Tailored advice for a healthy and tasty diet by improved information supply

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Ethical review	Not approved
Status	Will not start
Health condition type	Other condition
Study type	Interventional

Summary

ID

NL-OMON43142

Source
ToetsingOnline

Brief title
Food Smart@home

Condition

- Other condition

Synonym
nutritional status, undernutrition

Health condition

ondervoeding

Research involving
Human

Sponsors and support

Primary sponsor: Stichting Wageningen Research
Source(s) of monetary or material Support: Ministerie van Economische Zaken,Mosadex,NControl

Intervention

Keyword: Dietary intake, ICT system, Older adults, Tailored dietary advice

Outcome measures

Primary outcome

Adequacy of food intake (Eetscore), meal enjoyment (questionnaire 10 points line scale) and quality of life (EQ-5D-5L) will be evaluated at baseline and at the end of the study.

Secondary outcome

Nutritional status (SNAQ 65+) is assessed at baseline and at the end of the study. The applicability and user-friendliness of the VST system are evaluated halfway and at the end of the study period using a short questionnaire for the dietician and the participant.

Study description

Background summary

Prevention and treatment of undernutrition is complex due to interactions between medication, care treatments, diet and wellbeing. Targeted, simple and practical nutritional advice, as provided by a dietician, can be helpful to stimulate an adequate food intake among community-dwelling older adults.

Study objective

Primary objective of the study is to evaluate whether an innovative ICT technology, the Voeding Slim Thuis (VST) system, can improve adequate food intake, meal enjoyment, and quality of life in vulnerable, older adults. The

VST system includes providing tailored dietary advice and dietary monitoring supported by information technology.
The secondary objectives of the study are to evaluate whether the VST system facilitates the dietician in composing an effective tailored dietary advice and to evaluate whether the VST system is effective in providing hot meal choice menus that meet individual dietary requirements and .individual preferences.

Study design

Uncontrolled before and after design with a duration of 18 weeks (6 weeks habituation period + 12 weeks intervention period).

Intervention

Participants in the study will receive tailored dietary advice through the VST system which will be installed on a tablet. Information on individual health status (gender, age, medical profile and nutritional status) will be used to estimate dietary needs. Dietary needs are combined with information on the individual profile (i.e. dietary intake, preferences, appetite, chewing and swallowing difficulties, olfactory function) and translated by the VST system into a tailored dietary advice. In addition, participants can use the system to order hot meals from a personalized choice menu. Hot meals can be picked up by the participants at the pharmacy or are delivered at home 1 to 3 times a week, depending on the number of order meals. Each week, on two random, unannounced days, participants will be asked to report on compliance with the dietary advice and liking of the consumed meals.

Study burden and risks

The risks involved in participating in this study can be considered negligible. The burden can be considered low: two consultations with the dieticians will take some time and effort from the participants, but study measures are non-invasive and time required for completion of questionnaires is limited (at baseline and end max 1 hour; monitoring max 15 minutes per week).The participants stay in control over their own food intake and participants can continue to engage in their normal daily activities.

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

* Aged 70 years or over
* Independently living
* Making use of a medicine distribution system (Baxter distribution)
* Taking 5 medicines or more (polypharmacy)
* Willing to use a tablet for completing questionnaires, monitoring dietary compliance and meal enjoyment
* Having signed informed consent

Exclusion criteria

* Self-preparing all hot meals
* Under supervision of a dietician
* On a weight loss diet
* Suffering from very severe undernutrition, BMI <20 kg/m2 in combination with significant weight loss (based on SNAQ65+ evaluation criteria)
* Allergies/intolerances other than egg, gluten, cow*s milk or lactose
* Having diagnosed with cancer
* Suffering from with renal insufficiency (eGFR < 45 ml/min)
* Progressive disease with strongly reduced life expectancy (<6-12 months)

* Parkinson*s disease
* Cognitive impairments that unable them to understand and complete questionnaires

Study design

Design

Study type: Interventional

Masking:	Open (masking not used)
Control:	Uncontrolled
Primary purpose:	Health services research

Recruitment

NL

Recruitment status:	Will not start
Enrollment:	56
Type:	Anticipated

Ethics review

Not approved

Date:	15-12-2016
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	NL59418.081.16