



<b>General information</b>	
PPP-number	<b>DFI-AF-19010</b>
Title	<b>Food for vigilance</b>
Theme	Gewaardeerd, gezond en veilig voedsel
Implementing institute	Wageningen Food & Biobased Research
Project leader research (name + e-mail address)	Monique Vingerhoeds <a href="mailto:Monique.vingerhoeds@wur.nl">Monique.vingerhoeds@wur.nl</a>
Coordinator (on behalf of private partners)	DSM Giorgio La-Fata <a href="mailto:giorgio.lafata@dsm.com">giorgio.lafata@dsm.com</a>
Project-website address	<a href="https://www.wur.nl/nl/Onderzoek-Resultaten/Onderzoeksprojecten-LNV/Expertisegebieden/kennisonline/Food-for-vigilance-.htm">https://www.wur.nl/nl/Onderzoek-Resultaten/Onderzoeksprojecten-LNV/Expertisegebieden/kennisonline/Food-for-vigilance-.htm</a>
Start date	01-11-2019
Final date	31-12-2021

<b>Approval by the coordinator of the consortium</b>	
The annual report must be discussed with the coordinator of the consortium. The "TKI's" appreciate additional comments concerning the annual report.	
Assessment of the report by the coordinator on behalf of the consortium:	<input checked="" type="checkbox"/> Approved <input type="checkbox"/> Not approved
Additional comments concerning the annual report:	No comments from coordinator.

<b>Summary of the project</b>	
Problem definition	A growing number of professionals work in very complex environments or work under stressful circumstances with tasks that require a continuous vigilant state. These professionals are for example found in air traffic control, airplane piloting, emergency work, etc., both in civil and military contexts. Even a tiny lapse in their alertness can carry large risks for themselves and others. This project investigates the possible role of food ingredients to improve vigilance.
Project goals	To optimise vigilance, and related cognitive skills, through effects that food and specific ingredients can have on vigilance related cognitive functioning. The context is one of professionals whose tasks require a continuous vigilant state, i.e. professionals who are in very complex environments, work under stressful circumstances.

<b>Results</b>	
Planned results 2019	Workshop (2019) that will lead to a detailed project plan for 2020 and 2021 (which ingredients, which methods, which settings to be examined)
Achieved results 2019	<p>Workshop/kick off meeting (November 20+21) resulted in an outline of two research lines for the project:</p> <p>RL1: focus is on food products/ingredients with a short time frame between intake and expected effect on vigilance. This will be tested in a simulated complex working environment for pilots or pilot students.</p> <p>RL2: focus is on food products/ingredients which need to be taken for a longer period of time (5-6 weeks), before an effect on vigilance is expected to take place. These ingredients will be tested in a real life military exercise environment where military participants have to function under physical and mental stress.</p> <p>Literature review, for both Research Lines, has been started; sharing of results initiated.</p> <p>Measures for organising of the project are in place (meetings, sharepoint etc)</p>
Planned results 2020	<p>RL1: protocol for the study will be finalised (design, participants, methodology, ethical approval etc). Recruitment will be done. Measurements will commence by the end of 2020 or the beginning of 2021.</p> <p>RL2: protocol for the study will be finalised including METC approval. Measurements are expected to take place in October 2020. Timelines are depending on ethical approval, production of the ingredients, and the training/exercise calendar of the military participants.</p>

<b>Deliverables/products in 2019</b> (provide the titles and /or a brief description of the products/deliverables or a link to a website.)
<u>Scientific articles:</u> Too early (project just commenced)
<u>External reports:</u> Too early (project just commenced)
<u>Articles in professional journals/magazines:</u> Too early (project just commenced)
<u>(Poster) presentations at workshops, seminars, or symposia.</u> Too early (project just commenced)
<u>TV/ radio / social media / newspaper:</u> A call for partners was shared on different media (e.g. linked in, flyers at different conferences, and an internet page)
<u>Remaining deliverables (techniques, devices, methods, etc.):</u> Too early (project just commenced)