

# NutriProfiel applied to athletes - evaluation

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Objective: To evaluate the usability (feasibility) of the recently developed tool 'NutriProfiel focused on athletes' so that opportunities can be explored for further improvement and implementation in practice.

<b>Ethical review</b>	Approved WMO
<b>Status</b>	Recruiting
<b>Health condition type</b>	Other condition
<b>Study type</b>	Observational invasive

## Summary

### ID

NL-OMON54989

### Source

ToetsingOnline

### Brief title

NutriProfiel sport

### Condition

- Other condition
- Vitamin related disorders

### Synonym

micronutrient deficiency

### Health condition

algemene voedingsinname

### Research involving

Human

## Sponsors and support

**Primary sponsor:** Ziekenhuisvoorzieningen Gelderse Vallei

**Source(s) of monetary or material Support:** Dit project valt binnen het Papendal Fit Food Meter project: <https://papendal.nl/topsport/innovatie/projecten> / Dit project wordt financieel ondersteunt door de Provincie Gelderland.

## Intervention

**Keyword:** Dietary intake, Health status, Minerals, Vitamins

## Outcome measures

### Primary outcome

The primary outcome is an analysis of the usability (feasibility) of NutriProfiel focused on athletes. Does the tool meet the wishes and expectations of the athletes?

### Secondary outcome

As a secondary outcome, we analyse the blood values for deficiencies and toxicity. Are there many deficiencies or toxic vitamin values in a group of athletes in the Netherlands and should this analysis therefore be included as standard care in a sports health examination?

## Study description

### Background summary

Background: Nutrition plays an important role in sports. Proper nutrition can ensure good health, better recovery after a workout or competition, and improved performance. A balanced diet is always the basis of an athlete's diet. This food ensures, among other things, that the athlete gets enough vitamins and minerals. A shortage of vitamins and minerals can lead to reduced health, less adequate recovery (after injuries) and underperformance. Therefore it is important to monitor an athlete's dietary intake. NutriProfiel has been developed to provide customized nutritional advice. NutriProfiel is a tool that combines insights about the diet and analysed vitamin values in the blood into

a dietary advice for the individual. NutriProfiel is already in use in practice and healthcare for non-athletes. This tool has recently been adjusted to athletes.

## **Study objective**

Objective: To evaluate the usability (feasibility) of the recently developed tool 'NutriProfiel focused on athletes' so that opportunities can be explored for further improvement and implementation in practice.

## **Study design**

Study design: Athletes who go to the sports doctor for a sports examination (incl. Blood test) are asked whether they want to participate in an extra study to evaluate the NutriProfiel tool. For the athlete, participating means that in addition to the standard 10ml of blood an additional 10.5 ml of blood is collected (for this study). In addition, the athlete will complete an online questionnaire (Eetscore) about his / her nutritional intake. In addition to the regular sports examination report from the doctor, the athlete then receives advice about his / her vitamin status and his / her nutritional intake. The athlete will then receive a questionnaire to evaluate the NutriProfiel tool. 3 months later, the athlete will complete the Eetscore questionnaire again to analyze changes in eating pattern.

## **Study burden and risks**

Risk and / or burden for the participants: The athlete will have to donate 10.5 ml of extra blood, fill in the Eetscore questionnaire (15 minutes work) and the athlete will subsequently complete an evaluation questionnaire (15 minutes work) and once more the Eetscore questionnaire. The risks and burden are very low. The extra blood draw will take place via the same venipuncture, only 3 extra tubes are clicked on for the extra 10.5 ml of blood. So there is no extra puncture. The Eetscore questionnaire and the evaluation questionnaire are simple and quick questionnaires. The advantages for an athlete are that he / she gets insights into his / her diet and micronutrient intake and status

## **Contacts**

### **Public**

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## **Scientific**

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## **Trial sites**

### **Listed location countries**

Netherlands

## **Eligibility criteria**

### **Age**

Adults (18-64 years)

Elderly (65 years and older)

### **Inclusion criteria**

Age \*18 years old;

Dutch speaking;

No specific dietary intake/advice (e.g. for under nutrition or a metabolic disease);

Already participating in a Sports health check which includes a blood withdrawal;

Having an e-mail adress and device to fill out the online questionnaire;

Signed the informed consent.

### **Exclusion criteria**

\* Age < 18 years old;

\* Person follows a specific diet;

\* Participating in a Sports health check WITHOUT blood withdrawal.

\* Participating in other scientific research

## Study design

### Design

**Study type:** Observational invasive

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Health services research

### Recruitment

NL

Recruitment status: Recruiting

Start date (anticipated): 30-11-2021

Enrollment: 54

Type: Actual

## Ethics review

Approved WMO

Date: 11-06-2021

Application type: First submission

Review commission: METC NedMec

## 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

CCMO

### ID

NL74019.081.20