

Amsterdam Lifestyle Intervention on Food and Exercise at Work

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| Submission date 04/08/2005 | Recruitment status No longer recruiting | <input type="checkbox"/> Prospectively registered |
| Registration date 04/08/2005 | Overall study status Completed | <input type="checkbox"/> Protocol |
| Last Edited 08/05/2013 | Condition category Nutritional, Metabolic, Endocrine | <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

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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

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/m²
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 |
| Study website | Study website | 11/11/2025 | 11/11/2025 | No | Yes |