

Waste the Waist: Pilot study for a randomised controlled trial of a pragmatic, primary care based intervention to support lifestyle change in the management of high cardiovascular risk

Submission date 14/02/2012	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
Registration date 14/02/2012	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 05/12/2017	Condition category Circulatory System	<input type="checkbox"/> Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
9846

Study information

Scientific Title

Waste the Waist: Pilot study for a randomised controlled trial of a pragmatic, primary care based intervention to support lifestyle change in the management of high cardiovascular risk

Acronym

Waste the Waist

Study objectives

Primary Care Trusts in England need to commission services to promote healthy diet and physical activity for thousands of people who will be identified with high cardiovascular (CV) risk by the NHS Health Checks programme. The aim is to pilot, prior to a full trial evaluation, a practical, state-of-the-art intervention to promote healthy diet and physical activity for people with high cardiovascular risk, which has been adapted for use in UK primary care.

The pilot aims to:

1. Assess recruitment, intervention concordance, study retention and measures-completion rates
2. Assess the acceptability of the intervention to participants
3. Assess the acceptability and feasibility of recruitment, measurement, randomisation and intervention delivery procedures which would be used in a future pragmatic randomised controlled trial
4. Estimate the resources and costs needed to deliver the intervention and conduct a full trial
5. Estimate the standard deviation of continuous outcomes (e.g. changes in participants weight).

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Study design

Randomised interventional trial

Primary study design

Interventional

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Cardiovascular disease

Interventions

The sample size is calculated to provide realistic estimates (and confidence intervals (CIs)) for the recruitment and study completion rates. The resulting sample size will also allow realistic estimates of the intervention concordance rate and provide an ample pool of patients for qualitative sampling. From recent UK-based trials of interventions to support dietary /physical activity change in high CV risk populations,³³⁻³⁵ it is estimated that 25-40% of those contact

Waste the waist

The intervention group will receive the Waste the Waist intervention in local community venues (e.g. community halls). The intervention encourages increased physical activity and weight loss (by changing intake of total and saturated fat increasing fibre and other dietary changes).

Targets will be set by participants, but the health benefits of 5% weight loss and of 150 mins per week of moderate (or 100 mins vigorous) activity will be presented and suggested as minimum long-term targets for health.

Follow Up Length: 12 month(s)

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Recruitment rate measured at baseline

Key secondary outcome(s)

1. All measures proposed for the main trial (e.g. weight) will be taken and variance explored at 0, 4, and 12 months
2. Intervention concordance (the proportion attending ≥ 4 of the 7 sessions) measured at 8 months
3. Study completion rate measure at 12 months

Completion date

30/08/2011

Eligibility

Key inclusion criteria

1. Aged 40-74
2. BMI 30 or more (27.5 for S. Asians, if ethnicity is known)
3. A ten year cardiovascular risk score of 20% or more (calculated using either the Framingham or QRISK method)
4. IGT - Impaired glucose tolerance (2 hour glucose on IGT test of 7.8 to 11.0 mmol/l)
5. IFG - Impaired fasting plasma glucose (6.1 to 6.9mmol/l.)
6. Male and female participants

If recruitment proves difficult using the above criteria, we will search practice databases for people with higher risk obesity, defined as having a Body Mass Index of 30 or more plus either hypertension, hypercholesterolemia, family history of diabetes or heart disease, history of gestational diabetes, or polycystic ovary syndrome.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

1. People with existing heart disease or type 2 diabetes
2. People who are currently pregnant
3. People currently using weight loss drugs (which will interfere with planned measures)
4. People not fluent in English
5. Anyone who, in their GPs opinion, has other conditions that would prevent engagement with the programme (including terminal illness, major mental health problems, communication difficulties requiring translation)

Date of first enrolment

16/03/2011

Date of final enrolment

30/08/2011

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre

The Department for Health

Bath

United Kingdom

BA2 7AY

Sponsor information**Organisation**

Bath and North East Somerset Primary Care Trust (UK)

Funder(s)**Funder type**

Government

Funder Name

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	16/01/2015		Yes	No
Protocol article	protocol	01/05/2012		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes