

Development of interventions to reduce the risk of coronary heart disease (CHD) in South Asians

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 24/10/2019	Condition category Circulatory System	☐ 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

WE1

Study information

Scientific Title

Development of interventions to reduce the risk of coronary heart disease (CHD) in South Asians

Study objectives

People from South Asia have a 40% higher incidence of coronary heart disease, and a fivefold higher rate of non-insulin-dependant diabetes compared to other UK residents. These problems are linked to metabolic disturbances associated with insulin resistance and central obesity. The aims of this study were to see if these metabolic disturbances could be reversed by exercise or by dietary supplementation with omega-3 fatty acids.

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)

Not Specified

Health condition(s) or problem(s) studied

Heart disease

Interventions

There were three exercise categories

- i. Walking
- ii. Jogging
- iii. Running

comprising a 12 week programme with examinations 24 hours after the last session; a similar programme with examinations 5 days after the last session; and no change in activity. The exercise programmes involved three half hour sessions of walking/jogging/running, and one supervised aerobic circuit session per week.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

1. Insulin resistance was measured by a frequently-sampled intravenous glucose tolerance test after a 3-day high carbohydrate diet.
 2. Cardio-respiratory function was assessed by measuring oxygen uptake during exercise on a treadmill using the Bruce protocol.
 3. Before the programme height, weight, hip and waist circumference were measured.
- Information was sought on medical history, and on cigarette and alcohol consumption.

Key secondary outcome(s)

Not provided at time of registration.

Completion date

01/07/1997

Eligibility

Key inclusion criteria

92 subjects were recruited from general practices in West London. 87 subjects completed the trial made up of 28 South Asian men, 12 South Asian women, 27 European men, and 20 European women.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

Not provided at time of registration.

Date of first enrolment

01/07/1994

Date of final enrolment

01/07/1997

Locations

Countries of recruitment

United Kingdom

Ireland

Study participating centre

Conway Institute

Dublin

Ireland

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Sponsor information

Organisation

Record Provided by the NHS R&D 'Time-Limited' National Programme Register - Department of Health (UK)

Funder(s)

Funder type

Government

Funder Name

NHS Cardiovascular Disease and Stroke National Research and Development Programme

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration