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Implementation of nutritional awareness program on eating habits of primary school children

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Introduction: Globally, including Turkey, health problems associated with malnutrition and nutrient deficiencies in childhood will remain major public health problems in future. Many studies support, the fact that nutritional knowledge makes contribution to wellbeing of children and their school performance.

Aim: The purpose of this study was to examine nutritional knowledge and eating habits of primary school children and to investigate differences in these variables by socioeconomic status.

Materials & Methods: A quasi-experimental one group pretest/posttest design study was conducted in five primary schools totaling 200 children aging 9-10 years to determine effect of nutritional awareness program on eating habits of primary school children. The schools were chosen according to parents' sociodemographic status. The teaching approaches used included interactive teaching, role playing, demonstration, questioning, feedback and the program consisted of eight lessons. The obtained data were analyzed for normality and the distribution of the variables was tested by the Kolmogorov-Smirnov test. Paired t-test was used to evaluate effectiveness of education program and to compare the above mentioned variables in each school separately before and after the lessons.

Results: Result of the paired t-test conducted separately for each school showed that on average after eight lessons, there was a 25-32% increase in nutritional knowledge of students regardless of school they attend to and this rate was significant ($P<0.01$). This shows that increase in nutritional awareness in these five schools having different socioeconomic status was similar to each other.

Conclusion: This study suggests that having children involved directly in lessons help achieving nutritional awareness leading to healthy eating habits.

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The prevalence of obesity and its relationship with estimated risk of affect to breast cancer by Gail model in women older than 35 years: A comprehensive study in southeast of Iran

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Breast cancer (BC) is the most common cancer among Iranian women and around the world that affects the life quality of women. It seems that this cancer is related to obesity and nutritional status. This study was aimed to assess the relationship between obesity and estimated risk of BC in southeast of Iran. This cross sectional study was conducted on 260 women more than 35 years old referring to health centers in Zahedan. The data was collected by interview using a structured questionnaire. Breast cancer risk assessment tool calculated the Gail risk for each subject. In addition to bivariate analyses, multiple linear regressions were used to predict the effect of obesity on the estimated risk controlling for potential confounders such as using vegetables and fruits. The mean age of the participants was 48.5±7.6 years old. The five years and lifetime risk were 0.36±0.21 and 5.3±0.82 percent, respectively. In both bivariate and multiple regression analysis, the higher body mass index (BMI) was related to higher five years and lifetime estimated risk of BC ($P<0.05$). However, the variables including vegetables and fruits consumption status, age of first live birth, age, family history of BC, ethnicity and history of divorce, were considered as potential confounders in multiple regression analysis. The risk of BC based on Gail model is related to nutritional status and obesity. Therefore, preventing from obesity and overweight probably decreases the likelihood of breast cancer among women. However, the modified Gail model for women could be offered including the effect of known risk factors such as BMI and nutritional status in each region separately.

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