Changing dietary patterns: an individually tailored nutrition intervention

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To determine the effect of an individually tailored nutrition intervention on the dietary pattern of apparently healthy adults with one or more children aged 4 to 12 years.

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

Summary

ID

NL-OMON36175

Source
ToetsingOnline

Brief title
OKE-study

Condition

- Other condition

Synonym
obesitas, overweight

Health condition

overgewicht en obesitas

Research involving
Human

Sponsors and support

Primary sponsor: Wageningen Universiteit
Source(s) of monetary or material Support: ZonMW

Intervention

Keyword: dietary pattern, family health, health behavior, primary prevention

Outcome measures

Primary outcome

Change in dietary pattern assessed by a diet score.

Secondary outcome

The nutrition behavior of adults.

Health outcomes including BMI, waist circumference, cholesterol and blood

pressure.

The dietary pattern and nutrition behavior of the children.

The restraints and facilitators of the intervention.

Study description

Background summary

Promoting a healthy diet is important to decrease the risk of developing nutrition related chronic diseases. Nutritional intervention on apparently healthy young parents, will not only decrease their risk of developing chronic diseases, but will also influence the dietary pattern and health of their children. Mass communication is not effective in changing the dietary pattern of the general population. Research on individually tailored nutrition counseling suggests that we should tailor the information to the individual to achieve changes in dietary patterns.

Study objective

To determine the effect of an individually tailored nutrition intervention on the dietary pattern of apparently healthy adults with one or more children aged 4 to 12 years.

Study design

Randomized controlled trial.

Intervention

The intervention group will receive individually tailored dietary counseling by a dietician in five individual meetings, additional counseling will be done by e-mail messages three times. Also e-mail and web-based messages will be provided to motivate the participants. The control group will not receive any dietary information during the intervention period.

Study burden and risks

This intervention study has a low risk. Only venipuncture*s can occasionally cause local bruising or hematoma and patients might report pain or discomfort. In total the subjects have to spent four hours at the university and have to fill in several questionnaires. The people in the intervention group have to spent and additional three hours by going to the dietician.
Both the intervention and control group will receive their personal results, including the results of the health and diet check. Results that are not relevant at the individual level we will present to them at the group level. All results will be provided after the study. Thereby we will inform the participants on the results of this intervention study via information evenings.
The intervention group will also benefit from the provided tailored dietary counseling, which will help them in making healthy food choices. The intervention will not only benefit the participant but also the rest of their family.

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

Participants should be at least aged18 years.
Participants should have at least one child aged 4 to 12 years.
Written informed consent of the participants has been obtained.

Exclusion criteria

Not meeting the inclusion criteria.
Unable or unwilling to comply with the study procedures.
Enrolled in another study during the same study period.
Not being able to communicate (read, speak and write) in the Dutch language.
Their partner has been enrolled in the study.
Pregnant or lactating during the study period or planning to become pregnant during the study period.
Having a BMI lower than 18.5 or higher than 35 kg/m2.
Having Diabetes Mellitis type I or II
Using medication to lower blood pressure or being under control by a doctor for having a high blood pressure.
Using medication to lower cholesterol or being under control by a doctor for having too high cholesterol levels.
Following a diet (medical or self- initiated) or planning to follow a diet during the study period.
Undergoing a medical treatment that interferes with the intervention.
Having gained or lost more than 5 kg of body weight during the last six months.

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):	02-11-2011
Enrollment:	250
Type:	Actual

Ethics review

Approved WMO

Date:	22-07-2011
Application type:	First submission
Review commission:	METC Wageningen Universiteit (Wageningen)

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	NL36582.081.11