Amsterdam Lifestyle Intervention on Food and Exercise at Work.

No registrations found.

Ethical review	Positive opinion
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON29023

Source
Nationaal Trial Register

Brief title
ALIFE@Work

Intervention

Outcome measures

Primary outcome

1. Change in body weight;

2. Change in physical activity level;

3. Change in dietary intake.

Secondary outcome

Health, empowerment, self-efficacy and stage-of-change in relation to weight control, physical activity and eating habits, and sickness absence.

Study description

Background summary

Block randomization was used.

In this randomized controlled trial, 1386 overweight employees are participating and being followed for two years. Participants are employees working at seven different companies throughout The Netherlands.

Subjects in the phone-based group received the healthy lifestyle intervention program in a binder and were counseled by phone; subjects in the internet-based group followed the same program on the Internet and were counseled by e-mail.
Subjects in the reference group received information brochures with general information on overweight, physical activity and healthy nutrition, and were not counseled. The intervention program lasted six months and took place in the first half year of the two years.

Measurements are taken at baseline, and at 6, 12, 18 and 24 months of follow-up.

Study objective

It is hypothesized that participation in a healthy lifestyle program, aimed at controlling body weight by increasing physical activity and improving eating habits, may contribute to the reduction of overweight, to weight maintenance and consequently to the prevention of health problems, like type 2 diabetes mellitus, hypertension, hypercholesterolaemia and cardiovascular diseases.

Study design

N/A

Intervention

Two intervention conditions (phone-based [N=462] or Internet-based intervention[N=464]) or a reference group (N=460);

In addition, employees were randomized to either a group of employees having basic measures only (80% out of each group) or to a group of employees having additional measures (i.e. waist circumference, body fat percentage, blood pressure, total cholesterol level and fitness level; 20% subjects of each group). The two-step randomization means there are six groups an employee could be assigned to.

Contacts

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Eligibility criteria

Inclusion criteria

1. Paid employment on a permanent basis;

2. BMI ³ 25 kg/m2;

3. Adequate knowledge of the Dutch language;

4. Access to the internet and knowledge of how to use it;

5. At least 18 years of age.

Exclusion criteria

Employees will be excluded for the following reasons: pregnancy, diagnosis or treatment of cancer, or any other disorder that makes physical activity impossible.

Study design

Design

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

Recruitment

NL

Recruitment status:	Recruitment stopped
Start date (anticipated):	01-08-2002
Enrollment:	1386
Type:	Actual

Ethics review

Positive opinion

Date:	01-07-2005
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	NL22
NTR-old	NTR43
Other	: N/A
ISRCTN	ISRCTN04265725

Study results

Summary results

1. BMC Public Health. 2006 May 24;6:140.
2. BMC Med Res Methodol. 2008 Oct 28;8(1):69. [Epub ahead of print].