

SUstainable PREvention of cardioMEtabolic risk through NUDGing hEalth behaviors

Gepubliceerd: 30-05-2018 Laatste bijgewerkt: 13-12-2022

Changing the context in which individuals make lifestyle choices has a sustained impact on the dietary intake and cardiometabolic health.

Ethische beoordeling	Positief advies
Status	Werving gestopt
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON20990

Bron

NTR

Verkorte titel

SUPREME NUDGE

Aandoening

Cardiovascular diseases; cardiometabolic health; type 2 diabetes.

Ondersteuning

Primaire sponsor: The SUPREME NUDGE project is carried out by a consortium, coordinated by Amsterdam UMC (Formerly VU University Medical Center).

Overige ondersteuning: Supreme Nudge (CVON2016-04) is funded by the Netherlands Heart Foundation and the Netherlands Organization for Health Research and Development (ZonMw).

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Changes in adherence to the Dutch Dietary Guidelines (i.e, DHD15-index) over 6 or 12 months compared with the control supermarkets.

Toelichting onderzoek

Achtergrond van het onderzoek

In the Supreme Nudge project, we will study the effects of pricing and nudging strategies in the supermarket – one of the most important point-of-choice settings for food choices – and of a context-specific mobile physical activity promotion app.

The Supreme Nudge trial includes nudging and pricing strategies cluster-randomised on the supermarket level, with: i) control group receiving no intervention; ii) intervention group receiving healthy food nudges (e.g., product placement or promotion) and pricing strategies (taxing of unhealthy foods and subsidizing healthy foods). In collaboration with a Dutch supermarket chain we selected eight stores located in low SEP neighbourhoods.

Across the clusters, a personalized mobile coaching app targeting moderate physical activity (walking behaviour) will be individually-randomised, with: i) control group receiving no intervention; ii) a group receiving the mobile PA app intervention.

The primary outcome is the mean individual change in adherence to the Dutch Dietary Guidelines. Secondary outcomes include cardiometabolic outcomes, and the number of steps per day, healthy food purchasing in the supermarket, food decision styles, social cognitive factors in relation to nudges and in relation to walking behaviours, supermarket customer satisfaction, at 3, and 6 (and 12; depending on participant enrolment date) months and technology acceptance and acceptance of nudges at 6 and 12 months.

The trial is reflexively monitored to support current and future implementation. The findings can guide future research and public health policies on reducing lifestyle related health inequalities and contribute to a supermarket-based health interventions implementation roadmap.

Doel van het onderzoek

Changing the context in which individuals make lifestyle choices has a sustained impact on the dietary intake and cardiometabolic health.

Onderzoeksopzet

The intervention phase will be 6 or 12 consecutive months (depending on participant enrolment date) to account for seasonal variation in shopping and physical activity behaviour and allow measurement of long-term effects. The short-term (3 months) measurements will be used to measure changes in behaviours and intermediate psychological constructs, whereas the longer term follow up (6 and 12 months) will be used to evaluate changes in dietary intake, and for the process-evaluation.

Onderzoeksproduct en/of interventie

This cluster-randomised controlled trial will implement nudging and pricing strategies on the supermarket level, using two trial arms:

- control group receiving no intervention;
- intervention group receiving healthy food nudges and pricing strategies.

An mHealth PA coaching app will be implemented and randomised at the individual level across all supermarket level clusters to prevent clustering of mHealth participants within store locations:

- control group receiving a step count app for tracking of step count data;
- an intervention group receiving the step count app plus the PA coaching app.

Contactpersonen

Publiek

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Potential participants have to meet all of the following criteria in order to be eligible for study inclusion:

- Living in the low SEP neighbourhood surrounding the selected store;
- Aged 30-80 years;
- Self-report to do (or report their partner does) more than half of the household grocery shopping at the selected supermarket and are planning on continuing visiting for the next year;
- Provide written informed consent.

In order to be eligible for additional inclusion in the PA coaching app intervention, a participant must indicate to own a smartphone and use it for text messaging on a regular basis.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Potential participants who are not able to adequately communicate in the Dutch language will be excluded from the study. Those who are unable to climb a flight of stairs or have a contra-indication to engage in light PA will be excluded from the mobile PA app intervention.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd

Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	01-02-2021
Aantal proefpersonen:	360
Type:	Werkelijke startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Ja

Toelichting

Coded participant-level trial data will be made available on reasonable request when not in violation with participant consent and after approval by the SUPREME NUDGE executive board.

Ethische beoordeling

Positief advies	
Datum:	30-05-2018
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL7064
NTR-old	NTR7302
Ander register	Hartstichting : CVON2016-04

Resultaten

Samenvatting resultaten

Stuber JM, Mackenbach JD, de Boer FE et al. (2020) Reducing cardiometabolic risk in adults with a low socioeconomic position: protocol of the Supreme Nudge parallel cluster-randomised controlled supermarket trial. *Nutr J* 19, 46.

Lakerveld J, Mackenbach JD, de Boer F et al. (2018) Improving cardiometabolic health through nudging dietary behaviours and physical activity in low SES adults: design of the Supreme Nudge project. *Bmc Public Health* 18.