

CONFERENCE ABSTRACT

Design of a school-based intervention to promote healthy lifestyles in adolescents (12-14 years old)

16th International Conference on Integrated Care, Barcelona 23-25 May 2016

Sara Ponce Márquez¹, Irati Erreguerena¹, Visitación de Castro Laiz², Arantxa Uranga Fraiz², Mikel Abasolo², Iñaki Intxausti², Ane Fullaondo¹, Miren Bittori Lasa Goñi³, Iciar Perez Irazusta³, Iñaki Iturrioz⁴, Pedro Roa⁵, Maite Pardo⁵, Raul Casales⁵, Pilar Valenciano⁶, Itziar Vergara Mitxelorena⁷, Esteban de Manuel Keenoy¹

1: Asociación Kronikgune, Baracaldo, Vizcaya, Spain;

2: Health Public Department, Guipuzcoa, Spain;

3: Osi Bidasoa, Osakidetza, Guipuzcoa, Spain;

4: Irun City Council, Guipuzcoa, Spain;

5: Berritzeguneak Irun, Guipuzcoa, Spain;

6: Hondarribi City Council, Spain;

7: Unidad de investigación AP-OSIs Gipuzcoa; Instituto Investigación Biodonostia, REDISSEC, Spain.

Introduction: The benefits of having a healthy lifestyle are widely known, a healthy diet and being physically active are key elements in improving and maintaining optimal health.

However, studies on dietary habits in adolescents suggest that the adherence to the Mediterranean diet is being reduced, decreasing the consumption of vegetables and fruits.

Also, according to recent studies the Spanish teenager population practices less physical exercise comparing with the Europe teenager population. All this is causing an increase in sedentary lifestyles, a decrease in energy expenditure and an increase in obesity.

Short description: An intervention program to promote healthy lifestyle has been designed and implemented. The program is aimed at students (12-14 years old) of 2 schools in Irun (Basque Country).

The intervention will consist of the "Bidasoatik Mundura, Sasoi Erronka" program that encourages students to join the challenge of going around the world through an imaginary tour and performing activities of different countries. The study is a quasi-experimental pre-post study with a control group (2 different schools) and an intervention group.

The program addresses three aspects: physical activity by participating in activities designed and related to different countries; healthy eating with educational training by experts and creativity by developing a video summary of what happened in the quarter.

Also, students will receive two educational workshops given by two nutritionists whose content will focus on the importance of healthy lifestyles.

For the development of the program the website www.bidasoatikmundura.eus has been launched. It is an interactive, intuitive, attractive and updated website that will serve as a reference for the different activities that are being performance in schools tool. In the webpage, the students will learn about the activity they need to develop, meet weekly scores and standings, can find information about healthy habits and can answer to questionnaires on diet and they can view videos developed by each school.

Results: The expected result is an increase in the level of physical activity and increased adherence to healthy eating habits of 362 adolescents aged 12-14 years old. For this, the level of physical activity, sedentary time and dietary habits at the beginning and end of the intervention will be evaluated through validated questionnaires (ASAQ, PAQ-A, KIDMED) and compared with data collected in the control group.

Highlights: The key elements for the success implementation of the program identified to date are:

- Design of a program of health promotion and promotion of lifestyles schools. The design has to be a collaborative work with the intervention of different stakeholders: teachers, health professional, public health professionals, researchers...
- Involvement of teachers for the implementation and deployment of the program is essential for the success of the program.
- The importance of use of new technologies (webpage) for the management and monitoring the program and the interaction among adolescents.

Conclusion: The school is an ideal place to promote healthy lifestyles, and all adolescents (12-14 years old) are in compulsory education and it is the age in which the personality develops ,making it easier to acquire habits of place life.

Keywords: lifestyle intervention; school-based intervention; new technologies; interaction between stakeholder; collaborative work
