

# Research Rundown

## Article:

### Influence of an Educational Intervention on Eating Habits in School-Aged Children

## What did this study examine?

The aim of this study was to evaluate the influence of an educational intervention in the modification of nutritional habits and healthy diets in school-aged children. **The hypothesis was that an educational intervention on healthy lifestyle habits in school-aged children will allow them to disregard their unhealthy habits regarding their diets and incorporate healthier options daily.**



**What participants were assessed?**  
A sample of 479 students registered during the 2014-2015 academic year aged between 6-12 years old were included in the study.



#### What were the study methods and design?

An educational intervention with measurements made pre and post implementing nutrition education training in healthy lifestyle habit information via fun interactive activities, competitions, informative videos, and educational workshops.



#### How was data collected?

Data was collected through an adapted questionnaire based on the [enKid study](#) pictograms. The questionnaire includes 40 questions organized into themed blocks: basic diet; healthy diet; personal hygiene and health; healthy physical exercise; and good posture habits. Additionally, anthropometrics were also taken pre and post-intervention.

## Key findings:



#### Increased Variety of Foods

All school children **increased** the variety and consumption of **healthy foods**, such as vegetables, meats, and fruits. Specifically, foods that children included previously considered **'unusual'** in their diet.



#### Improved Eating Habits

After the educational intervention, there was a significant **reduction** in the intake of bread, fat, and sugary foods, in order to **increase** the consumption of fruit and vegetables.

## Put it into practice!

1

Keep the nutrition education results in mind! Work with your administration to implement more immersive activities for their nutrition education. If you need motivation to collaborate, check out the [America's Healthiest Schools](#) award!

2

Consider the variety component! Incorporate nutrition education components in the cafeteria via handouts and table tents. Use it as the time to market all new and exciting menu items, provide information on produce items, and generate excitement over meal service!

#### Reference:

Menor-Rodríguez MJ, Cortés-Martin J, Rodríguez-Blanque R, Tovar-Gálvez MI, Aguilar-Cordero MJ, Sánchez-García JC. Influence of an Educational Intervention on Eating Habits in School-Aged Children. *Children*. 2022; 9(4):574. <https://doi.org/10.3390/children9040574>



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