Health and nutrition education in primary schools of Crete: follow-up changes in body mass index and overweight status.

Study from Greece (2005)

Objective: To examine the long-term effects of a school-based health and nutrition education program on body mass index (BMI) changes and prevalence of overweight.

Participants: All first grade students in two counties of island of Crete (experimental group); and all first graders in a third county (control).

Method: Experimental and control group comparisons establishing baseline data (1992) and then follow-up data at completion of six year intervention (1998) and follow-up data four years after the program (2002).

Results: The BMI scores were lower in the intervention group at ten years (2002) while no differences were detected in the prevalence of obesity between the two groups.