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86.37 The school as promoter of fruits and vegetables consumption

Wednesday, April 29, 2009

Sadrivaan A and B (The Hilton Istanbul Hotel)

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The consumption of fruits, vegetables and greens (FGV) has been stimulated due to its benefits in preventing non-communicable chronic diseases. This study aimed to evaluate the facilitating potentialities of FGV consumption in the school environment, to identify the perception of teachers and dinner-ladies about their FGV consumption, and to identify the behavior of these professionals concerning the stimulus for FGV consumption by students. The project is being developed at eight schools in the periphery of Rio de Janeiro City, Brazil. Researchers were previously trained and interviewed 8 school directors, 66 teachers and 39 dinner-ladies; then they observed the behavior of 59 teachers and 29 dinner-ladies, concerning the FGV consumption by children. It was noticed that most schools develop activities related to healthy nourishment and food hygiene, through arts, theater and games. As facilitating moments for a healthy nourishment promotion, we highlight the School Food Week, pedagogical curriculum activities and the School Food Program; and among the difficulties there are the parents' economic situation, the lack of family habit, the insufficient number of professionals, and their unawareness of the theme. In relation to consumption, 35.0%, 45.0% and 41.0% of teachers declared that their FGV intake was high, respectively. Similarly, 29.4%, 42.5% and 55.6% of dinner-ladies declared their FGV consumption was high. Teachers (63.6% and 69.7%) and dinner-ladies (61.4% and 78.9%) said they eat fruits and greens everyday, respectively. Almost half of dinner-ladies (48.0%) stimulate the FGV consumption among students, and 80% do it positively; and 64.4% of teachers stimulate it, being 78.13% positively. So we can notice the importance of the school environment in promoting a healthy nourishment and in raising the awareness of the role of fruits, vegetables and greens for health promotion.

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Learning Objectives: This study aimed to evaluate the facilitating potentialities of FV consumption in the school environment, to identify the perception of teachers and dinner-ladies about their consumption, and to identify the behavior of these professionals concerning the stimulus for FV consumption by students.

Sub-Theme: Lessons learned from community-based public health research

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