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Individual health promotion on physical activity and nutrition among workers

Submission date	Recruitment status
30/05/2007	No longer recruiting
Registration date	**Overall study status**
30/05/2007	Completed
Last Edited	**Condition category**
17/03/2014	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
ZonMw: 6230039

Study information

Scientific Title

Study objectives
It is hypothesised that long-term electronic communication through the web and e-mails (the Health Portal) provides an efficient means of increasing exposure to advice on healthy behaviour and to facilitate adherence and sustainability.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approval received from the Medical Ethical Committee of the Erasmus Medical Center on 23rd July 2007 (ref: MEC-2007-113).

Primary study design
Interventional

Study design
Randomised, single blinded, active controlled, parallel group trial

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Nutrition, health promotion, physical activity, worksite

Interventions
1. Usual care control group:
Standard worksite health promotion program consisting of a questionnaire, a health check with a biometric assessment and access to a restricted part of the Health Portal on the Internet containing personal results on the questionnaire and health check and general information on health.

2. Intervention group:
On top of the standard worksite health promotion program the intervention group will have access to the personalised Health Portal on the Internet, which is built on four critical features:
2.1. Computer-tailored advice on physical activity and nutrition
2.2. Reports on individual progress in self-reported weight, body mass index, physical activity and fruit and vegetable consumption
2.3. Opportunity to contact professionals through e-mail
2.4. Continuous support and feedback through e-mail by a personal coach
After 12 months the monthly contact by a personal coach will be terminated, but access to the Health Portal will remain for another 12 months.

Data will be collected by means of a questionnaire at baseline, and after 12 and 24 months and a health check at baseline and after 24 months.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
1. Change in (moderate and vigorous) physical activity level using the International Physical Activity Questionnaire, measured at baseline and after 12 and 24 months
2. Change in level of fruit and vegetable intake using the short Dutch Food Frequency Questionnaire, measured at baseline and after 12 and 24 months

Key secondary outcome(s)
1. Self-efficacy and perceived barriers on physical activity and fruit and vegetable consumption, measured at baseline and after 12 and 24 months
2. Change in self-reported saturated fat intake, measured at baseline and after 12 and 24 months
3. By using the SCORE system a risk profile on cardiovascular disease, consisting of systolic blood pressure, gender, smoking and total cholesterol level will be assessed, measured only at baseline and after 24 months
4. Body mass index, waist circumference and body fat percentage, measured only at baseline and after 24 months
5. Endurance, measured only at baseline and after 24 months

Completion date
28/02/2011

Eligibility

Key inclusion criteria
Eligibility criteria for individual workers are:
1. Paid employment
2. Working at least 12 hours a week
3. Being literate enough to read and understand simple e-mail and internet-based messages in the Dutch language

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Not Specified

Sex
Not Specified

Key exclusion criteria
Exclusion criteria for individual workers are:
1. Insufficient Dutch language skills
2. Working less than 12 hours a week

Date of first enrolment
01/03/2007

Date of final enrolment

28/02/2011

Locations

Countries of recruitment
Netherlands

Study participating centre
Erasmus Medical Centre
Rotterdam
Netherlands
3000 CA

Sponsor information

Organisation
Erasmus Medical Centre (The Netherlands)

ROR
https://ror.org/018906e22

Funder(s)

Funder type
Research organisation

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				

Results article		30/09/2010	Yes	No
Results article	results	05/03/2012	Yes	No
Results article	results	01/06/2012	Yes	No
Results article	results	01/08/2013	Yes	No