Importance:

Denmark study:

Groups were nearly identical – no differences between gender, BMI, social background, meal IQ between control and intervention groups

Second follow up 🡪 no longer free

Meal iq measures meal quality by evaluating dietary adequacy, variety, moderation, and balance. 🡪 intervention: significantly increased at first follow up, but no significant change compared to control at the second follow up

Throughout the study, children in control group were less likely to eat lunch, while children in the intervention group were significantly more likely to eat lunch within the first follow up, but had no significant difference at the second follow up.

UK study:

This study showed improvements in self-esteem and psychological health along with improvements in healthy eating.

Found that health initiatives are a promising way to promote good health behaviors

Belgian study:

Fruit intake, fat intake, water vs. soft drinks, food frequency questionnaires

Fat intake significantly decreased in girls, but no significant change in boys

No other significant changes in fruit intake, soft drink intake, or water consumption for either girls or boys. May be necessary to have governmental laws restricting at school availability of soft drinks / low-nutritive products

3 interventions: increasing fruit to at least 2 pieces a day, reducing soda consumption and increasing water consumption, and reducing fat intake

Baseline- 69% exceeded fat intake, 85% did not make fruit recommendations, and avg reported 3 glasses of soft drinks a day

Massachusetts study:

Reduced television hours, increased fruit and vegetable consumption, smaller increment of energy intake among girls

Less tv 🡪 predicted obesity change

Baseline showed no significant differences between girls and boys, however there were some small differences in different ethnic groups

Mid-Atlantic study:

Studies done so far:

1. doesn’t measure if how healthy packed lunches are / how healthy they become by end of study

2. relies on self reported assessments, doesn’t account for after/outside of school behaviors, but does explain recommendations for further research

3. relies on self reported questionnaires