

Active Programme Promoting Lifestyle Education in Schools (APPLES)

Submission date

23/01/2004

Recruitment status

No longer recruiting

☐ Prospectively registered

☐ Protocol

Registration date

23/01/2004

Overall study status

Completed

☐ Statistical analysis plan

☒ Results

Last Edited

01/08/2012

Condition category

Nutritional, Metabolic, Endocrine

☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Protocol serial number

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

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Other

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(s)

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.

Key secondary outcome(s)

Not provided at time of registration

Completion date

31/05/1999

Eligibility

Key inclusion criteria

Children attending primary schools in Leeds

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Child

Sex

All

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

United Kingdom

England

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)

Funder(s)

Funder type

Government

Funder Name

NHS Executive Northern and Yorkshire (UK)

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	03/11/2001		Yes	No