

# FoodSteps: lifestyle interventions at the workplace, the effects of adjustments of the building and canteen on physical activities and dietary habits

<b>Submission date</b> 26/05/2006	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 03/07/2006	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 08/01/2021	<b>Condition category</b> Injury, Occupational Diseases, Poisoning	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

Prof Willem van Mechelen

### Contact details

van der Boechorststraat 7  
Amsterdam  
Netherlands  
1081 BT  
+31 (0)20 4448206  
w.vanmechelen@vumc.nl

## Additional identifiers

### Protocol serial number

N/A

## Study information

### Scientific Title

FoodSteps: lifestyle interventions at the workplace, the effects of adjustments of the building and canteen on physical activities and dietary habits

**Acronym**

FoodSteps

**Study objectives**

To study the effectiveness of FoodSteps on cardiovascular risk indicators

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Approved by the VU University Medical Center on 14/07/2003, reference number: 03/083

**Study design**

Longitudinal, controlled study (baseline, 3 and 12-month follow-up)

**Primary study design**

Interventional

**Study type(s)**

Quality of life

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

Office workers and cardiovascular risks

**Interventions**

The relatively modest intervention consisted of two parts:

1. A food part: designed to stimulate healthier food choices by means of product information about six food product groups (calorific value of a product was translated into the number of minutes of activity needed to burn these calories)
2. A steps part: focused on stimulating the use of the stairs by means of motivational prompts on staircases and on elevator doors

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

1. Body composition (BMI, waist-hip circumference, skinfold thickness)
2. Serum cholesterol (total, high-density lipoprotein [HDL], low-density lipoprotein [LDL])
3. Blood pressure
4. Objective stair-use
5. Self-reported physical activity
6. Self-reported fruit, vegetable and fat intake

**Key secondary outcome(s)**

Not provided at time of registration

**Completion date**

01/01/2006

## Eligibility

**Key inclusion criteria**

1. Office worker
2. Ability to climb stairs
3. Slightly overweight (self-reported body mass index [BMI]  $\geq 23$ )
4. A work contract for at least the duration of the intervention

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Total final enrolment**

515

**Key exclusion criteria**

1. Subjects who were pregnant or became pregnant during the intervention year
2. Severe cardiovascular or musculoskeletal disorders

**Date of first enrolment**

01/01/2003

**Date of final enrolment**

01/01/2006

## Locations

**Countries of recruitment**

Netherlands

**Study participating centre**

van der Boechorststraat 7

Amsterdam

Netherlands

1081 BT

# Sponsor information

## Organisation

Netherlands Organisation for Health Research and Development (ZonMw)

## ROR

<https://ror.org/01yaj9a77>

# Funder(s)

## Funder type

Research organisation

## Funder Name

Netherlands Organisation for Health Research and Development (ZonMw)

## Alternative Name(s)

Netherlands Organisation for Health Research and Development

## Funding Body Type

Private sector organisation

## Funding Body Subtype

Other non-profit organizations

## Location

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?
<a href="#">Results article</a>	results	17/10/2006	08/01/2021	Yes	No
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes