

# The effect of 'the healthy worksite cafeteria'

No registrations found.

<b>Ethical review</b>	Not applicable
<b>Status</b>	Recruiting
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON24679

### Source

NTR

### Health condition

Prevention of overweight  
Social marketing  
Nudging  
Preventie van overgewicht

## Sponsors and support

**Primary sponsor:** Vrije Universiteit Amsterdam (Initiator en Uitvoerder)

**Source(s) of monetary or material Support:** Vereniging Nederlandse  
Cateringorganisaties (Initiator en sponsor)

## Intervention

## Outcome measures

### Primary outcome

Sales data of food products in certain product categories: sandwiches, bread topping, (hot) snacks, hot meals, fruit&vegetables

## **Secondary outcome**

Subjective vitality and satisfaction of visitors of worksite cafeterias

## **Study description**

### **Background summary**

Background: Worksites cafeterias are a suitable setting for interventions focusing on changing eating behavior, because a lot of employees visit the worksite cafeteria regularly.

The aim of this paper is to describe the design and the evaluation of an intervention together with social marketing techniques called 'the healthy worksite cafeteria', to enhance eating behavior of Dutch employees. The intervention will be executed in a real-life setting, that is Dutch worksite cafeterias of different companies and with different catering organizations. Methods/design: The design is a randomized controlled trial (RCT) with 30 worksite cafeterias randomly assigned to the 12 week intervention group or to the control group. Primary outcomes are sales data of selected products. Secondary outcomes are satisfaction of employees with the cafeteria and subjective vitality.

Discussion: This study will provide evidence regarding the potential contribution of the intervention 'the healthy worksite cafeteria' in prevention of overweight of Dutch employees.

### **Study objective**

The objective of this study is to measure the effect of 'the healthy worksite cafeteria' on eating behavior of visitors in Dutch worksite cafeterias.

It is hypothesized that the intervention will result in an increase in sales of fruit and vegetables, products lower in energy, saturated fat and salt in the selected categories; sandwiches, hot snacks, bread toppings and hot meals.

### **Study design**

T0 1 month before start intervention

T1 1 month after start intervention

T2 2 months after start intervention

T3 3 months after start intervention

T4 1 month after ending intervention

## **Intervention**

'The healthy worksite cafeteria'

A set of about 20 strategies to nudge visitors of worksite cafeterias to a more healthy food choice.

## **Contacts**

### **Public**

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### **Scientific**

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## **Eligibility criteria**

### **Inclusion criteria**

Inclusion criteria for worksite cafeterias are:

- Minimum of 100 lunch customers per day.
- Cash desk system can registrate separate products.
- Cash desks are staffed.

- The worksite cafeteria or the company will not organize active nutritional or health campaigns from January 2016 until August 2016.
  - The company gives permission to change the selection of products for 12 weeks during the experiment to an intervention level of 'medium'\*.
  - The company gives permission to change the routing in the restaurant for 12 weeks during the experiment to an intervention level of 'medium'.
  - The company gives permission to change the price of products for 12 weeks during the experiment to an intervention level of 'medium'.
  - The company gives permission to change the promotion of products and menu for 12 weeks during the experiment to an intervention level of 'medium'.
  - The company gives permission for measuring sales data during the study, anonymously.
  - The company gives permission for conducting a questionnaire within their employees.
- \* The intervention level is explained in 'Intervention'

## Exclusion criteria

Exclusion criteria for worksite cafeterias are:

- Not able to fulfill all inclusion criteria.
- Performing all 'medium' intervention strategies prior to baseline.

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

## Recruitment

NL  
Recruitment status: Recruiting  
Start date (anticipated): 01-02-2016  
Enrollment: 35  
Type: Anticipated

## Ethics review

Not applicable  
Application type: Not applicable

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

### In other registers

Register	ID
NTR-new	NL5223
NTR-old	NTR5372
Other	Vereniging Nederlandse Cateringorganisaties : VU2015-08

## Study results