

# Efficacy of an educational school-based intervention to reduce prevalence of obesity in childhood in Catalonia

**Submission date**

24/05/2010

**Recruitment status**

No longer recruiting

☐ Prospectively registered

☒ Protocol

**Registration date**

28/05/2010

**Overall study status**

Completed

☐ Statistical analysis plan

☒ Results

**Last Edited**

24/05/2018

**Condition category**

Nutritional, Metabolic, Endocrine

☐ Individual participant data

**Plain English summary of protocol**

Not provided at time of registration

## Contact information

**Type(s)**

Scientific

**Contact name**

Dr Montserrat Giralt

**Contact details**

C/Sant Llorenç, nº 21

Reus

Spain

43201

## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

N/A

## Study information

**Scientific Title**

Randomised controlled clinical trial to assess the efficacy of an educational school-based intervention to reduce prevalence of obesity in childhood in Catalonia

**Acronym**

EdAl

**Study objectives**

A regular systematic educational intervention in primary school improves lifestyle and reduces obesity.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Comite etic d'investigacio clinica de l'Hospital Universitari Sant Joan de Reus approved on the 29th July 2008 (ref: 08-07-24/07aclproj1)

**Study design**

Randomised controlled trial

**Primary study design**

Interventional

**Secondary study design**

Randomised controlled trial

**Study setting(s)**

Other

**Study type(s)**

Prevention

**Participant information sheet**

Not available in web format, please use the contact details below to request a patient information sheet

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

Obesity

**Interventions**

Intervention:

Four educational activities/year for 3 years (a total of 12 activities), of 8 nutritional objectives and physical activity performed by health agents in primary schools. Weight, height, body mass index (BMI) and waist circumference measures will be taken at each year by 3 years. A questionnaire about eating and physical activity habits questionnaire will be filled by the parents each year, 3 times.

**Control:**

Scholars will follow usual activities in primary schools. Weight, height, BMI and waist circumference measures will be taken at each year by 3 years. A questionnaire about eating and physical activity habits questionnaire will be filled by the parents at the inclusion and final visits.

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome measure**

To reduce prevalence of obesity.

All measures have taken in May of 2006, 2007, 2008, 2009, 2010.

**Secondary outcome measures**

1. To improve dietary and physical activity habits
2. To measure weight, height, BMI, waist circumference measures will be taken at each visit

All measures have taken in May of 2006, 2007, 2008, 2009, 2010.

**Overall study start date**

01/04/2006

**Completion date**

30/12/2010

## **Eligibility**

**Key inclusion criteria**

1. Primary scholars aged 6 to 9 years from Cambrils, Reus, Salou and Vilaseca
2. Public and private schools

**Participant type(s)**

Patient

**Age group**

Child

**Lower age limit**

6 Years

**Upper age limit**

9 Years

**Sex**

Both

**Target number of participants**

700 participants in control and 700 participants in intervention groups

**Key exclusion criteria**

Not adequate age

**Date of first enrolment**

01/04/2006

**Date of final enrolment**

30/12/2010

**Locations****Countries of recruitment**

Spain

**Study participating centre**

C/Sant Llorenç, nº 21

Reus

Spain

43201

**Sponsor information****Organisation**

University of Rovira i Virgili (Universitat Rovira i Virgili) (Spain)

**Sponsor details**

Facultat de Medicina i Ciències de la Salut

C/Sant Llorenç, nº 21

Reus

Spain

43201

**Sponsor type**

University/education

**Website**

<http://www.urv.cat>

**ROR**

<https://ror.org/00g5sqv46>

# Funder(s)

## Funder type

Government

## Funder Name

Reddis Private Foundation (Fundació Privada Reddis) (Spain)

## Funder Name

Municipality of Reus (Ajuntament de Reus) (Spain)

## Funder Name

Ministry of Health (Conselleria de Salut) (Spain)

## Funder Name

Government of Catalonia (Generalitat de Catalunya) (Spain)

## Alternative Name(s)

Government of Catalonia

## Funding Body Type

Government organisation

## Funding Body Subtype

Local government

## Location

Spain

## Funder Name

Central Markey of Reus (Mercat Central de Reus) (Spain)

## Funder Name

Protected Designation of Origin Siurana (DOP Siurana) (Spain)

## Funder Name

La Morella Nuts (Spain)

### Funder Name

Technological Centre of Nutritional Health CT09-1-0019 (Centre Tecnològic de Nutrició i Salut)  
(Spain)

## Results and Publications

### Publication and dissemination plan

Not provided at time of registration

### Intention to publish date

### 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="#">Protocol article</a>	protocol	27/02/2011		Yes	No
<a href="#">Results article</a>	results	14/02/2014		Yes	No
<a href="#">Results article</a>	4-year follow-up results	05/01/2018		Yes	No