

# STockholm Obesity Prevention Project

<b>Submission date</b> 16/10/2008	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 27/10/2008	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 04/07/2019	<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**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
N/A

## Study information

**Scientific Title**  
A four-year, cluster randomised controlled childhood obesity prevention study

**Acronym**  
STOPP

**Study objectives**

To assess whether a school-based prevention programme focused on reduced unhealthy eating and increased physical activity during school time over a four-year period could reduce the prevalence of overweight and obesity among 6 - 10 year old children. Also, to assess whether the intervention affected physical activity measured objectively by accelerometry and whether eating habits at home differed between control and intervention schools at the end of the intervention.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

The study was approved by the Regional Ethical Review Board in Stockholm on the 10th January 2001 (ref: 2001/336)

**Study design**

Cluster randomised, controlled study

**Primary study design**

Interventional

**Study type(s)**

Prevention

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

Childhood overweight and obesity

**Interventions**

Ten schools were selected in Stockholm county area and randomised to intervention (n = 5) and control (n = 5) schools.

In the intervention group, low fat dairy products and whole grain bread were promoted and all sweets and sweetened drinks were eliminated in intervention schools. Physical activity was aimed to increase by 30 minutes per day during school time and sedentary behaviour restricted during after school care time.

The control group received no intervention and continued as usual.

The children entered the study during their first school year (6 years of age) and participated in the study until their fourth school year (9 - 10 years of age). Thus, the children who entered the study during their first school year in August 2001 participated in the programme for four years whereas children who started school at a later year participated in the programme for shorter time periods. The study terminated in June 2005.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

To measure body mass index standard deviation score (BMIsds) changes from the first to the last measurement of height and weight. Weight and height measures were performed in all children at the yearly school start in the autumn. For children who finished the fourth grade and therefore left the study, weight and height were also were measured at the end of the school year (May - June).

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

1. Prevalence of overweight and obesity at start and end of the intervention
2. Physical activity measured by accelerometry: 10 children from the intervention schools and 10 from the control schools were randomly selected for weekly accelerometer assessments each week during the intervention
3. Eating habits at home assessed by parental report: at the end of the study a questionnaire regarding eating habits at home were distributed to all children in the third and the fourth grade
4. Prevalence of eating disorders evaluated by self-report: assessed by a Swedish version of ChEAT (Children's Eating Attitude Test) and all children participating in the project were requested to fill in the questionnaire before terminating the project in grade 4

### **Completion date**

07/01/2005

## **Eligibility**

### **Key inclusion criteria**

1. Schools with a mixed pupil population with children from middle and working class families living both in blocks of flats and in detached houses
2. Children aged 6 - 10 years, either sex

### **Participant type(s)**

Patient

### **Healthy volunteers allowed**

No

### **Age group**

Child

### **Lower age limit**

6 years

### **Upper age limit**

10 years

### **Sex**

All

### **Total final enrolment**

3135

### **Key exclusion criteria**

Schools with children from high socio-economic families

**Date of first enrolment**

08/01/2001

**Date of final enrolment**

07/01/2005

## **Locations**

**Countries of recruitment**

Sweden

**Study participating centre**

Karolinska Institutet

Stockholm

Sweden

141 86

## **Sponsor information**

**Organisation**

Stockholm County Council (Sweden)

**ROR**

<https://ror.org/02zrae794>

## **Funder(s)**

**Funder type**

Government

**Funder Name**

Stockholm County Council (Sweden)

**Alternative Name(s)**

Stockholm County Council

**Funding Body Type**

Government organisation

**Funding Body Subtype**

Local government

**Location**

Sweden

**Funder Name**

Swedish Council for Working Life and Social Research (Sweden)

**Alternative Name(s)**

Swedish Council for Working Life and Social Research, FAS

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Other non-profit organizations

**Location**

Sweden

**Funder Name**

Swedish Research Council (Sweden)

**Alternative Name(s)**

Swedish Research Council, VR

**Funding Body Type**

Government organisation

**Funding Body Subtype**

National government

**Location**

Sweden

**Funder Name**

Freemasons in Stockholm Foundation for Childrens Welfare (Sweden)

**Funder Name**

Signhild Engkvist Foundation (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	01/04/2009	04/07/2019	Yes	No