Are our diets getting healthier and more sustainable? Insights from the EPIC-NL cohort.

No registrations found.

Ethical review	Positive opinion
Status	Recruitment stopped
Health condition type	-
Study type	Observational non invasive

Summary

ID

NL-OMON21234

Source
Nationaal Trial Register

Health condition

Overall healthiness of the diet according to an index for adhering to the Dutch dietary guidelines.

Sponsors and support

Primary sponsor: RIVM and Utrecht University
Source(s) of monetary or material Support: European Commission: Public Health and Consumer Protection Directorate 1993–2004, Dutch Ministry of Health, Welfare and Sport, World Cancer Research Fund , Netherlands Cancer Registry (NKR), LK Research Funds, Dutch Prevention Funds, Dutch ZON (Zorg Onderzoek Nederland).

Intervention

Outcome measures

Primary outcome

DHD15-index score

Secondary outcome

GHG emissions of the diet

Study description

Background summary

Our current study was set up to (1) identify the differences in food consumption and nutritional quality over the course of 20 years in the Netherlands using the European Prospective Investigation into Cancer and Nutrition - Netherlands (EPIC-NL) cohort and (2) to calculate the environmental impact in terms of GHG emissions of the observed differences. We investigated differences in dietary trends between men and women.

Study objective

We hypothesise that the diet over time has become healthier and more sustainable. Our current study was set up to (1) identify the differences in food consumption and nutritional quality over the course of 20 years in the Netherlands using the European Prospective Investigation into Cancer and Nutrition - Netherlands (EPIC-NL) cohort and (2) to calculate the environmental impact in terms of GHG emissions of the observed differences. We investigated differences in dietary trends between men and women.

Study design

Baseline (1993-1997)
Follow-up (2015)

Intervention

All analyses were stratified by sex. First, the differences in food group consumption over time were calculated. In order to get insight in the differences in consumption of food groups independently from differences in energy intake over time, consumption was standardized by energy intake (gram per 1000 kcal). Second, the environmental impact of the diet at baseline and follow-up was calculated. We analysed the GHG emissions absolute (total) and per 1000 kcal. Mean and standard deviation values at baseline and follow-up of each indicator (food group consumption (gram/1000 kcal), GHG emissions (kg CO2-eq/1000 kcal) and DHD15-index score) were calculated. A paired sample t-test was used to test the observed differences for significance. A p-value below 0.05 was considered statistically significant and all analyses were performed with SAS 9.4.

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Eligibility criteria

Inclusion criteria

Participants from EPIC-NL cohort that gave permission for linkage with vital status and registries

Exclusion criteria

For the current study, participants without dietary information at baseline were excluded. Participants with implausible dietary intake at either FFQ, i.e. those with a reported energy intake of less than 500 kcal/day or greater than 3,500 kcal/day, were also excluded.

Study design

Design

Study type:	Observational non invasive
Intervention model:	Other
Masking:	Open (masking not used)
Control:	N/A , unknown

Recruitment

NL

Recruitment status:	Recruitment stopped
Start date (anticipated):	01-11-2018
Enrollment:	8000
Type:	Actual

Ethics review

Positive opinion

Date:	30-10-2018
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL7399
NTR-old	NTR7615
Other	: MEC-TNO-93/01

Study results