

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

<b>Submission date</b>	<b>Recruitment status</b>	<input type="checkbox"/> Prospectively registered
24/05/2010	No longer recruiting	<input checked="" type="checkbox"/> Protocol
<b>Registration date</b>	<b>Overall study status</b>	<input type="checkbox"/> Statistical analysis plan
28/05/2010	Completed	<input checked="" type="checkbox"/> Results
<b>Last Edited</b>	<b>Condition category</b>	<input type="checkbox"/> Individual participant data
24/05/2018	Nutritional, Metabolic, Endocrine	

## 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

### Protocol serial number

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

## **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

## **Study type(s)**

Prevention

## **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(s)**

To reduce prevalence of obesity.

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

## **Key secondary outcome(s)**

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.

#### **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

#### **Healthy volunteers allowed**

No

#### **Age group**

Child

#### **Lower age limit**

6 years

#### **Upper age limit**

9 years

#### **Sex**

All

#### **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)

### 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

### 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="#">Results article</a>	results	14/02/2014		Yes	No
<a href="#">Results article</a>	4-year follow-up results	05/01/2018		Yes	No
<a href="#">Protocol article</a>	protocol	27/02/2011		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes