

Active Programme Promoting Lifestyle Education in Schools (APPLES)

Submission date 23/01/2004	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 23/01/2004	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
Last Edited 01/08/2012	Condition category Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
PCC112 RUDOLF R&D

Study information

Scientific Title

Acronym

APPLES

Study objectives

Obesity is a major public health problem affecting some 15% of the adult population, causing significant morbidity. As such, it forms one of the Health of the Nation targets. Control of obesity, once established is notoriously difficult to achieve, and preventative measures are therefore required. The proposed study has been designed to determine whether a Primary School based health education programme can influence life style factors (namely nutrition and exercise) and so affect the development of obesity.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Study design

Randomised controlled trial

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Other

Study type(s)

Other

Participant information sheet

Health condition(s) or problem(s) studied

Other nutritional, metabolic and endocrine disease

Interventions

1. Primary School based health education programme
2. No programme

Intervention Type

Other

Phase

Not Specified

Primary outcome measure

If successful, an improvement in quality of diet and levels of exercise will be achieved in children of all weights, along with a reduction in the number of children in the overweight category. The principal benefit to the NHS will be the development of a novel approach to the problem of obesity for an age group where it is most likely to have an effect. Other benefits include the adoption of Health Promoting School principles in additional schools in Leeds, validation of the new BMI charts in childhood, and critical trial of health education curriculum materials.

Secondary outcome measures

Not provided at time of registration

Overall study start date

06/01/1996

Completion date

31/05/1999

Eligibility

Key inclusion criteria

Children attending primary schools in Leeds

Participant type(s)

Patient

Age group

Child

Sex

Both

Target number of participants

Not provided at time of registration

Key exclusion criteria

Does not match inclusion criteria

Date of first enrolment

06/01/1996

Date of final enrolment

31/05/1999

Locations

Countries of recruitment

England

United Kingdom

Study participating centre
Department of Community Paediatrics
Leeds
United Kingdom
LS2 9NP

Sponsor information

Organisation
NHS R&D Regional Programme Register - Department of Health (UK)

Sponsor details
The Department of Health
Richmond House
79 Whitehall
London
United Kingdom
SW1A 2NL
+44 (0)20 7307 2622
dhmail@doh.gsi.org.uk

Sponsor type
Government

Website
<http://www.doh.gov.uk>

Funder(s)

Funder type
Government

Funder Name
NHS Executive Northern and Yorkshire (UK)

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?
Results article	results	03/11/2001		Yes	No