

"Mum, can I have some more vegetables today?"

VAH-Study (Veggies At Home).

Variëteit en keuze mogelijkheden in groente.

No registrations found.

Ethical review	Positive opinion
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON25802

Source

Nationaal Trial Register

Brief title

VAH-Study (veggies at home)

Health condition

Vegetables, children, intake, variety, choice
Groente, kinderen, inname, variëteit, keuze

Sponsors and support

Primary sponsor: Wageningen universiteit (WUR)

Source(s) of monetary or material Support: European Union (HabEat project)

Intervention

Outcome measures

Primary outcome

Intake will be a main endpoint of the study. Intake will be measured by weighing the plate with the vegetables before and after the dinner (left overs).

Secondary outcome

1. Mothers' perceived liking: After dinner the mothers or fathers or caregivers will rate how much they think the child likes the vegetable(s), on a 9-point scale on which 1 stands for "dislikes very much" 5 for "neither likes or dislikes" and 9 for "likes very much";
2. A day food diary. We will ask the parents to keep up a diary about what and how much the child eats during dinner time the day of the experiment, during the whole period (6 weeks, twice per week). With these data we monitor the vegetable intake and liking scores per child. We will ask what other food categories were eaten as a control for dinner composition and if the mother/father/caregiver or the child itself had served the vegetables. Next to that, we will ask some general information about the health status of the child.

Study description

Background summary

The results from the latest Dutch Survey Young Children 2005/2006 shows that most children in the Netherlands do not meet the recommended daily amount of vegetable intake (Ocké et al., 2008). On average two to three year-olds consumed 38 gram of vegetables per day, which is less than one serving spoon per day. While the recommendation of the daily vegetable intake for this age group is 50 to 100 gram (one to two serving spoons of vegetables per day). The need to eat the daily recommended vegetables for children is very urgent. To encourage children to eat more vegetables we need some innovative new strategies, easily applicable in real life situations/practice. A possible strategy can be a freedom of choice: to provide children with a choice during vegetable eating. In this study we want to understand how children develop food habits and what strategies can play a role in promoting vegetables. We aim in this study at a younger age (two-five years). The VAH-study (Veggies At Home) is a randomized intervention study at home of 6 weeks with two conditions varying the degree of choice concerning vegetable eating. In the no-choice conditioning, the child will be randomly assigned to one of six vegetables. In the choice condition, the child will have a choice out of two vegetables during the meal, both vegetables can be served on the child's plate. The same variety of vegetables will be used in both conditions. Twelve weekdays spread over 6 weeks (6x2) will be scheduled for the dinner sessions. Parents will receive their vegetable bags via the day care center per week. The bag will contain their vegetables for that week including tips and recipes (compare to the Dutch system 'Odin groentepakket'). The variety of vegetables will be selected using the following

criteria: 1. Most common eaten vegetables by 2-5 year-old Dutch children; 2. Vegetables fitting into a typical Dutch meal consisting potatoes, meat and vegetables. Depending on the family consistence families will be served 200 gram vegetables/adult, 100 gram vegetables/child (<4 years) and 150 gram vegetables/child (>4 years). A between subject design is used and each subject will be assigned to one condition only. The results from each group will be compared to each other to examine differences, and thus, effect of the choice-offering.

Study objective

We expect a positive effect of choice-offering in children resulting in increase in vegetable intake at home.

Study design

We expect a difference in vegetable intake of 15 g after 10 exposures.

Total length 12 exposures (twice/week for 6 weeks).

Intervention

The VAH-study (Veggies At Home) is a randomized intervention study at home of 6 weeks with two conditions varying the degree of choice concerning vegetable eating.

In the no-choice conditioning, the child will be randomly assigned to one of six vegetables.

In the choice condition, the child will have a choice out of two vegetables during the meal, both vegetables can be served on the child's plate. The same variety of vegetables will be used in both conditions. Participants will receive during the study twice/week one or two vegetables depending on which group the child is participating. In total 12 times exposure. Six different kind of regularly eaten vegetables by 2-6 years old Dutch children will be used in both groups.

Contacts

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Eligibility criteria

Inclusion criteria

1. Healthy children 2-5 years old;
2. Signed informed consent by parents.

Exclusion criteria

1. Children with food allergy for vegetables;
2. Children younger than 2 years and older than 5 years old;
3. Parents who did not sign the informed consent.

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active

Recruitment

NL
Recruitment status: Recruiting
Start date (anticipated): 14-01-2013
Enrollment: 60
Type: Anticipated

Ethics review

Positive opinion
Date: 18-12-2012
Application type: First submission

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	NL3599
NTR-old	NTR3757
Other	METC WUR : 12/30
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Study results

Summary results

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N/A