

BMJ Open Impact of the Nutri-Score front-of-pack nutrition label on purchasing intentions of individuals with chronic diseases: results of a randomised trial

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ABSTRACT

Objective To our knowledge, the effect of front-of-pack nutrition labels such as the Nutri-Score on food purchases has never been assessed among individuals suffering from nutrition-related chronic diseases specifically, while dietary modifications are generally part of their care. This study aimed to investigate the effect of the Nutri-Score on the nutritional quality of purchasing intentions among adults suffering from a cardiometabolic disease, compared with no label and the Reference Intakes (RIs), a label already implemented by some food manufacturers in France.

Setting Secondary prevention—mainland France.

Participants 2431 eligible participants were randomly assigned and 1180 participants (65.5% women, mean age 65.0±7.1 years) completed the shopping task and were included in the analyses.

Intervention A three-arm randomised controlled trial using an experimental online supermarket was conducted in 2017. Participants with cardiometabolic diseases were invited to simulate food purchases with the Nutri-Score, the RIs or no label.

Primary and secondary outcome measures The primary outcome was the nutritional quality of the shopping cart, estimated using the French-modified Food Standard Agency Nutrient Profiling System (FSAm-NPS), and secondary outcomes included the nutrient content of purchases.

Results The mean (SD) FSAm-NPS score was significantly lower in the Nutri-Score arm (1.29 (3.61) points), reflecting a higher overall nutritional quality of purchasing intentions, compared with the RIs (1.86 (3.23) points) and no label (1.92 (2.90) points) arms ($p=0.01$). Moreover, the Nutri-Score led to significantly lower content in calories and saturated fatty acids compared with the two other arms. These differences resulted from participants avoiding some packaged products (sweets, dairy and starches) and purchasing larger amounts of fresh fruit and meat.

Conclusions The Nutri-Score exhibited a significant higher nutritional quality of purchasing intentions, encouraging healthier food choices among individuals suffering from cardiometabolic chronic diseases.

Trial registration number NCT02769455.

STRENGTHS AND LIMITATIONS OF THIS STUDY

- Inclusion of a rarely explored population in a randomised controlled trial pertaining to the effectiveness of front-of-package labelling on food choices.
- This controlled experimental environment allowed assessing the effect of the Nutri-Score in standardised conditions and optimising internal validity of the study.
- Limitation pertaining to a high rate of participants who did not complete the shopping task.
- The trial investigated purchasing intentions rather than actual food purchases.

INTRODUCTION

Non-communicable diseases (NCDs), such as obesity, type 2 diabetes, cardiovascular diseases and cancer have become a major burden for the current health systems.¹ For these diseases, dietary factors have been recognised to be one of the major leading risk factors in developed countries, resulting in 11 million deaths worldwide in 2017, and represent modifiable determinants through primary prevention.² In France, cardiovascular diseases remain the second leading cause of deaths by NCDs, accounting for 30% approximately of mortality.³ Regarding obesity, the prevalence was estimated at 17% within the French adult population in 2015,⁴ and the prevalence of type 2 diabetes was around 5% in 2016.⁵

Hence, in the context of secondary or tertiary prevention, many treatment guidelines highlight the importance to modify dietary habits to improve the nutritional status of individuals and thus control these nutrition-related NCDs.¹ For example, controlling for saturated fatty acids (SFA), sugars and salt intakes and increasing fruits

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Indigenous knowledge and chronic disease prevention among the first people of north america Nicolette Teufel-Shone,Juliet McMullin,Julie Baldwin,Jamie Wilson,Melinda S. Smith,2023-06-27 **Manual of Men's Health** Susanne A. Quallich,Michelle Lajiness,Michelle Jean Lajiness,Kenneth Mitchell,2018-10-11 The only practical resource to focus solely on health issues specific to men Written by and for APRNs and PAs in the primary care setting this is the first clinical reference to focus solely on managing health concerns that are specific to men Filling a significant gap in knowledge about this patient group the user friendly reference delivers evidence based guidelines for the day to day management of male patients Designed for ease of use and quick access to information the resource is divided into three sections general men s health overview of special issues in men s health and urology and preventive cardiology In addition to addressing the full gamut of urological and cardiac issues the book discusses the basics of male physical assessment including sports assessment male adolescent risk issues musculoskeletal manifestations of stress in men and health screening issues Also covered are the aging male and physical activity the health needs of male veterans complementary and alternative health methods chronic pain high risk MSM sexual health issues and starting a men s health clinic Key Features The only practical men s health resource written specifically for APRNs and PAs by APRNs and PAs Organized to facilitate quick access to information Delivers evidence based guidelines for men s healthcare Written and edited by noted APRN and PA men s health practitioners and faculty Addresses health issues in urology cardiology treatment for men and other health issues specific to

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disease focused medical model and takes a needs led approach Uniquely explores the overarching issues of living with one or more long term conditions Focuses on the importance of multi disciplinary team work and collaborative teamwork in the management of long term conditions *United Republic of Cameroon National Nutrition Survey ,1978* **Lifestyle Medicine** James M. Rippe,2013-03-15 There is no doubt that daily habits and actions exert a profound health impact The fact that nutritional practices level of physical activity weight management and other behaviors play key roles both in the prevention and treatment of most metabolic diseases has been recognized by their incorporation into virtually every evidence based medical *Sierra Leone ,1978* **Chambers's Journal ,1927** **Change Your Workout, Change Your Life: Unlocking Your Full Potential Through Fitness** Cassandra Fenyk,2023-05-22 Embark on a transformative journey of self improvement and well being with Change Your Workout Change Your Life This comprehensive guide offers practical strategies expert advice and empowering insights to help you unlock your full potential through fitness From understanding the power of exercise to designing personalized workout plans nutrition tips and overcoming challenges this book equips you with the tools needed to make lasting changes in your fitness routine and ultimately transform your life With a focus on mind body connection and sustaining long term lifestyle changes you ll discover the key to unleashing your true strength improving your health and achieving overall happiness and fulfillment This book may contain affiliate links Using these links does not impact the amount that you are charged but it does allow me to continue to create and offer amazing content and programs Thank you for your support **Nutrition and Integrative Medicine** Aruna Bakhru,2018-08-06 While medical professionals continue to practice traditional allopathic medicine the public has turned toward nutritional and integrative medical therapies especially for addressing the proliferation of chronic diseases Written by leaders in the academic and scientific world Nutrition and Integrative Medicine A Primer for Clinicians presents various modalities to help restore health This book provides users with a guide to evaluating and recommending nutritional and integrative therapies The book offers insights on the microbiome of the human body examines the relationship of human health to the microbiome of the food we ingest and introduces the concept of food as information It provides enlightenment on anti aging and healing modalities mind body medicine and an investigation of psychological trauma as related to disease causation Integrative therapies including water light and sound therapy are explored and information on healing chronic disease through nutrition the tooth body connection the role of toxins in disease causation and electromagnetic field hypersensitivity as well as its management is presented *Becoming Vegetarian* Vesanto Melina, R. D.,Brenda Davis, R.D.,2010-01-26 The evidence is in millions of people are moving toward a vegetarian diet because it offers a healthful and environmentally sound alternative to the standard diet Becoming Vegetarian is the ultimate source for making this valuable and beneficial life change Packed with authoritative vegetarian and vegan nutrition information from established and savvy experts this powerful book takes the worry out of making an important healthy transition Here what s inside Vegetarian food guide for optimal nutrition and easy

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