

Prevalence of the metabolic syndrome and its components in a Spanish community cohort: relation to lifestyle (estudio de prevalencia del síndrome metabólico y sus componentes: relación con el estilo de vida)

Submission date 08/04/2010	Recruitment status No longer recruiting	☒ Prospectively registered
		☐ Protocol
Registration date 20/04/2010	Overall study status Completed	☐ Statistical analysis plan
		☐ Results
Last Edited 20/04/2010	Condition category Nutritional, Metabolic, Endocrine	☐ Individual participant data
		☐ Record updated in last year

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

B2010-1

Study information

Scientific Title

Prevalence of the metabolic syndrome and its components in relation to lifestyle in a Spanish community cohort: A cross sectional study

Acronym

DETECTA

Study objectives

The metabolic syndrome is a cluster of cardio-metabolic risk factors closely linked to abdominal obesity and insulin resistance that considerably increases the risk of cardiovascular disease and diabetes and is reported to affect close of 25% of the population worldwide. The global obesity epidemic, associated with unhealthy diets and sedentariness, is also present in Spain, where a high frequency of the metabolic syndrome is predicted. This topic has only been partially investigated, no data for the overall Spanish population is available, and associations with socioeconomic and lifestyle factors have not been assessed. We hypothesised an overall 30% prevalence of the metabolic syndrome closely related to age, socioeconomic status and lifestyle.

Ethics approval required

Old ethics approval format

Ethics approval(s)

The institutional review board of the Hospital Clinic of Barcelona approved on the 11th of March 2010 (ref: 2010/5674)

Study design

Cross-sectional study

Primary study design

Observational

Study type(s)

Other

Health condition(s) or problem(s) studied

Obesity; metabolic syndrome; cardiovascular risk factors; lifestyle (including physical exercise and dietary variables)

Interventions

1. Clinical history
2. Anthropometric, adiposity and blood pressure measurements
3. Dietary and physical activity questionnaires

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Prevalence and geographical distribution of the metabolic syndrome (updated National Cholesterol Education Program Adult Treatment Panel [NCEP ATP] III definition) by:

1. Gender
2. Age ranges 21-40, 41-60 and 61-80 years

Key secondary outcome(s)

Prevalence of the metabolic syndrome by

1. Ethnic group (definition in immigrants based on waist circumference cut offs defined for different continents)
2. Socioeconomic status
3. Urban or rural residence
4. Main usual diet components
5. Alcohol consumption
6. Physical activity level
7. Smoking status

Completion date

30/04/2011

Eligibility**Key inclusion criteria**

1. Men and women aged 21-80 years attending family practices throughout Spain
2. Consulting for reasons other than the evaluation or control of cardio-metabolic risk factors or diabetes
3. Blood chemistry including fasting glucose and a lipid profile within the prior 6 months
4. Signed and informed consent

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

1. Type 1 diabetes
2. Severe chronic disease
3. Active non-skin cancer or cancer surgery within the previous 2 years
4. Prior organ transplantation and/or immunosuppressive treatment
5. Major surgery within the prior 3 months
6. Major psychiatric illness
7. Alcoholism or drug abuse
8. Known positive HIV status

9. Gain or loss of 5 or more kg within the last 3 months, voluntarily or because of illness
10. Inability to understand the purpose of the study

Date of first enrolment

01/05/2010

Date of final enrolment

30/04/2011

Locations

Countries of recruitment

Spain

Study participating centre

Endocrinology and Nutrition Service

Barcelona

Spain

08036

Sponsor information

Organisation

Abbott Healthcare S.A. (Spain)

ROR

<https://ror.org/01w8r0j67>

Funder(s)

Funder type

Industry

Funder Name

Abbott Healthcare S.A. (Spain) - unrestricted grant

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration