

# Beyond RCT's: Towards citizen-driven research strategies in food and health

## How do we enlarge the research potential?

Date: Monday 21 March, Amsterdam

Inspire2Live, [Platform Patients and Food Netherlands](#) and the Dutch [TNO](#) research institute join hands to come up with a concrete action agenda for the development and implementation of citizen-driven research strategies in food and health. On March 21<sup>st</sup>, a hands-on symposium will be organized in Amsterdam.

Why is this important?

The 'golden standard' in biomedical research are the 'Randomized Controlled Trials' (RCT's). They have generated a lot of very valuable insights, but have severe limitations as well. One of those limitations is that patient inclusion criteria are often very strict, thereby often excluding the complexity of multiple chronic conditions that people suffer from, and the diversity of lifestyles that people lead. Furthermore, the research setting is highly controlled, severely limiting the ability to translate the results to the environment of daily life. Citizens, and especially patients, increasingly question the usefulness of proposed health approaches to their specific conditions. They want to play a more active role in biomedical research, grounded in their own [experience-based and highly contextualised expertise](#), and demand more inclusive research strategies. Think of the about 50-75% of all cancer patients that use food and food supplements as a way to improve their health restoring capacity. Food (and other daily practices) are an important source of self-management. Yet, the effectiveness of these practices remains largely unknown, amongst others because of the lack of adequate research methodologies. Hence, the potential of research for innovation and product development lags behind.

The organizing parties hence believe that our research potential can and should be greatly enhanced. Patient and citizen centered research strategies are needed to gain knowledge on how health emerges and can be maintained in a daily life context.

The core question of this symposium is:

How do we foster new research strategies that include the interest of patients, serve the standards of science and help to strengthen business?

The symposium has an action driven set-up: we kick off with a few selected presentations of global top researchers and patients, followed by a number of interactive sessions to answer the core question.

The output of the symposium is a clear action agenda for new research strategies.  
More information to follow soon!

Interested to participate? Contact Dr. Gaston Remmers, Patient Advocate Inspire2Live  
[g.remmers@habitus.nu](mailto:g.remmers@habitus.nu)