

# IMPLEMENTATION OF A HIGH INTENSITY LUNCH INTERVENTION IN THREE SELECTED LOCAL COMMUNITIES – A CASE STUDY

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## ABSTRACT

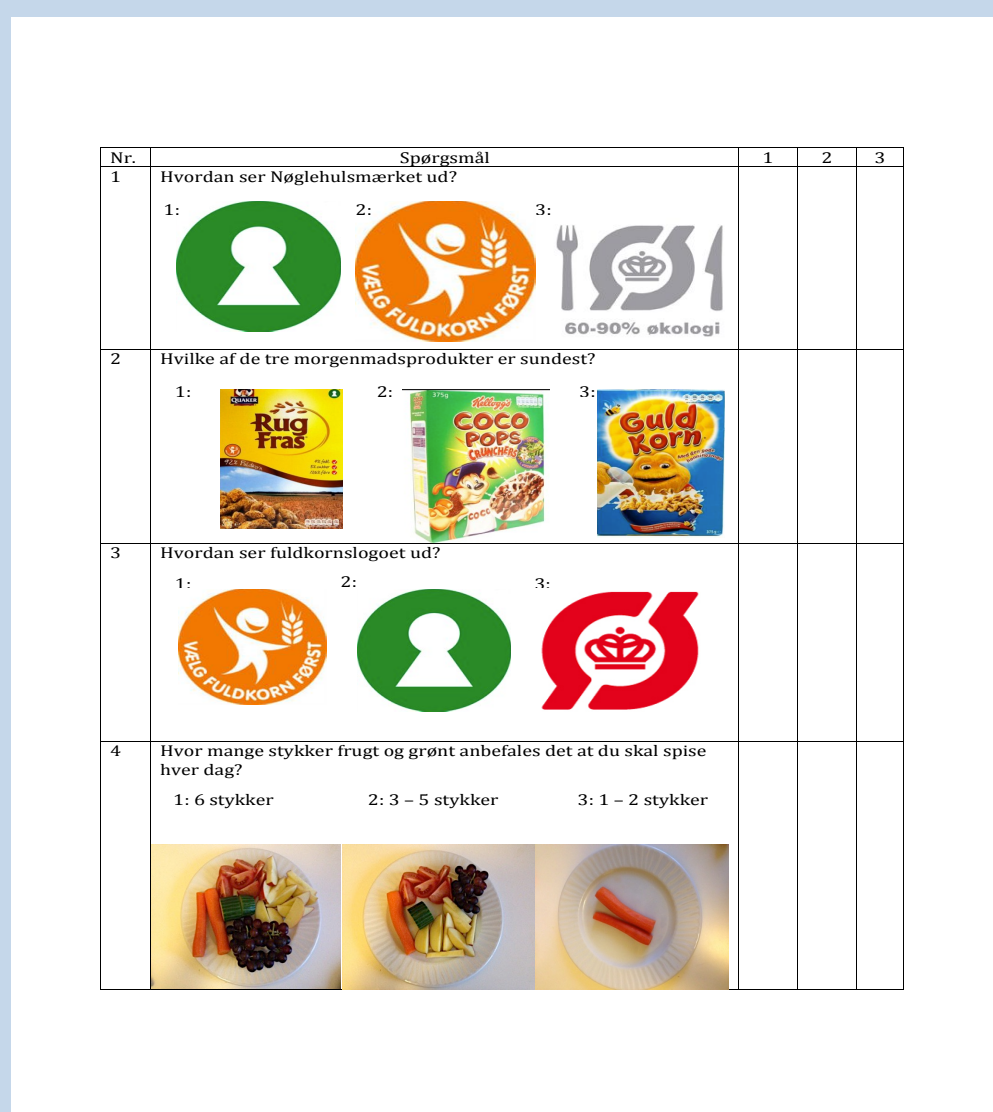
The aim is to measure if a lunch intervention targeted at families with school children can promote healthy lunch options in schools. By applying a multicomponent health promotion intervention with a various determinants such as **educational activities**, a **lunch box workshop**, **kitchen activities** and **parent event** at school setting, supermarket and by use of Mass Media, we assess the school children's *Knowledge, Attitudes* and *Practices*. We attempt to measure the effect of the school children's *Knowledge* concerning healthy lunch options, and to determine the influence a lunch intervention can have on *Knowledge, Attitudes* and *Practices* for families with school children.

## INTRODUCTION

Current food habits observed in adolescents and children might have adverse consequences on their health. Overweight and obesity is an increasing problem. Eating habits in childhood are carried later into life. The school legislation, which was implemented in August 2014, increases the time span spent in school for school children. The introduction to the new school legislation offers an opportunity to draw attention to establishing healthier lunch habits.

## METHODS

By involving two preschool classes from Højby School in taking **photographs** of their lunch box and by conducting **focus group interviews** we gained a deeper understanding of the school children's *Practices*. A **knowledge-based quiz** was conducted at baseline (n=24) and in the end of the lunch intervention (n=27) at Højby School. We measured whether a lunch intervention has broadened the level of *Knowledge*. Three parents participated in a **semi-structured interview** to explore their *Attitudes* to a healthy lunch.



Picture 1: Knowledge-based quiz

## RESULTS

The independent t-test revealed a statistically significant difference between boys and girls ( $p=0,047$ ) after the intervention. The results from the **focus group interview** revealed a general awareness of what a healthy lunch box should include among the school children. Results from the **semi-structured interview** showed a high attention to prepare a healthy lunch for their children.

Table 1: Results from the knowledge-based quiz

Variable	p-value
Before	0,130
After	0,047



Picture 2: Lunch box taken by a girl from O.B at Højby School

## CONCLUSION

The children had a common understanding of what a healthy lunch box should contain. They perceived a healthy lunch box by relating to the five elements from **Madpakkehånden**. The parents felt responsibility towards ensuring their children's health. They experienced certain challenges within the children's limited lunch preferences.

Healthy lunch habits and food consumption should be taken into consideration in the new school legislation on equal terms with the importance of physical activity.

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