

STockholm Obesity Prevention Project

Submission date 16/10/2008	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 27/10/2008	Overall study status Completed	☐ Protocol
Last Edited 04/07/2019	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

Contact name
Prof Claude Marcus

Contact details
Karolinska Institutet
Division of pediatrics, B 57
Department of Clinical Science, Intervention and Technology
Stockholm
Sweden
141 86
-
claude.marcus@ki.se

Additional identifiers

Study information

Scientific Title
A four-year, cluster randomised controlled childhood obesity prevention study

Acronym
STOPP

Study objectives

To assess whether a school-based prevention programme focused on reduced unhealthy eating and increased physical activity during school time over a four-year period could reduce the prevalence of overweight and obesity among 6 - 10 year old children. Also, to assess whether the intervention affected physical activity measured objectively by accelerometry and whether eating habits at home differed between control and intervention schools at the end of the intervention.

Ethics approval required

Old ethics approval format

Ethics approval(s)

The study was approved by the Regional Ethical Review Board in Stockholm on the 10th January 2001 (ref: 2001/336)

Primary study design

Interventional

Study design

Cluster randomised, controlled study

Study type(s)

Prevention

Health condition(s) or problem(s) studied

Childhood overweight and obesity

Interventions

Ten schools were selected in Stockholm county area and randomised to intervention (n = 5) and control (n = 5) schools.

In the intervention group, low fat dairy products and whole grain bread were promoted and all sweets and sweetened drinks were eliminated in intervention schools. Physical activity was aimed to increase by 30 minutes per day during school time and sedentary behaviour restricted during after school care time.

The control group received no intervention and continued as usual.

The children entered the study during their first school year (6 years of age) and participated in the study until their fourth school year (9 - 10 years of age). Thus, the children who entered the study during their first school year in August 2001 participated in the programme for four years whereas children who started school at a later year participated in the programme for shorter time periods. The study terminated in June 2005.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

To measure body mass index standard deviation score (BMIsds) changes from the first to the last measurement of height and weight. Weight and height measures were performed in all children at the yearly school start in the autumn. For children who finished the fourth grade and therefore left the study, weight and height were also were measured at the end of the school year (May - June).

Key secondary outcome(s)

1. Prevalence of overweight and obesity at start and end of the intervention
2. Physical activity measured by accelerometry: 10 children from the intervention schools and 10 from the control schools were randomly selected for weekly accelerometer assessments each week during the intervention
3. Eating habits at home assessed by parental report: at the end of the study a questionnaire regarding eating habits at home were distributed to all children in the third and the fourth grade
4. Prevalence of eating disorders evaluated by self-report: assessed by a Swedish version of ChEAT (Children's Eating Attitude Test) and all children participating in the project were requested to fill in the questionnaire before terminating the project in grade 4

Completion date

07/01/2005

Eligibility

Key inclusion criteria

1. Schools with a mixed pupil population with children from middle and working class families living both in blocks of flats and in detached houses
2. Children aged 6 - 10 years, either sex

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Child

Lower age limit

6 Years

Upper age limit

10 Years

Sex

All

Total final enrolment

3135

Key exclusion criteria

Schools with children from high socio-economic families

Date of first enrolment

08/01/2001

Date of final enrolment

07/01/2005

Locations

Countries of recruitment

Sweden

Study participating centre

Karolinska Institutet

Stockholm

Sweden

141 86

Sponsor information

Organisation

Stockholm County Council (Sweden)

ROR

<https://ror.org/02zrae794>

Funder(s)

Funder type

Government

Funder Name

Stockholm County Council (Sweden)

Alternative Name(s)

Stockholm County Council

Funding Body Type

Government organisation

Funding Body Subtype

Local government

Location

Sweden

Funder Name

Swedish Council for Working Life and Social Research (Sweden)

Alternative Name(s)

Swedish Council for Working Life and Social Research, FAS

Funding Body Type

Private sector organisation

Funding Body Subtype

Other non-profit organizations

Location

Sweden

Funder Name

Swedish Research Council (Sweden)

Alternative Name(s)

Swedish Research Council, VR

Funding Body Type

Government organisation

Funding Body Subtype

National government

Location

Sweden

Funder Name

Freemasons in Stockholm Foundation for Childrens Welfare (Sweden)

Funder Name

Signhild Engkvist Foundation (Sweden)

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	01/04/2009	04/07/2019	Yes	No