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The sustained outcomes of school-based dietary interventions among primary school children: A systematic review

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Promoting nutrition intake in children is critical to sustaining behavior. School-based dietary interventions are effective in promoting immediate dietary outcomes. However, the sustained dietary outcomes are unclear. The purpose of this review is to evaluate the sustained outcomes of school-based dietary interventions among primary school children. PubMed, CINAHL, and EMBASE databases were used to search related articles published in the past ten years (2007-2017). The search resulted in 11 eligible articles for review. Educational, environmental, parental involvement, and rewarding intervention components were identified in this review. The interventions varied in number of components involved (1- 3), length (6 weeks – 2.5 years), and sustained outcome measurement time (3 weeks – 1 year post-intervention). Overall, school-based dietary interventions found to be more effective immediately post intervention compared to period of time after the stop of the intervention. Although some reviewed articles reported significant positive sustained outcomes, most of the gained significant positive immediate outcomes declined dramatically a period of time later. Gradual cessation of a multicomponent intervention, rewarding children's healthy eating behavior with tangible prizes, and combining educational intervention with parental involvement and or environmental component may enhance the sustained dietary outcomes in children. Saying that, no intervention type, involved components number, or length was noted to be dominant in producing sustained dietary outcomes. This could be secondary to issues related to study design, treatment fidelity, implementation rate, and validity or reliability of outcome measurement tools used. School-based dietary intervention should be planned and implemented carefully to reflect more accurate results and conclusions.

Biography

Basma Alyazeedi has completed her MSc in Nursing (Pediatric Nurse Practitioner Program) at the age of 28 years from Case Western Reserve University School of Nursing. She is a current Ph.D. student at the University of North Carolina- Chapel Hill School of Nursing. Basma holds an academic position in Oman, where she is originally from, as a lecturer in Sultan Qaboos University College of Nursing at the Department of Maternal and Child Health Nursing.

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