

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

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

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

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?
Results article	results	14/02/2014		Yes	No
Results article	4-year follow-up results	05/01/2018		Yes	No
Protocol article	protocol	27/02/2011		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes