

The Effect of Diet and Physical Activity for Health Program under The Guidance of Nurses on Children's Levels of Diet and Physical Activity

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Objective: Recently overnutrition/obesity and the lack of physical activity are important risk factors for the development of various diseases in children and adolescents. The purpose of this study was to determine the effect of Nurse-led "Diet and Physical Activity Program for Health (DAPAPH)" on diet and physical activity behaviours of Turkish children.

Method: A quasi-experimental design with pre-testing, post-testing, and follow-up testing and a control group was employed. The study was carried out with 114 students in two schools, one of which was determined as the intervention (n=64) and control (n=50) groups. The intervention group was given an education of 12 hours in total during 6 weeks. The data were collected by using the self-description questionnaire for children, Food Behavior Scale (FBS), Child Dietary Self- Efficacy Scale (CDSS), The Physical Activity Questionnaire for Older Children (PAQ-C), and Physical Activity Self-efficacy Scale (PASES).

Results: The results of the study indicated that there was a statistically significant increase in FBS, CDSS, PAQ-C and PASES median scores of the students in the intervention group after the DAPAPH. It was also noticed that FBS and PAQ-C scores of the intervention group in the post test and follow-up were higher compared to the control group.

Conclusion: The results showed that the DAPAPH was effective in improvement of children's nutrition and physical activity behaviours.

Key words: School, child, nurse, diet, physical activity