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The effectiveness of 'child-friendly' approaches on educating health-related behaviour for children

Maziah Ahmad Marzuki and Saemah Rahman
National University of Malaysia, Malaysia

This paper reports some of the findings related to obesity prevention programs that are 'child-friendly' and helps in educating healthy lifestyle among young children. 'Child-friendly' refers to designed approaches in learning and activities that are compatible and creates fun to children during the process of classroom learning. 40 children aged 3-6 years were involved in this program for 32 weeks in a kindergarten with the approaches of 'child-friendly', later their parents reported the difference on health behaviors of their children before and after participating in the program. The data obtained from photos and parents' report that were sent by parents through 'Facebook' (Maziah's MyObes) were analyzed inductively and coded using ATLAS.ti version 7.0. The study found that, the applicability of 'child-friendly' approaches, contributed to the positive health practice behaviors of children which was 80% - eat healthy and balanced diet and 32.5% - do healthy physical activities, this proves the approach of 'child-friendly' to be the best approach in educating children about healthy lifestyle practices.

Biography

Maziah Ahmad Marzuki has completed her PhD from National University of Malaysia and student mobility in PhD Study Abroad Attachment from University College Cork Ireland. She is the Coordinator of Master Program (Nursing). She has published more than 25 papers in reputed journals and has been serving as a reviewer for some papers on nursing management and patient safety studies.

drmaziah2015@gmail.com

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