# The (cost) effectiveness of a tailor made intervention to prevent and educe overweight and musculoskeletal complaints among construction workers.

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The development and (cost-) effectiveness evaluation of a tailored intervention designed to prevent and reduce overweight and musculoskeletal disorders among construction workers.

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|---|---|
| **Ethical review** | Approved WMO |
| **Status** | Recruitment stopped |
| **Health condition type** | Other condition |
| **Study type** | Interventional |

## Summary

### ID

NL-OMON34641

**Source**
ToetsingOnline

**Brief title**
Vip in de Bouw

### Condition

- Other condition

**Synonym**
obesity, overweight

**Health condition**

overgewicht en obesitas en klachten aan het bewegingsapparaat

**Research involving**
Human

## Sponsors and support

**Primary sponsor:** Delta Lloyd Zorgverzekeringen
**Source(s) of monetary or material Support:** Delta LLoyd (Zorgverzekeraar)

## Intervention

**Keyword:** Musculoskeletal complaints, Obesity, Prevention, Randomized Controlled Trial

## Outcome measures

### Primary outcome

Body weight, BMI, waist circumference*, as well as musculoskeletal complaints

### Secondary outcome

- Physical activity and sedentary behaviour

*- Dietary behaviour

- Self-reported physical functioning

*- Cardiorespiratory fitness

*- Cardiovascular Disease risk profile

*- Work absenteeism

- Productivity

*- Workability

*- Cost-effectiveness

# Study description

### Background summary

The prevalence of obesity continues to increase rapidly. It is common knowledge that obesity has a negative impact on health, short term (e.g musculoskeletal disorders) as well as long term (e.g diabetes and cardiovascular disease). Recent research data show that the prevalence of overweight and obesity in workers in the construction industry is higher than in the general Dutch adult

population. Furthermore, in construction workers the prevalence of musculoskeletal disorders (MSD) is high. These complaints result in sickness absence and productivity loss, possibly related to an unhealthy lifestyle.

### Study objective

The development and (cost-) effectiveness evaluation of a tailored intervention designed to prevent and reduce overweight and musculoskeletal disorders among construction workers.

### Study design

The effectiveness of the intervention will be evaluated in a randomised controlled trial. Randomisation will take place at the individual level, using a computer generated list with randomisation numbers. Employees allocated to the intervention group will receive an intervention package, and guidance by a Personal Health Coach. Employees allocated to the control group will receive care as usual. Measurements of participating employees will take place at baseline, after 6 months and after 12 months.

### Intervention

The intervention programme is aimed at improving physical activity levels and nutritional behaviour and will consist of tailored information and counselling through a Personal Health Coach (face to face and telephone), training instructions (a fitness *card* to be used for exercises), and materials designed for the intervention (an overview of the companies health promoting facilities, a waist circumference measuring tape, a pedometer, BMI card, caloric guide, rand a cookbook).

### Study burden and risks

No risks are associated with participation.

## 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

The inclusion criteria for this study are: (1) workers that will be employed at the construction company until the follow up measurement; and (2) workers who signed an informed consent form before the baseline measurements.

## Exclusion criteria

Workers being on long term sick leave (* 4 weeks).

# Study design

## Design

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

| | |
|---|---|
| Primary purpose: | Prevention |

### Recruitment

NL

| | |
|---|---|
| Recruitment status: | Recruitment stopped |
| Start date (anticipated): | 18-02-2010 |
| Enrollment: | 468 |
| Type: | Actual |

## Ethics review

Approved WMO

| | |
|---|---|
| Date: | 10-02-2010 |
| Application type: | First submission |
| Review commission: | METC Amsterdam UMC |

## 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 | NL31270.029.10 |