**ID: 325**  
**Congress: The First International & 4th National Congress on health Education & Promotion, 2011**  
**Title:** Impact of nutrition education on knowledge, attitude and practice of adolescent girls about dietary calcium according to health belief model (HBM).  
**Authors:** Shakerinejad GH1, Naghashpour M2*, Hajinajaf S2, Jarvandi F2, Lourizadeh MR3  

**Abstract:** Introduction: Adolescence is a state or process of growing up from puberty to maturity. Adequate dietary calcium is needed to permit optimal gains in bone mass and density in the prepubertal and adolescent years. These gains are especially critical for girls because the accumulated bone may provide additional protection against osteoporosis in the years after menopause. Dietary calcium knowledge of dietary calcium sources is a first step toward increasing the intake of calcium-rich foods. The present study has been elucidated to see the impact of nutrition education on knowledge, attitude and practice (KAP) of adolescent girls about dietary calcium. The theoretical bases for the research were the Health Belief Model (HBM).  

**Materials and methods:** In a Controlled trial, a total of 188 (95 cases and 93 controls) female junior high school students in the age group of 14-18 years were selected randomly from two schools of Ahvaz, Iran. Both two groups completed a KAP validated and reliable pre-questionnaire (40 questions) that was developed based on the following HBM domains: perceived susceptibility, perceived severity, perceived benefits, perceived barriers, cues to action, and health behavior action for dietary calcium intake. Case group participated in eight nutrition education sessions of half an hour for the period of three months through lecture cum discussion method based on components of the HBM using charts, leaflets, and demonstrations. After nutrition education, above questionnaire was again given to two groups for filling to adjudge the gain in level of nutrition KAP of each subject. Data were collected at two points: before the intervention and one month after the intervention and analyzed with paired and independent sample T-tests by SPSS # 17.  

**Results:** There were no significant differences between 2 groups in mean knowledge, attitude and practice scores before education. In case group, nutrition education improved their mean nutrition attitude scores significantly (P<0.049) from 29.7±3.9 to 32.6±4.1. Similarly, the case' practice increased significantly (P<0.005) from 24.3±5.2 to 25.5±4.8. In control group, the mean nutrition knowledge, attitude and practice scores did not significantly increased after education. After intervention, nutrition knowledge increased significantly (P<0.006) in case group from 29.7±3.9 to 32.6±4.1. But in comparison to control group, this difference was not significant.  

**Discussion and conclusion:** The findings of this study demonstrated that nutrition education program based on HBM is an effective measure to bring about the favorable and significant change in adolescent girls KAP about dietary calcium intake.  

**Presentation:** Poster