Online questionnaires

Paediatric Pulmonologists

Youth Health Department

Asthma cohort studies

Screening visit for children with self-reported asthma and a high BMI: BHR, airway reversibility, BMI

Intervention group, n = 52

Control group, n = 52

Initial phase (month 1-6):
- 9 lifestyle sessions
- 2 sport sessions/week
- 3 individual counselling sessions
- 4 parental sessions

Follow-up phase (month 7-18):
- 9 lifestyle sessions
- 3 sport sessions/month
- 5 individual counselling sessions
- 6 parental sessions

Baseline measurement:
VO₂max, static lung function, EBC, FeNO, venapuncture, questionnaires, anthropometrics

T=6 measurement:
Airway reversibility, questionnaires, anthropometrics

T=12 measurement:
Airway reversibility, questionnaires, anthropometrics

T=18 measurement:
VO₂max, static and dynamic lung function, EBC, FeNO, venapuncture, questionnaires, anthropometrics

18 months regular care according to the National standards [16,17]