Cost-effectiveness of an individually-tailored long-term worksite health promotion programme on physical activity and nutrition

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Ethical review	Approved WMO
Status	Recruiting
Health condition type	Other condition
Study type	Interventional

Summary

ID

NL-OMON31200

Source
ToetsingOnline

Brief title
Cluster RCT of health promotion among workers

Condition

- Other condition

Synonym
health, health status

Health condition

algemene gezondheid

Research involving

Human

Sponsors and support

Primary sponsor: Erasmus MC, Universitair Medisch Centrum Rotterdam
Source(s) of monetary or material Support: ZonMw - preventie

Intervention

Keyword: health promotion, nutrition, physical activity, worksite

Outcome measures

Primary outcome

1) Compliance with recommendation of 30 or more minutes of moderate physical activity on at least 5 days a week, 2) compliance with recommendation of 20 minutes of vigorous physical activity on at least 3 days a week, and 3) compliance with recommendation of 200 grs fruit and 200 grs vegetables a day

Secondary outcome

Fat intake, risk profile on cardiovascular disease, body mass index, waist circumference, body fat percentage and endurance.

Study description

Background summary

Cardiovascular disease (CVD) is a leading cause of disability and mortality in The Netherlands. Major modifiable risk factors for CVD include low physical activity and poor nutrition. In the prevention of CVD programs that promote the adoption and maintenance of a physically active lifestyle and healthy diet are of great importance.
Worksite health promotion programmes (WHPP) have become popular since worksites offer an efficient structure to reach large group and make use of a natural social network for peer support. Contradictory results of randomized controlled trails have been published. There is a clear need for controlled studies which evaluate the cost-effectiveness of sustained, tailored intervention efforts in the workplace.

In this study a WHPP on different cardiovascular risk factors will be evaluated. The computer tailored intervention will be integrated in existing activities. The potential effective tailored intervention is based on scientific research and takes a long intervention and evaluation period. It is aimed to increase compliance to recommendations by means of a personal health portal and a personal coach.

Study objective

The aim of the study is to evaluate the cost-effectiveness of a personal health portal on internet to promote physical activity and fruit and vegetables consumption among workers. The specific research questions are:1. Does the personal health portal result in a better adherence to lifestyle recommendations and sustainability of a healthy lifestyle? 2. What is the cost-effectiveness of a personal health portal on top of a standard worksite health promotion programme?

Study design

The study is a pragmatic cluster randomised controlled trial with the worksite as the unit of randomisation and intervention. Participants are blinded to the type of intervention. The study takes 48 months, the intervention including follow-up takes 24 months. Measurements take place at baseline (questionnaire + health check), after 12 months (questionnaire) and after 24 months (questionnaire + health check).

Total load: 60 min. questionnaires, 60 min. health check - over 24 months.

Intervention

The control group will receive a standard WHPP. All workers receive a health check and fill out a questionnaire. Subsequently they have access to a report with their personal results on Internet. This standard WHPP will be compared to the intervention with on top of the standard WHPP a personal health portal on the Internet.
The health portal consists of:
- personal results on health check
- programmes for tailored advice on physical activity and diet based on recognized websites.
- possibilities to consult experts (such as a physiotherapist, dietician)
- reports on individual progress in health and healthy behaviour
- continuous feedback and support through monthly e-mails by a personal coach.
The complete health portal will be offered for 12 months. After 12 months the monthly contact by a personal coach will be terminated, but access remain throughout the project.

Study burden and risks

The questionnaire takes 20 minutes to complete. The health check takes 30 minutes.
The questionnaire will be filled out at baseline, after 12 months and after 24 months. The health check takes place at baseline and after 24 months.
In total, this means that de health checks and questionnaires take 120 minutes over 24 months.
Duration: 60 minutes questionnaire, 60 minutes health check over 24 months
No risks

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age
Adults (18-64 years)
Elderly (65 years and older)

Inclusion criteria

employment
working at least 12 hours per week
being literate enough to read and understand simple e-mail and internet-based messages in Dutch language
(these criteria apply to the study but not necessarily to the provision of the WHPP to workers)

Exclusion criteria

Insufficient Dutch language skills
working less than 12 hours per week

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active
Primary purpose:	Prevention

Recruitment

NL

Recruitment status:	Recruiting
Start date (anticipated):	24-07-2007
Enrollment:	1400
Type:	Actual

Ethics review

Approved WMO

Date:	23-07-2007

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
CCMO	NL17680.078.07