

Resource Summary Report

Generated by [NIF](#) on Aug 26, 2026

HEALTHY study

RRID:SCR_001530

Type: Tool

Proper Citation

HEALTHY study (RRID:SCR_001530)

Resource Information

URL: <http://www.healthystudy.org/>

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Description: Primary prevention trial conducted in 42 middle schools at 7 locations across the US to impact risk factors for type 2 diabetes in adolescents. Students were recruited at the start of 6th grade (fall 2006) and followed to the end of 8th grade (spring 2009). Half of the schools were randomized to receive an intervention that integrated four components: the school nutrition environment, physical education class activities, behavior change initiatives, and educational and promotional communications activities.

Abbreviations: HEALTHY

Synonyms: HEALTHY Study Group, HEALTHY Intervention Program

Resource Type: clinical trial, data or information resource, narrative resource, resource, training material

Defining Citation: [PMID:20581420](#), [PMID:19623190](#), [PMID:19623191](#), [PMID:19623189](#), [PMID:19623188](#), [PMID:19623187](#), [PMID:19623185](#), [PMID:19623184](#), [PMID:19196888](#)

Keywords: risk factor, adolescent, intervention, nutrition, behavior, physical education, communication, social marketing, activity, promotion, body mass index, fasting glucose, fasting insulin, male, female, hispanic, african-american, bibliography, prevention

Related Condition: Type 2 diabetes, Control, Obesity

Funding: NIDDK ;
American Diabetes Association

Availability: THIS RESOURCE IS NO LONGER IN SERVICE

Resource Name: HEALTHY study

Resource ID: SCR_001530

Alternate IDs: nlx_152833

Alternate URLs: <https://www.niddkrepository.org/studies/healthy/>

Record Creation Time: 20220129T080208+0000

Record Last Update: 20260821T193625+0000

Ratings and Alerts

No rating or validation information has been found for HEALTHY study .

No alerts have been found for HEALTHY study .

Data and Source Information

Source: [SciCrunch Registry](#)

Usage and Citation Metrics

We found 7 mentions in open access literature.

Listed below are recent publications. The full list is available at [NIF](#) .

Jago R, et al. (2016) Novel measures of inflammation and insulin resistance are related to obesity and fitness in a diverse sample of 11-14 year olds: The HEALTHY Study. International journal of obesity (2005), 40(7), 1157.

Kahn HS, et al. (2014) Cardiometabolic risk assessments by body mass index z-score or waist-to-height ratio in a multiethnic sample of sixth-graders. Journal of obesity, 2014, 421658.

Marcus MD, et al. (2014) Stability of relative weight category and cardiometabolic risk factors among moderately and severely obese middle school youth. Obesity (Silver Spring, Md.), 22(4), 1118.

Treviño RP, et al. (2013) Obesity and preference-weighted quality of life of ethnically diverse middle school children: the HEALTHY study. Journal of obesity, 2013, 206074.

Rafelson L, et al. (2013) The association between acanthosis nigricans and dysglycemia in an ethnically diverse group of eighth grade students. Obesity (Silver Spring, Md.), 21(3), E328.

Buse JB, et al. (2013) Diabetes screening with hemoglobin A(1c) versus fasting plasma glucose in a multiethnic middle-school cohort. Diabetes care, 36(2), 429.

DeBar LL, et al. (2011) Student public commitment in a school-based diabetes prevention project: impact on physical health and health behavior. BMC public health, 11, 711.