

# Health and nutrition education in primary schools of Crete: changes in chronic disease risk factors following a six year intervention program.

Study from Greece (2002)

Objective: To assess the effectiveness of a health and nutrition education program in changing chronic disease risk factors six years after the intervention was completed.

Participants: First graders from two counties in Crete (experimental); first graders from another county (controls)

Methods: Experimental and control groups comparison

Results: Experimental group: biochemical indices generally improved significantly, more improvement in anthropomorphic variables, less increase in fat and caloric intake, more time devoted to leisure time physical activity, and greater running performance. 'Although the long-term effects of these programs can only be assessed by tracking into adulthood, they seem to have the potential to lead to a healthier lifestyle.'

Source: Manios Y, Moschandreas J, Hatzis C, Kafatos A. Health and nutrition education in primary schools of Crete: changes in chronic disease risk factors following a six year intervention programme. Br J Nutr 2002; Sept88(3):21-221.

