

The impact of providing a healthy school lunch at Dutch primary schools

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Providing a healthy schoollunch (including vegetables and non-sugary drinks) to primary school children will lead to: H1a Higher daily consumption of vegetables H1b Lower daily consumption of sugary drinks

Ethische beoordeling	Niet van toepassing
Status	Werving tijdelijk gestopt
Type aanpak	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON27951

Bron

NTR

Aandoening

Dutch children consume a dietary pattern high in foods and beverages with too much sugar, salt and saturated fat such as sugar-sweetened beverages, fried foods and sweet snacks. Furthermore, their diet is low in healthy foods like fruit, vegetables, fish and whole grain products. For example, 4-9 year old children eat on average 73g of vegetables per day while the recommended daily intake is 100-150g per day. Forty two percent of the children in this age group meet these recommendations. For 9-12 year old children, the recommended daily intake of vegetables is 150-200g per day but their estimated daily intake is 90g per day. Only 25% of the children in this age group consume enough vegetables. Since in the Netherlands there is a shift from eating lunch at home to eating lunch at school, providing a school lunch may be an important opportunity to improve the diet quality of Dutch children.

Ondersteuning

Primaire sponsor: Ministry of Economic Affairs, Nederlandse Zuivel Organisatie (NZO), Nationaal Actieplan Groente & Fruit, De Kweker, Schoolsoepie, Boerenhart, Albert Heijn, Vezet, Dutch Cuisine, Groente en Fruithuis

Overige ondersteuning: Ministry of Economic Affairs, Nederlandse Zuivel Organisatie (NZO), Nationaal Actieplan Groente & Fruit, De Kweker, Schoolsoepie, Boerenhart, Albert

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Primary outcome measure: lunch intake of children at school

Toelichting onderzoek

Achtergrond van het onderzoek

the aim of this study is to encourage healthy eating behavior of children in the primary school by offering a healthy and affordable school lunch, based on the Dutch guidelines for a healthy diet. In this study, two research questions will be addressed. The first descriptive research question is: What and how much do children consume from a self-served school lunch and how do they evaluate the lunch? The second research question is: What is the effect of a self-served school lunch on experienced satiety, estimated daily consumption of vegetables, snacks and sugary drinks before and after school (compensation effects)? In this study, children in groups 5-8 (aged 8-12 years) of three primary schools will receive a healthy school lunch for a 6-month period (November to April).

Doel van het onderzoek

Providing a healthy schoollunch (including vegetables and non-sugary drinks) to primary school children will lead to:

H1a Higher daily consumption of vegetables

H1b Lower daily consumption of sugary drinks

Onderzoeksopzet

T0 baseline

T1 after 3 months

T2 after 6 months

Onderzoeksproduct en/of interventie

The dietary intervention consist of an ad-libitum lunch in the intervention schools during a 6-month period. Lunch is taking place in the class room or central hall. Children will be able to select lunch with food of high nutritional value by walking along a buffet at which all options are displayed. Every day, raw vegetables will be provided (50 grams per child) and a special lunch item, such as a vegetable soup. The development of this lunch was guided by a qualitative study among parents, school staff and other stakeholders (Rongen et al., in preparation).

Contactpersonen

Publiek

Wetenschappelijk

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

All children of the included schools are allowed to participate in the study. Schools were recruited by direct approach by the research team.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

There are no exclusion criteria for schools or children at schools.

Onderzoeksopzet

Opzet

Type: Interventie onderzoek

Onderzoeksmodel:	Parallel
Toewijzing:	N.v.t. / één studie arm
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving tijdelijk gestopt
(Verwachte) startdatum:	28-09-2018
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	NL7402
NTR-old	NTR7618
Ander register	Ministerie LNV : BO-45-002-004

Resultaten

Samenvatting resultaten

Publicatie in tijdschrift voor gezondheidswetenschappen:

<http://etenopschool.org/wp-content/uploads/2017/09/TSG-doi.org10.1007s12508-018-0163-9-Een-verzorgde-lunch.pdf>