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menuCH - Swiss Nutrition Survey 2014-2015

Submission date	Recruitment status	[_] Prospectively registered
14/07/2017	No longer recruiting	[_] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
27/07/2017	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
18/05/2026	Nutritional, Metabolic, Endocrine	

Plain English summary of protocol

Background and study aims
In the past Switzerland has lacked nationally representative information to evaluate diet, nutrition and food safety. To fill in the gap, the first national nutrition survey called 'menuCH' was conducted in 2014-2015. The primary aim of the cross-sectional survey was to determine what and how much people living in Switzerland eat and drink, when and where. The Institutes of Social and Preventive Medicine in Lausanne (IUMSP) and Bern (ISPM) developed and conducted menuCH on behalf of Swiss Federal Food Safety and Veterinary Office and Federal Office of Public Health, which funded the survey. Results on anthropometric characteristics and indicators of eating and physical activity behaviours have been published in a public report in English. Further results on dietary intakes at food and nutrient levels are to be published.

Who can participate?
Adults aged 18 to 75 living in Switzerland

What does the study involve?
Participants complete a questionnaire about physical activity and diet, and attend a study visit where they have their height and weight measured. Participants' food consumption is mainly assessed via a multiple-pass 24-hour dietary recalls (24HDR), using an international validated software (GloboDiet®). Participants are followed up with a phone call for a second 24HDR around two to six weeks later.

What are the possible benefits and risks of participating?
There are no benefits or risks with participating.

Where is the study run from?
Institute of Social and Preventive Medicine of Lausanne (IUMSP) and Bern (ISPM) / Federal Food Safety and Veterinary Office (Switzerland)

When is the study starting and how long is it expected to run for?
October 2012 to December 2016

Who is funding the study?
1. Federal Food Safety and Veterinary Office (Switzerland)
2. Federal Office of Public Health (Switzerland)

Who is the main contact?
menuCH team
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Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
26/13

Study information

Scientific Title
Switzerland - National Nutrition Survey menuCH 2014-2015

Acronym
menuCH

Study objectives
The aim of the National Nutrition Survey menuCH is to define what and how much people living in Switzerland eat and drink, when and where in order to evaluate better the nutrition situation, keep high and improve food safety, detect faster possible risks associated with food, verify and adapt if necessary the present dietary recommendations, improve the food range and composition, develop and implement effective nutrition strategies and measures to promote health and quality of life, support research and development in the fields of nutrition, food and behaviour sciences with up-to-date and nationally representative data.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Cantonal ethics committee of Vaud, 21/02/2013, ref: Protocol 26/13

Primary study design
Observational

Study design
Nationwide cross-sectional nutrition survey of a stratified random sample of the population

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Population-based nutrition study

Interventions
Trained dietitians/nutritionists conduct two interviews per participant in German, French or Italian. The first interview is conducted face-to-face and the second is conducted by phone two to six weeks later.

The face-to-face interview consists of six elements:
1. Introduction and consent
2. Completeness check of the dietary behaviour and physical activity questionnaire
3. Anthropometric measurements
4. 24-hour dietary recalls (24HDR) using the international validated software GloboDiet® (40-60 minutes)
5. Schedule of the second phone-administrated 24HDR
6. Closure

The phone interview consists of only elements 4 and 6.

Intervention Type
Behavioural

Primary outcome(s)

1. Food consumption is assessed by two non-consecutive multiple-pass 24-hour dietary recalls
2. Body weight and height is measured to the nearest 0.1 kg and cm, respectively following WHO guidelines using a calibrated Seca 701 scale, equipped with a Seca 220 telescopic measuring rod (Seca GmbH, Hamburg, Germany). Body weight and height are used to calculate Body Mass Index (BMI)
3. Mean waist and hip circumferences are calculated out of three measures to the nearest 0.1 cm using a Gulick I unstretchable tape, equipped with a dynamometer (North Coast Medical, CA, USA)

Key secondary outcome(s)
1. Cooking and eating habits, nutrition knowledge, and physical activity (short form IPAQ), socioeconomic and demographic characteristics are assessed via a self-administered 49-item paper questionnaire

Completion date
31/12/2016

Eligibility

Key inclusion criteria
1. Non-institutionalized residents of Switzerland
2. Aged 18 to 75 years

Participant type(s)
Healthy volunteer

Healthy volunteers allowed
No

Age group
Mixed

Lower age limit
18 Years

Upper age limit
75 Years

Sex
All

Total final enrolment
0

Key exclusion criteria
Institutionalized or unable to communicate in the national language

Date of first enrolment
27/01/2014

Date of final enrolment
28/02/2015

Locations

Countries of recruitment
Switzerland

Study participating centre
Institute of Social and Preventive Medicine (IUMSP) / Lausanne University Hospital (CHUV)
Route de la Corniche 10
Lausanne
Switzerland
1010

Study participating centre
Institute of Social and Preventive Medicine (ISPM) / University of Bern
Finkenhubelweg 11
Bern
Switzerland
3012

Sponsor information

Organisation
Swiss Federal Food Safety and Veterinary Office

Organisation
Swiss Federal Office of Public Health

Organisation
Federal Food Safety and Veterinary Office

ROR
https://ror.org/01hwpsz06

Funder(s)

Funder type
Government

Funder Name
Swiss Federal Food Safety and Veterinary Office

Funder Name
Swiss Federal Office of Public Health

Results and Publications

Individual participant data (IPD) sharing plan
All survey data are available on: https://menuch.iumsp.ch/ (or directly here: https://menuch.iumsp.ch/index.php/catalog/4)

IPD sharing plan summary
Stored in repository

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	Pilot study results (published)	01/03/2017		Yes	No
Results article	Main study results (published)	25/10/2017		Yes	No
Results article	Alcohol-drinking levels	16/06/2022	05/09/2023	Yes	No
Results article	Caffeine consumption	20/12/2019	05/09/2023	Yes	No
Results article	Cancer-protective lifestyle adherence	14/09/2023	05/09/2023	Yes	No
Results article	Dietary Patterns	29/12/2018	05/09/2023	Yes	No
Results article	Differences between menuCH participants with different meat-eating habits	07/09/2020	05/09/2023	Yes	No
Results article	Does diet map with mortality?	14/04/2022	05/09/2023	Yes	No
Results article	Processed meat and association with sociodemographic and lifestyle factors	23/10/2019	05/09/2023	Yes	No
Results article	Ultraprocessed food intake	25/10/2022	05/09/2023	Yes	No
Results article	Breakfast composition and abdominal obesity	20/11/2018	06/09/2023	Yes	No
Results article	Contribution of diet quality to socioeconomic inequalities in obesity	12/07/2019	06/09/2023	Yes	No

Results article	Sugar consumption	19/05/2019	06/09/2023	Yes	No
Results article	Using different dietary assessment methods	21/03/2022	06/09/2023	Yes	No
Results article	Organic food intake	24/04/2025	01/05/2025	Yes	No
Results article	Adherence to the eat-lancet planetary health diet and sustainability impacts of the Swiss diet	15/05/2026	18/05/2026	Yes	No
Study website		11/11/2025	11/11/2025	No	Yes