

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

Submission date 26/05/2006	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 03/07/2006	Overall study status Completed	☐ Protocol
Last Edited 08/01/2021	Condition category Injury, Occupational Diseases, Poisoning	☐ Statistical analysis plan
		☒ Results
		☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

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

Primary study design

Interventional

Study design

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

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] ≥ 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?
Results article	results	17/10/2006	08/01/2021	Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes