

Portion control at home: The development and evaluation of a comprehensive intervention program aimed at portion size to prevent overweight and obesity

Published: 29-09-2010

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

Summary

ID

NL-OMON35105

Source

ToetsingOnline

Brief title

portion size and dietary behaviour in the home environment

Condition

- Other condition

Synonym

Health behaviour, overweight

Health condition

geen concrete aandoeningen: voeding en gedrag

Research involving

Human

Sponsors and support

Primary sponsor: Vrije Universiteit

Source(s) of monetary or material Support: ZonMW

Intervention

Keyword: intervention, nutrition, portion size, prevention

Outcome measures

Primary outcome

-

Secondary outcome

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Study description

Background summary

-

Study objective

-

Study design

-

Intervention

-

Study burden and risks

There is no additional risk for participants of this study . Data will be collected by means of questionnaires and anthropometric measurements (length, weight, waist and hip circumference).

The total duration of the research will be 12 months. A stepwise approach will be used to launch the different intervention elements within the first three months and after this period no new intervention elements will be introduced. Participants can complete three out of the four elements of the program in their own time. For one element, three meetings of each 1.5hour will be used to teach the participants cooking skills.

Measurements will be taken before the start of the intervention, and at three, six and twelve months after the start of the intervention. (thus at <0-3-6-12 months).Therefore, the potential burden is minimal.

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

Families with minimal one household member who is already being overweight (BMI between 24.5-30 bij volwassenen)

Exclusion criteria

Families where all household members have a BMI below 24.5

Families with household members with a BMI above 30 (obesity)

Families with a household member who has an eating disorder

Lack of knowledge of the Dutch language

Study design

Design

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

Primary purpose: Prevention

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-01-2012
Enrollment:	530
Type:	Actual

Ethics review

Approved WMO	
Date:	29-09-2010
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	NL30120.029.10