A Study of the Effect of Replacing Sugary Drinks by Low-Sugar Alternatives on Body Weight and Fat Mass in Children (DRINK).

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The hypothesis is that intake of liquid carbohydrates is not compensated sufficiently by reducing caloric consumption from other foods. This leads to incomplete compensation for the energy ingested and eventually results in weight gain.

Ethische beoordeling	Positief advies
Status	Werving gestopt
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON27678

Bron
Nationaal Trial Register

Verkorte titel
DRINK study

Aandoening

obesity
overweight

Ondersteuning

Primaire sponsor: VU University Amsterdam
Overige ondersteuning: ZonMw: The Netherlands Organisation for Health Research and Development
Dutch Heart Foundation
KNAW: Royal Netherlands Academy of Arts and Sciences

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

BMI z-score.

Toelichting onderzoek

Achtergrond van het onderzoek

Obesity results from an imbalance between energy intake and energy expenditure. There is much speculation about foods that are particularly fattening, and sugary drinks are seen as major culprits. It is hypothesized that a high intake of calories from sugary drinks would not be compensated for by reduced food intake at subsequent meals. As a result body weight would increase. In this double-blind, long term, randomized controlled trial the effect of replacing sugar-containing beverages by low-sugar alternatives on body weight and fat mass in children will be investigated.

Doel van het onderzoek

The hypothesis is that intake of liquid carbohydrates is not compensated sufficiently by reducing caloric consumption from other foods. This leads to incomplete compensation for the energy ingested and eventually results in weight gain.

Onderzoeksopzet

0, 6, 12 and 18 months.

Onderzoeksproduct en/of interventie

1. Intervention 1: 250 mL per day of sugar-containing lemonade;

2. Intervention 2: 250 mL per day of lemonade low in sugar. The low-sugar drinks are sweetened with artificial sweeteners.

The intervention will take 18 months.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Healthy school going boys and girls;

2. Age 5 years and older, children still have to be in elementary school at the end of the study;

3. Children who already habitually consume 250 mL per day or more of sugary drinks.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Using medication or under medical treatment for obesity;

2. Any acute or chronic disease such as diabetes, growth disorders, celiac disease, or serious gastroenterological diseases;

3. Medical history or surgical events known to interfere with the study;

4. Participation in another intervention trial up to 3 months before and during the study, if the intervention interferes with the current study;

5. Physical disabilities that hamper the measurements;

6. Intention to change location of residence and primary school during the study period.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Dubbelblind
Controle:	Geneesmiddel

Deelname

Nederland

Status:	Werving gestopt
(Verwachte) startdatum:	01-05-2009
Aantal proefpersonen:	600
Type:	Werkelijke startdatum

Ethische beoordeling

Positief advies

Datum:	04-05-2009
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL1695
NTR-old	NTR1796
Ander register	ZONMW / NHS : 120520010 / 2008B096
ISRCTN	ISRCTN wordt niet meer aangevraagd

Resultaten

Samenvatting resultaten
N/A