The influence of nutrition on respiratory infections in children

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A nutrient rich diet can improve immunological functions and reduce respiratory infections

Ethische beoordeling	Positief advies
Status	Werving nog niet gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON25300

Bron
NTR

Aandoening

Children aged 1-4 years with recurrent upper respiratory tract infections

Ondersteuning

Primaire sponsor: Hospital Group Twente
Medical Spectrum Twente
Overige ondersteuning: none

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Average number of days a month with a pediatrician diagnosed upper respiratory tract infection

Toelichting onderzoek

Achtergrond van het onderzoek

Background: Immunological mechanism and dietary nutrients are important mediators in the health of children. In this intervention study a dietary advice is given to children between 1 and 6 years of age with recurrent respiratory tract infections. Could a change in nutrient intake result in an altered clinical outcome? Design: In this prospective cohort study 61 children were included and evaluated at a paediatric outpatient clinic. The control group consisted of 32 children included at an infant welfare centre. The patient group followed the dietary advice (green vegetables, beef, whole milk, full-fat butter) for three months, in which parents filled out their dietary intake and health status on a daily basis. A follow up form was filled out by the parents 3 months after completion of the study period. For statistical analysis the programme SPSS version 15.0 was used. Results: In the patient group there was a statistical significant reduction in days with a respiratory infection (15.7 to 11.5 days a month), subfebrile temperature days (1.9 to 0.5 days a month) and febrile temperature days (1.0 to 0.7 days a month) compared to the control group. Also, antibiotic use decreased significantly. No significant changes were measured in body mass index. Conclusions: A change of diet towards green vegetables, beef, whole milk and full-fat butter has positive health effects in children. This diet may work by adding nutrients to optimize immunological mechanisms. There were no adverse effects and it can be utilized by general pediatricians and general practitioners.

Doel van het onderzoek

A nutrient rich diet can improve immunological functions and reduce respiratory infections

Onderzoeksopzet

t= 0, 3 and 6 months

Onderzoeksproduct en/of interventie

A nutrient rich diet consisting of beef, green vegetables, whole milk and butter, in age appropriate portions

Contactpersonen

Publiek

Pediatrician
Geerdinksweg 141

E.J. Gaag, van der
Hengelo
The Netherlands

Wetenschappelijk

Pediatrician
Geerdinksweg 141

E.J. Gaag, van der
Hengelo
The Netherlands

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- age 1-4 years

- recurrent upper respiratory tract infections

- understanding of Dutch language by parents

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- immunological deficiencies

- cow's milk allergy

- disorder of intestinal absorption

- prophylactic use of antibiotics

- disorders requiring a special diet

- relevant congenital or anatomical abnormalities

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Enkelblind
Controle:	N.v.t. / onbekend

Deelname

Nederland

Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-01-2015
Aantal proefpersonen:	120
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies

Datum:	07-11-2014
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	NL4693
NTR-old	NTR4898
Ander register	METC Enschede : P14-39

Resultaten

Samenvatting resultaten

Recurrent Upper Respiratory Tract Infections in Children; The Influence of Green Vegetables, Beef, Whole Milk and Butter. Loes G. H. Ten Velde, Jolien Leegsma, Ellen J. Van der Gaag.
http://file.scirp.org/Html/11-2700861_37865.htm