

Healthy maternal nutrition matters at every stage

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Abstract

Background: Overweight and obesity during childhood and adolescence are increasing as public health problem.

Objective: This study aimed at examining the effect of the education program on children and adolescents' knowledge, attitudes and behavior in relation to healthy lifestyle.

Methods: This study was performed as a quasi-experimental national survey as part of the IRAN-Ending Childhood Obesity (IRAN-ECHO) program. Participants were selected from six cities of Iran. The sample size was calculated as 1264 for each city. Nutrition-related knowledge, attitudes and behavior were measured at pre- and post-intervention surveys.

Results: The prevalence of excess weight (overweight/obesity) was 7.6%. The frequency of desirable knowledge after intervention (32.5%) is significantly higher than before intervention (24.8%) (p-value=0.02). The mean score of attitude about obesity complications was significantly increased from 73.09 to 74.78 after intervention (p-value < 0.05). There was significant increase in mean score of practice in relation to low consumption of unhealthy snacks after intervention compared to the baseline (difference = 1.63, p-value=0.03). The mean score of mild physical activity increased from 50.67 to 65 after intervention (p-value< 0.001). There was no significant difference between the desirable total attitude and total practice before and after the intervention (p-value > 0.05).

Conclusion: Educational intervention based on WHO-ECHO recommendations can be useful for improvement the knowledge related to healthy lifestyle in children and adolescents; over time it might lead to change in attitude and in turn in improving their practice.

Biography:

Beheshteh Olang, is a faculty member at Shahid Beheshti University of Medical Sciences, Tehran, Iran. She worked as an Assistant Professor in Pediatric Nutrition and a member of Pediatric Gastroenterology, Hepatology and Nutrition Research Center.

Speaker Publications:

1. Breastfeeding in Iran: prevalence, duration and current recommendations
2. Optimal vitamin A and suboptimal vitamin D status are common in Iranian infants
3. Food allergy among Iranian children with inflammatory bowel disease: A preliminary report
4. Vitamin A status in pregnant women in Iran in 2001 and its relationship with province and gestational age
5. Aspects of feeding patterns in the first two years of life in Iranian infants

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