ID: 1280

Congress: The First International & 4th National Congress on health Education & Promotion, 2011

Title: Community Empowerment regarding to Adolescence Nutritional Health Promotion

Authors: N. Peykari *1, F. Ramezani Tehrani 2, Sh. Djalalinia 3, H. Malek Afzali 4, F. Hejazi 5

Abstract: Adolescence consider as a transitional stage of physical and mental human development that occurs between childhood and adulthood which involves biological social and psychological changes. A national study in Iran showed that few interventional programs concentrated on adolescents' health. For adolescents health promotion, complementary plans are the essential requirements which is achieved through; community partnership, health training development, capacity building, safe and supportive environment and appropriate and accessible health counseling services. In this regards, we conducted an interventional participatory study in partnership with adolescents' mothers and health trainers of target middle schools. In this interventional study, we compared the role of different training methods on adolescents' nutrition health promotion. Among 15 middle schools in Tehran, 1823 female students were selected proportionally and randomly allocated to three groups (by parents trained, by schools' health trainers trained and control). Following two years training program, adolescents' nutritional habits were assessed. It is remarkable eating breakfast was significantly higher in trained groups and use of weights loosing diets' instructions among them was lower than control group. Only about half of subject informed about increasing "need for calorie" during puberty. Also satisfactory consumption of various kinds of nutrients; dairy, meat, cereals, fruits, vegetables in by parents trained group is more than others. Related to adolescence active life style, 69.8% of participants didn't attend to exercise, excluding from mandatory schools' sport programs. It is mentionable that trained groups significantly have more physical activity. These finding suggest that Participatory health training through leads to adolescence nutritional health promotion and healthy lifestyle development.

Adolescents - education - Health – Nutrition - Promotion

Presentation: Poster