

# Evaluation of a pilot school program aimed at the prevention of obesity in children

Study from United Kingdom (2003)

Objective: Development, implementation and evaluation of a school- and family-based intervention to prevent obesity in children five to seven years old.

Participants: Five to seven year olds

Method: Experimental and control group comparisons. Lunchtime clubs with nutrition and/or physical activity curriculum provided to intervention group which lasted 20 weeks over four school terms.

Results: Significant improvements in nutrition knowledge were seen in all children post-intervention. Overall, fruit and vegetable intake increased significantly; no significant changes in rates of overweight and obesity. Suggested a need to target the family.

Source: Warren JM, Henry CJ, Lightowler HJ, Bradshaw SM, Perwaiz S. Evaluation of a pilot school programme aimed at the prevention of obesity in children. Health Promot Int 2003; Dec18(4):287-296

