

Cardiovascular risk reduction study: supported by an integrated dietary approach

Submission date 04/08/2010	Recruitment status No longer recruiting	☐ Prospectively registered ☐ Protocol
Registration date 11/10/2010	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 19/01/2017	Condition category Circulatory System	☐ 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
N02047

Study information

Scientific Title

The effectiveness of an integrated cardioprotective dietary intervention compared with an average UK diet in reducing cardiovascular disease risk factors in older men and women aged 40 - 70 years

Acronym

CRESSIDA

Study objectives

An integrated dietary approach using a cardioprotective diet will significantly reduce cardiovascular disease (CVD) risk factors compared to the average UK diet.

Ethics approval required

Old ethics approval format

Ethics approval(s)

St. Thomas' Hospital Research Ethics Committee, April 2010, ref: 10/H0802/24

Primary study design

Interventional

Study design

Randomised parallel-design single-centre controlled trial

Study type(s)

Prevention

Health condition(s) or problem(s) studied

Cardiovascular disease

Interventions

This is a controlled dietary intervention trial comparing a cardioprotective diet (decreased salt and saturated fatty acids intake, and increased wholegrain cereals, fruit and vegetables and oily fish intake) with a control diet (average UK diet) for 3 months.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

A change in systolic blood pressure (BP) measured by ambulatory blood pressure, a change in endothelial function measured by flow-mediated dilation, and a change in total/high density lipoprotein (HDL) cholesterol ratio measured at baseline and 3 months.

Key secondary outcome(s)

1. A change in arterial stiffness (pulse wave velocity and digital volume pulse), measured at baseline and 3 months

2. A change in insulin sensitivity (revised quantitative insulin sensitivity test [RQUICKI] and serum adiponectin), measured at baseline and 3 months
3. A change in C-reactive protein concentrations, measured at baseline and 3 months

Completion date

30/06/2012

Eligibility

Key inclusion criteria

Healthy men and women, aged 40 - 70 years

Participant type(s)

Healthy volunteer

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

1. A reported history of angina, myocardial infarction, peripheral vascular disease, congenital heart disease or stroke
2. Asymptomatic atrial fibrillation
3. Type 1 or type 2 diabetes mellitus (fasting plasma glucose greater than 7 mmol/L)
4. Seated blood pressure greater than 160/105 mmHg
5. Current use of medication for lowering blood cholesterol (statins) or blood pressure
6. Body mass index less than 18.5 and greater than 35 kg/m²
7. An overall risk of cardiovascular disease over the next ten years of greater than 20% assessed according to current NICE guidelines in combination with untreated high blood pressure or raised cholesterol
8. Clinical history of cancer (excluding basal cell carcinoma) in the past five years
9. Chronic renal, liver or inflammatory bowel disease
10. Current cigarette smoker (confirmed by urinary cotinine analysis)
11. History of substance abuse or alcoholism (previous weekly alcohol intake greater than 60 units/men or 50 units/women)
12. Current self-reported weekly alcohol intake not exceeding 21 units for women and 28 for men
13. Currently pregnant, planning pregnancy or having had a baby in the last 12 months
14. Unwilling to follow the protocol and/or give informed consent
15. Unwilling to refrain from use of dietary supplements
16. Unwilling to restrict consumption of oily fish
17. Weight change of greater than 3 kg in preceding 2 months

Date of first enrolment

16/07/2010

Date of final enrolment

30/06/2012

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Nutritional Science Division

London

United Kingdom

SE1 9NH

Sponsor information

Organisation

King's College London (KCL) (UK)

ROR

<https://ror.org/0220mzb33>

Funder(s)

Funder type

Industry

Funder Name

Food Standards Agency (FSA) (UK) (ref: N02047)

Alternative Name(s)

The Food Standards Agency, FSA

Funding Body Type

Private sector organisation

Funding Body Subtype

Other non-profit organizations

Location

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	01/05/2015		Yes	No
Results article	results	01/04/2017		Yes	No
Results article	results	01/06/2017		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes
Study website	Study website	11/11/2025	11/11/2025	No	Yes