

# 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.

**Source:** Kafatos A, Manios Y, Moschandreas J; Preventive Medicine & Nutrition Clinic University of Crete Research Team. Health and nutrition education in primary schools of Crete: follow-up changes in body mass index and overweight status. Eur J Clin Nutr 2005; Sep59(9):1090-1092.

