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Amsterdam Lifestyle Intervention on Food and Exercise at Work

Submission date	Recruitment status
04/08/2005	No longer recruiting
Registration date	**Overall study status**
04/08/2005	Completed
Last Edited	**Condition category**
08/05/2013	Nutritional, Metabolic, Endocrine

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
NTR43

Study information

Scientific Title
A randomised controlled trial on the preventive effects of a physical activity enhancing and healthy eating program on weight control among an overweight working population

Acronym

ALIFE@Work

Study objectives
It is hypothesised that participation in a healthy lifestyle program, aimed at controlling body weight by increasing physical activity and improving eating habits, may contribute to the reduction of overweight, to weight maintenance and consequently to the prevention of health problems, like type two diabetes mellitus, hypertension, hypercholesterolaemia and cardiovascular diseases.

Ethics approval required
Old ethics approval format

Ethics approval(s)
The study design, procedures and informed consent form were approved by the Medical Ethics Committee of the VU University Medical Center (ref: 03/193), and all participants provided written informed consent.

Study design
Randomised, active controlled, parallel group trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Overweight

Interventions
Block randomisation was used. In this randomised controlled trial, 1386 overweight employees are participating and being followed for two years. Participants are employees working at seven different companies throughout The Netherlands.

At baseline, employees were randomised to either one of two intervention conditions (phone-based [N = 462] or Internet-based intervention [N = 464]) or a reference group (N = 460). In addition, employees were randomised to either a group of employees having basic measures only (80% out of each group) or to a group of employees having additional measures (i.e. waist circumference, body fat percentage, blood pressure, total cholesterol level and fitness level; 20% subjects of each group). The two-step randomisation means there are six groups an employee could be assigned to.

Subjects in the phone-based group received the healthy lifestyle intervention program in a binder and were counselled by phone; subjects in the internet-based group followed the same program on the Internet and were counseled by e-mail. Subjects in the reference group received information brochures with general information on overweight, physical activity and healthy nutrition, and were not counselled. The intervention program lasted six months and took place in the first half year of the two years.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
1. Change in body weight
2. Change in physical activity level
3. Change in dietary intake

Measurements are taken at baseline, and at 6, 12, 18 and 24 months of follow-up.

Key secondary outcome(s))
1. Perceived health
2. Empowerment
3. Self-efficacy and stage-of-change in relation to weight control
4. Physical activity and eating habits
5. Sickness absence

Measurements are taken at baseline, and at 6, 12, 18 and 24 months of follow-up.

Completion date
01/08/2006

Eligibility

Key inclusion criteria
1. Paid employment on a permanent basis
2. Body Mass Index (BMI) greater than or equal to 25 kg/m^2
3. Adequate knowledge of the Dutch language
4. Access to the internet and knowledge of how to use it
5. At least 18 years of age

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Sex
All

Key exclusion criteria

Employees will be excluded for the following reasons:
1. Pregnancy
2. Diagnosis or treatment of cancer
3. Any other disorder that makes physical activity impossible

Date of first enrolment
01/08/2002

Date of final enrolment
01/08/2006

Locations

Countries of recruitment
Netherlands

Study participating centre
Van der Boechorststraat 7
Amsterdam
Netherlands
1081 BT

Sponsor information

Organisation
Vrije University Medical Centre (VUMC) (The Netherlands)

ROR
https://ror.org/00q6h8f30

Funder(s)

Funder type
Research organisation

Funder Name
Vrije University Medical Centre (VUMC) (The Netherlands) - EMGO-Institute

Funder Name

The Netherlands Heart Foundation (The Netherlands)

Funder Name
The Netherlands Organisation for Health Research and Development (ZonMw) (The Netherlands)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	24/05/2006		Yes	No
Results article	results	24/01/2011		Yes	No
Other publications	economis evaluation	11/09/2012		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes
Study website	Study website	11/11/2025	11/11/2025	No	Yes