

The impact of providing a healthy school lunch at Dutch primary schools

No registrations found.

Ethical review	Not applicable
Status	Suspended
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON27951

Source

NTR

Health condition

Dutch children consume a dietary pattern high in foods and beverages with too much sugar, salt and saturated fat such as sugar-sweetened beverages, fried foods and sweet snacks. Furthermore, their diet is low in healthy foods like fruit, vegetables, fish and whole grain products. For example, 4-9 year old children eat on average 73g of vegetables per day while the recommended daily intake is 100-150g per day. Forty two percent of the children in this age group meet these recommendations. For 9-12 year old children, the recommended daily intake of vegetables is 150-200g per day but their estimated daily intake is 90g per day. Only 25% of the children in this age group consume enough vegetables. Since in the Netherlands there is a shift from eating lunch at home to eating lunch at school, providing a school lunch may be an important opportunity to improve the diet quality of Dutch children.

Sponsors and support

Primary sponsor: Ministry of Economic Affairs, Nederlandse Zuivel Organisatie (NZO), Nationaal Actieplan Groente & Fruit, De Kweker, Schoolsoepie, Boerenhart, Albert Heijn, Vezet, Dutch Cuisine, Groente en Fruithuis

Source(s) of monetary or material Support: Ministry of Economic Affairs, Nederlandse Zuivel Organisatie (NZO), Nationaal Actieplan Groente & Fruit, De Kweker, Schoolsoepie, Boerenhart, Albert Heijn, Vezet, Dutch Cuisine, Groente en Fruithuis

Intervention

Outcome measures

Primary outcome

Primary outcome measure: lunch intake of children at school

Secondary outcome

Primary outcome measure: self-reported food intake before and after school of vegetables, snacks and drinks (compensation patterns)

Secondary outcome measure: Children's evaluation and satiation after lunch at school. school lunch attitude, perceived appetite of child after school

Study description

Background summary

the aim of this study is to encourage healthy eating behavior of children in the primary school by offering a healthy and affordable school lunch, based on the Dutch guidelines for a healthy diet. In this study, two research questions will be addressed. The first descriptive research question is: What and how much do children consume from a self-served school lunch and how do they evaluate the lunch? The second research question is: What is the effect of a self-served school lunch on experienced satiety, estimated daily consumption of vegetables, snacks and sugary drinks before and after school (compensation effects)? In this study, children in groups 5-8 (aged 8-12 years) of three primary schools will receive a healthy school lunch for a 6-month period (November to April).

Study objective

Providing a healthy schoollunch (including vegetables and non-sugary drinks) to primary school children will lead to:

H1a Higher daily consumption of vegetables

H1b Lower daily consumption of sugary drinks

Study design

T0 baseline

T1 after 3 months

T2 after 6 months

Intervention

The dietary intervention consist of an ad-libitum lunch in the intervention schools during a 6-month period. Lunch is taking place in the class room or central hall. Children will be able to select lunch with food of high nutritional value by walking along a buffet at which all options are displayed. Every day, raw vegetables will be provided (50 grams per child) and a special lunch item, such as a vegetable soup. The development of this lunch was guided by a qualitative study among parents, school staff and other stakeholders (Rongen et al., in preparation).

Contacts

Public

Scientific

Eligibility criteria

Inclusion criteria

All children of the included schools are allowed to participate in the study. Schools were recruited by direct approach by the research team.

Exclusion criteria

There are no exclusion criteria for schools or children at schools.

Study design

Design

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

Recruitment

NL	
Recruitment status:	Suspended
Start date (anticipated):	28-09-2018
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	NL7402
NTR-old	NTR7618

Register

Other

ID

Ministerie LNV : BO-45-002-004

Study results

Summary results

Publicatie in tijdschrift voor gezondheidswetenschappen:

<http://etenopschool.org/wp-content/uploads/2017/09/TSG-doi.org10.1007s12508-018-0163-9-Een-verzorgde-lunch.pdf>