further information sources	Additional documents are available in the JANPA Toolbox.

***Other remarks**:* Standard intervention experienced previously and internationally published, strengthened innovative care developed with stakeholders.

Contact information

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