

# Prevalence of the metabolic syndrome and its components in a Spanish community cohort: relation to lifestyle (estudio de prEvaluencia del síndrome meTabólico y sus componEntes: relaCión con el esTilo de vidA)

<b>Submission date</b> 08/04/2010	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 20/04/2010	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 20/04/2010	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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### Contact details

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## Additional identifiers

### Protocol serial number

B2010-1

# Study information

## Scientific Title

Prevalence of the metabolic syndrome and its components in relation to lifestyle in a Spanish community cohort: A cross sectional study

## Acronym

DETECTA

## Study objectives

The metabolic syndrome is a cluster of cardio-metabolic risk factors closely linked to abdominal obesity and insulin resistance that considerably increases the risk of cardiovascular disease and diabetes and is reported to affect close of 25% of the population worldwide. The global obesity epidemic, associated with unhealthy diets and sedentariness, is also present in Spain, where a high frequency of the metabolic syndrome is predicted. This topic has only been partially investigated, no data for the overall Spanish population is available, and associations with socioeconomic and lifestyle factors have not been assessed. We hypothesised an overall 30% prevalence of the metabolic syndrome closely related to age, socioeconomic status and lifestyle.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

The institutional review board of the Hospital Clinic of Barcelona approved on the 11th of March 2010 (ref: 2010/5674)

## Study design

Cross-sectional study

## Primary study design

Observational

## Study type(s)

Other

## Health condition(s) or problem(s) studied

Obesity; metabolic syndrome; cardiovascular risk factors; lifestyle (including physical exercise and dietary variables)

## Interventions

1. Clinical history
2. Anthropometric, adiposity and blood pressure measurements
3. Dietary and physical activity questionnaires

## Intervention Type

Other

## Phase

Not Applicable

**Primary outcome(s)**

Prevalence and geographical distribution of the metabolic syndrome (updated National Cholesterol Education Program Adult Treatment Panel [NCEP ATP] III definition) by:

1. Gender
2. Age ranges 21-40, 41-60 and 61-80 years

**Key secondary outcome(s)**

Prevalence of the metabolic syndrome by

1. Ethnic group (definition in immigrants based on waist circumference cut offs defined for different continents)
2. Socioeconomic status
3. Urban or rural residence
4. Main usual diet components
5. Alcohol consumption
6. Physical activity level
7. Smoking status

**Completion date**

30/04/2011

**Eligibility****Key inclusion criteria**

1. Men and women aged 21-80 years attending family practices throughout Spain
2. Consulting for reasons other than the evaluation or control of cardio-metabolic risk factors or diabetes
3. Blood chemistry including fasting glucose and a lipid profile within the prior 6 months
4. Signed and informed consent

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Key exclusion criteria**

1. Type 1 diabetes
2. Severe chronic disease
3. Active non-skin cancer or cancer surgery within the previous 2 years
4. Prior organ transplantation and/or immunosuppressive treatment
5. Major surgery within the prior 3 months
6. Major psychiatric illness
7. Alcoholism or drug abuse
8. Known positive HIV status

9. Gain or loss of 5 or more kg within the last 3 months, voluntarily or because of illness  
10. Inability to understand the purpose of the study

**Date of first enrolment**

01/05/2010

**Date of final enrolment**

30/04/2011

## **Locations**

**Countries of recruitment**

Spain

**Study participating centre**

**Endocrinology and Nutrition Service**

Barcelona

Spain

08036

## **Sponsor information**

**Organisation**

Abbott Healthcare S.A. (Spain)

**ROR**

<https://ror.org/01w8r0j67>

## **Funder(s)**

**Funder type**

Industry

**Funder Name**

Abbott Healthcare S.A. (Spain) - unrestricted grant

## **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?
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes