

# The healthy supermarket coach

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The majority of adolescents in the Netherlands has an inadequate consumption of fruit, vegetables, fibers and an excessive consumption of energy-dense, nutrition-poor foods. Unhealthy diets result in an increased risk of overweight, obesity and...

<b>Ethische beoordeling</b>	Positief advies
<b>Status</b>	Werving tijdelijk gestopt
<b>Type aandoening</b>	-
<b>Onderzoekstype</b>	Interventie onderzoek

## Samenvatting

### ID

NL-OMON24141

### Bron

Nationaal Trial Register

### Aandoening

Stimulate a healthier food purchase behavior among adolescents in the supermarket during school hours / working hours.

### Ondersteuning

**Primaire sponsor:** Vrije Universiteit Amsterdam.

**Overige ondersteuning:** The research is funded by Vrije Universiteit Amsterdam.<br>The development of the healthy supermarket coach is funded by the municipality of Amsterdam, Albert Heijn and Stichting TeamAlert.

### Onderzoeksproduct en/of interventie

### Uitkomstmaten

#### Primaire uitkomstmaten

- Determinants of purchase behavior in the supermarket (intentions, attitude, nutritional knowledge and social norms)<br>
- Dietary intake and behaviors during school hours / working hours<br>

- Actual food purchases in the supermarket during school hours

## Toelichting onderzoek

### Achtergrond van het onderzoek

To investigate the effects of the healthy supermarket coach on adolescents an experimental design with a matched control school is used (2 intervention schools, 1 control school).

Adolescents aged 12-14 years from three secondary schools in Amsterdam (the Netherlands) are included.

Data will be collected by means of questionnaires (baseline, post-test, follow-up) and observations in supermarkets.

Adolescents from intervention schools receive a nutrition peer education workshop about healthy food purchases from two young supermarket employees in the supermarket in close distance to their school. Adolescents participate in the workshop in groups of around fifteen classmates during school lessons related to nutrition and health behavior (e.g. physical education, biology). They complete the baseline questionnaire before they receive the workshop, ranging from a few hours to a few days before the workshop, they complete the post-intervention questionnaire two weeks after the workshop and the follow up three months after the intervention.

The control school receives no workshop. Adolescents from the control school complete both questionnaires at the same times as adolescents from the intervention schools.

Data of food purchases in supermarkets of adolescents from the intervention schools and control school will be collected via observations in supermarkets in close distance to the schools.

To evaluate the intervention among the young supermarket employees they complete the baseline questionnaire before they are trained, the post-test after the intervention and the follow-up three months after the intervention.

### Doel van het onderzoek

The majority of adolescents in the Netherlands has an inadequate consumption of fruit,

vegetables, fibers and an excessive consumption of energy-dense, nutrition-poor foods. Unhealthy diets result in an increased risk of overweight, obesity and nutrition related chronic diseases (NCDs) later in life such as diabetes type 2, cardiovascular diseases and some types of cancer. Therefore, it is important to promote healthier diets among adolescents. Adolescents spend a large amount of their time at school therefore the school environment is an important setting where food consumption takes place. Many Dutch secondary schools in urban areas are surrounded by supermarkets where adolescents frequently purchase unhealthy foods and drinks during school time. Intervening in supermarkets provides an opportunity to promote healthy food purchases among adolescents. It has been shown that peer education -a method in which young people educate their peers- can be used to improve health behaviors among adolescents.

The aim of this study is to investigate the effects of the healthy supermarket coach - a nutrition peer education workshop about healthy food purchases from young supermarket employees in the supermarket - on determinants of food purchase behavior and actual food purchases in the supermarket during school hours on 12-14 years old adolescents.

Moreover, we evaluated the effects of the healthy supermarket coach on the the young supermarket employees who give the workshops.

## **Onderzoeksopzet**

Baseline: before the workshop

Post-test: two weeks after the workshop

Follow-up: three months after the workshop

Measurements:

- Questionnaires: determinants of purchase behavior in the supermarket and dietary intake and behaviors during school hours / working hours of the adolescents
- Observations in the supermarket: actual food purchases in the supermarket during school hours

## **Onderzoeksproduct en/of interventie**

The intervention - the healthy supermarket coach - consists of a 45-minutes workshop about (un)healthy food purchases from young supermarket employees in the supermarket during school hours. The workshop is developed by the research team in close cooperation with Stichting TeamAlert, a noncommercial communication agency specialized in peer education among children and adolescents, first and second grade students from secondary schools in Amsterdam (the Netherlands) and young supermarket employees of supermarkets in

Amsterdam.

Adolescents from intervention schools receive the workshop. Adolescents from a control school will not receive the workshop.

## Contactpersonen

### Publiek

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### Wetenschappelijk

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## Deelname eisen

### Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

First and second grade students from secondary schools in Amsterdam (the Netherlands) with a supermarket within 5 minutes walking distance who are allowed to leave the schoolbuilding during school breaks.

16-25 years old young supermarket employees with different cultural and social backgrounds, who are highly motivated to educate their peers about healthy food purchases in the supermarket

### Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Not applicable.

## Onderzoeksopzet

### Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	N.v.t. / één studie arm
Blinding:	Open / niet geblindeerd
Controle:	Actieve controle groep

### Deelname

Nederland	
Status:	Werving tijdelijk gestopt
(Verwachte) startdatum:	01-02-2018
Aantal proefpersonen:	1000
Type:	Verwachte startdatum

## Ethische beoordeling

Positief advies	
Datum:	16-09-2017
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	NL6531
NTR-old	NTR6719
Ander register	METc VUmc : 2017.468

## Resultaten

### Samenvatting resultaten

Internal presentation: 2018<br>

Scientific journal: 2018-2019