

Preventing childhood obesity in the UK, with a focus on South Asian children (Birmingham healthy Eating and Active lifestyle for CHildren Study)

Submission date 28/05/2010	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 28/05/2010	Overall study status Completed	☐ Protocol
Last Edited 10/08/2016	Condition category Nutritional, Metabolic, Endocrine	☐ Statistical analysis plan
		☒ Results
		☐ 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

4795

Study information

Scientific Title

Preventing childhood obesity in the UK, with a focus on South Asian children (Birmingham healthy Eating and Active lifestyle for CHildren Study)

Acronym

BEACHeS

Study objectives

The aim is to develop an intervention programme for preventing obesity in children, which can later be evaluated in a definitive randomised controlled trial (RCT). The objectives for the study therefore include:

1. To apply an environmental analysis framework to prioritise components for the interventional package
2. To develop the components and time sequence of the intervention programme
3. To assess baseline physical activity (PA), diet and obesity measures in the populations under study
4. To implement an exploratory trial using the intervention, assess feasibility and acceptability
5. To pilot instruments (for obesity, dietary and physical-activity assessment) that will be used for outcome assessment in the definitive trial

Ethics approval required

Old ethics approval format

Ethics approval(s)

MREC approved (ref: 06/Q2703/43)

Primary study design

Interventional

Study design

Multicentre non-randomised interventional prevention trial

Study type(s)

Prevention

Health condition(s) or problem(s) studied

Topic: Primary Care Research Network for England, Generic Health Relevance and Cross Cutting Themes; Subtopic: Not Assigned, Generic Health Relevance (all Subtopics); Disease: All Diseases, Paediatrics

Interventions

Interventional schools: Increase children's physical activity levels through schools, including physical activity, cooking and skills for families (through cooking skills workshops, signposting of local leisure facilities and organised taster sessions, and setting up walking teams)

Control schools: No active intervention

Intervention Type

Other

Phase

Phase I/II

Primary outcome(s)

Feasibility and acceptability of intervention

Key secondary outcome(s)

Direction of effect for change in measures of obesity, physical activity and diet

Completion date

05/06/2009

Eligibility

Key inclusion criteria

1. Children aged 5 - 7 at baseline, either sex
2. Attending one of the selected schools

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Child

Lower age limit

5 Years

Upper age limit

7 Years

Sex

All

Key exclusion criteria

Parents do not give active consent

Date of first enrolment

13/11/2006

Date of final enrolment

05/06/2009

Locations

Countries of recruitment

United Kingdom

England

Study participating centre
Edgbaston
Birmingham
United Kingdom
B15 2TT

Sponsor information

Organisation
University of Birmingham (UK)

ROR
<https://ror.org/03angcq70>

Funder(s)

Funder type
Research council

Funder Name
Medical Research Council (MRC) (UK) (ref: 75374)

Alternative Name(s)
Medical Research Council (United Kingdom), UK Medical Research Council, Medical Research Committee and Advisory Council, MRC

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
United Kingdom

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	09/02/2016		Yes	No