

# A Lifestyle Intervention Program in Children with Obesity (LIPCO)

<b>Submission date</b> 03/01/2012	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 08/02/2012	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 31/07/2014	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Childhood obesity has become a common disease since the 1980s. The aim of this study was to implement and compare two different 12-month lifestyle treatment protocols for 10-year old children with obesity in primary pediatric care.

### Who can participate?

Children aged 10 years with obesity.

### What does the study involve?

Children were referred from school health care and were randomly allocated to one of the two programs. The children undergoing treatment were assessed medically at the start of the study and after 1 year. Measurements of weight, height, waist circumference, blood pressure and biological markers in the blood were carried out at assessments. For comparison, normal weight and overweight children were also studied in parallel, but no intervention took place in these children. A waiting list control group of children with obesity, not receiving treatment, were also used for comparison.

### What are the possible benefits and risks of participating?

Not provided at time of registration.

### Where is the study run from?

The study was performed in the region of Västra Götaland in Sweden at four pediatric outpatient wards.

### When is the study starting and how long is it expected to run for?

The study ran from April 2004 to February 2007.

### Who is funding the study?

Healthcare Authority, Västra Götaland (Sweden).

Who is the main contact?  
Staffan Mårild  
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## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
N/A

## Study information

**Scientific Title**  
A one-year lifestyle intervention program emphasizing physical activity versus a conventional program in 10 year old children with obesity: a randomised controlled trial

**Acronym**  
LIPCO

**Study objectives**  
Putting an emphasis on physical activity in the treatment of children with obesity will result in a more favorable 1 year outcomes of body mass index (BMI), waist circumference, and metabolic markers than a protocol without such components.

**Ethics approval required**  
Old ethics approval format

**Ethics approval(s)**  
Ethical Committee of Göteborg University, 09/12/2003, ref: Ö348-03

**Study design**

Multicenter randomised controlled trial

**Primary study design**

Interventional

**Study type(s)**

Treatment

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

Obesity

**Interventions**

At each of the four centres, nurses and dieticians met children and parents 12 times during 1 year.

Both arms had most elements in common. The children were included and randomized to either treatment arm consecutively. They were examined immediately before and directly after the intervention by a pediatrician. Special attention was given to anthropometric and blood pressure measurements, blood sampling for markers of the metabolic syndrome and a detailed parental questionnaire. All had 12 one-hour visits during a 12-month period, when parents and children met pediatric nurses four times or dieticians four times.

The remaining four visits were planned to differ for the two arms: in one a physiotherapist met the child and its parents and had the task to stimulate an increase in daily physical activity. Pedometers, reduction-of-TV-viewing-curricula and special fun diaries, phone reminders and support at follow-up visits were used to emphasize/stimulate physical activity in the family lifestyle. In the other arm, the pediatric nurse had the corresponding four visits using 'conventional' methods.

Motivational interviewing and lifestyle change protocols where cognitive behavior techniques were used and common methods for all personnel in both arms.

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome(s)**

BMI - z score

**Key secondary outcome(s)**

1. Waist circumference
2. Homeostatic Model Assessment (HOMA) score
3. Lipids and other markers in blood

Measured 4-5 years after the start of the treatment

**Completion date**

01/02/2007

# Eligibility

## Key inclusion criteria

1. Children aged 10 years with obesity defined by the International Obesity Task Force (IOTF) cut-offs
2. Informed consent given from the parents of all patients

## Participant type(s)

Patient

## Healthy volunteers allowed

No

## Age group

Child

## Lower age limit

10 years

## Upper age limit

10 years

## Sex

All

## Key exclusion criteria

Syndromal obesity

## Date of first enrolment

01/04/2004

## Date of final enrolment

01/02/2007

# Locations

## Countries of recruitment

Sweden

## Study participating centre

The Queen Silvia Children's Hospital

Göteborg

Sweden

SE 41685

# Sponsor information

## Organisation

Health Authority, Västra Götaland (Sweden)

## ROR

<https://ror.org/00a4x6777>

## Funder(s)

### Funder type

Government

### Funder Name

Healthcare Authority, Västra Götaland (Sweden)

## 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	01/06/2013		Yes	No