

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

Gepubliceerd: 30-10-2018 Laatste bijgewerkt: 13-12-2022

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...

Ethische beoordeling	Positief advies
Status	Werving gestopt
Type aandoening	-
Onderzoekstype	Observationeel onderzoek, zonder invasieve metingen

Samenvatting

ID

NL-OMON21234

Bron

Nationaal Trial Register

Aandoening

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

Ondersteuning

Primaire sponsor: RIVM and Utrecht University

Overige ondersteuning: 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).

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

1 - Are our diets getting healthier and more sustainable? Insights from the EPIC-NL ... 24-06-2025

Toelichting onderzoek

Achtergrond van het onderzoek

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.

Doel van het onderzoek

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.

Onderzoeksopzet

Baseline (1993-1997)

Follow-up (2015)

Onderzoeksproduct en/of interventie

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.

Contactpersonen

Publiek

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

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

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

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.

Onderzoeksopzet

Opzet

Type:	Observationeel onderzoek, zonder invasieve metingen
Onderzoeksmodel:	Anders
Blinding:	Open / niet geblindeerd

Controle: N.v.t. / onbekend

Deelname

Nederland
Status: Werving gestopt
(Verwachte) startdatum: 01-11-2018
Aantal proefpersonen: 8000
Type: Werkelijke startdatum

Ethische beoordeling

Positief advies
Datum: 30-10-2018
Soort: Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

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

Resultaten