

The effect of 'the healthy worksite cafeteria'

Gepubliceerd: 20-08-2015 Laatste bijgewerkt: 18-08-2022

The objective of this study is to measure the effect of 'the healthy worksite cafeteria' on eating behavior of visitors in Dutch worksite cafeterias. It is hypothesized that the intervention will result in an increase in sales of fruit and...

Ethische beoordeling	Niet van toepassing
Status	Werving gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON24679

Bron

NTR

Aandoening

Prevention of overweight
Social marketing
Nudging
Preventie van overgewicht

Ondersteuning

Primaire sponsor: Vrije Universiteit Amsterdam (Initiator en Uitvoerder)

Overige ondersteuning: Vereniging Nederlandse Cateringorganisaties (Initiator en sponsor)

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Sales data of food products in certain product categories: sandwiches, bread topping, (hot)

snacks, hot meals, fruit&vegetables

Toelichting onderzoek

Achtergrond van het onderzoek

Background: Worksites cafeterias are a suitable setting for interventions focusing on changing eating behavior, because a lot of employees visit the worksite cafeteria regularly.

The aim of this paper is to describe the design and the evaluation of an intervention together with social marketing techniques called 'the healthy worksite cafeteria', to enhance eating behavior of Dutch employees. The intervention will be executed in a real-life setting, that is Dutch worksite cafeterias of different companies and with different catering organizations. Methods/design: The design is a randomized controlled trial (RCT) with 30 worksite cafeterias randomly assigned to the 12 week intervention group or to the control group. Primary outcomes are sales data of selected products. Secondary outcomes are satisfaction of employees with the cafeteria and subjective vitality.

Discussion: This study will provide evidence regarding the potential contribution of the intervention 'the healthy worksite cafeteria' in prevention of overweight of Dutch employees.

Doel van het onderzoek

The objective of this study is to measure the effect of 'the healthy worksite cafeteria' on eating behavior of visitors in Dutch worksite cafeterias.

It is hypothesized that the intervention will result in an increase in sales of fruit and vegetables, products lower in energy, saturated fat and salt in the selected categories; sandwiches, hot snacks, bread toppings and hot meals.

Onderzoeksopzet

T0 1 month before start intervention

T1 1 month after start intervention

T2 2 months after start intervention

T3 3 months after start intervention

T4 1 month after ending intervention

Onderzoeksproduct en/of interventie

'The healthy worksite cafeteria'

A set of about 20 strategies to nudge visitors of worksite cafeterias to a more healthy food choice.

Contactpersonen

Publiek

VU Amsterdam - Gezondheidswetenschappen -Faculteit der Aard- en Levenswetenschappen

Liesbeth Velema
De Boelelaan 1085

Amsterdam 1081 HV
The Netherlands
tel: 020-5982027

Wetenschappelijk

VU Amsterdam - Gezondheidswetenschappen -Faculteit der Aard- en Levenswetenschappen

Liesbeth Velema
De Boelelaan 1085

Amsterdam 1081 HV
The Netherlands
tel: 020-5982027

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Inclusion criteria for worksite cafeterias are:

- Minimum of 100 lunch customers per day.

- Cash desk system can register separate products.
- Cash desks are staffed.
- The worksite cafeteria or the company will not organize active nutritional or health campaigns from January 2016 until August 2016.
- The company gives permission to change the selection of products for 12 weeks during the experiment to an intervention level of 'medium'*.
- The company gives permission to change the routing in the restaurant for 12 weeks during the experiment to an intervention level of 'medium'.
- The company gives permission to change the price of products for 12 weeks during the experiment to an intervention level of 'medium'.
- The company gives permission to change the promotion of products and menu for 12 weeks during the experiment to an intervention level of 'medium'.
- The company gives permission for measuring sales data during the study, anonymously.
- The company gives permission for conducting a questionnaire within their employees.

* The intervention level is explained in 'Intervention'

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Exclusion criteria for worksite cafeterias are:

- Not able to fulfill all inclusion criteria.
- Performing all 'medium' intervention strategies prior to baseline.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd

Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	01-02-2016
Aantal proefpersonen:	35
Type:	Verwachte startdatum

Ethische beoordeling

Niet van toepassing	
Soort:	Niet van toepassing

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	NL5223
NTR-old	NTR5372
Ander register	Vereniging Nederlandse Cateringorganisaties : VU2015-08

Resultaten