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**Title:** The effect of educational program on nutritional knowledge and the behavior among second grade middle school female students in Esfahan city in 2009

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**Abstract:**

Introduction: Many studies indicate that nutritional knowledge and behavior of adolescent girls are inadequate. In attention to importance of improving nutrition in this group the aim of this study was to determine the effects of educational program based on the BASNEF (Belief, Attitude, Subjective Norm and Enabling Factors) Model on the nutritional behavior among second grade middle school female students in Esfahan city.

Material and methods: This quasi - experimental study, performed on 72 students from 2 middle schools in Esfahan city, randomly divided to two groups, experimental and controls. The instruments for data collecting were two questionnaires. The BASNEF Model questionnaire and 24 recall questionnaire was completed 2 times (before intervention and 1 month after intervention). Educational interventions were performed based on BASNEF model about food pyramid and healthy eating in 3 sessions. Finally data were collected and analyzed by SPSS computer software and t-paired, independent t-test was used.

Results: Our findings indicated that mean scores of knowledge and BASNEF Model variables (Beliefs, Attitudes, Subjective Norms, Enabling factors) were significantly increased in the experimental group compared to the controls after intervention. 30(83.3%) of students had inadequate nutritional behavior in the experimental group before intervention but, 13(36.1%) of them had inadequate nutrition after intervention. About control group, 32(88.9%) of students had inadequate nutritional behavior in 2 times. Also, the post –test showed the mean scores of consumption status of milk, meat, fruit, vegetable were significant different in 2 times in experimental group.

Conclusion: Finding shows the importance of nutritional education based on BASNEF Model on improving nutritional behaviors in students.

**Knowledge, Nutritional behavior, Education, BASNEF Model**

**Presentation:** Poster