Abstract

Objectives: To assess fifth-graders’ meal and beverage patterns following the Food, Health & Choices (FHC) intervention.

Study Design, Setting, Participants, Intervention: Twenty New York City public schools with predominantly Hispanic and Black students were randomly assigned to one of four conditions: curriculum (23 schools based on social cognitive and self-determination theories), wellness (classroom food policy and daily 10-minute Dance Breaks), curriculum + wellness, or delayed control. The intervention focused on improving energy balance-related behaviors (EBRBs) decreasing processed beverages, packaged snacks, fast food, screen time, and increasing physical activity and fruit/vegetables.

Quantitative Results

Food, Health & Choices (FHC): Fifth-graders’ Post-Intervention Meal and Beverage Patterns

Conclusion

Introduction

Obesity and overweight together affect an estimated one third of children in the United States. (1) Obesity is of concern primarily for its relationship to the current and future health status of children. Negative health consequences, such as high blood pressure, metabolic issues, asthma, and depression are associated with childhood obesity (2). Further, children who are obese are likely to remain obese into adulthood, putting them at risk for greater health concerns later in life, like heart disease, diabetes, stroke, cancer, and renal disease (3). There have been increasing calls to combat this risk through interventions that prevent or reverse the onset of obesity (4).

References

1. Reilly JJ et. al. (2011). Obesity. 35(7);891-898.
3. Reilly JJ et. al. (2011). Obesity. 35(7);891-898.