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| **Title of Research Presentation**  Promoting Healthy Weight with a Life Skills-Based Program among Middle School Students in Taiwan |
| **Background/Objectives**  Typically, middle school students are insufficiently active, engage in excessive sedentary behavior, and have sub-optimal nutritional intake. This study aimed to develop and evaluate a life skills-based program on healthy weight for middle school students in Taiwan. The program with six units focused on healthy eating behaviors, regular physical activity, and healthy weight management. Students’ knowledge about healthy weight, intention to engage in healthy behaviors, and self-efficacy regarding life skills are expected to be enhanced after the intervention.  **Methods**  A quasi-experiment was conducted in this study. Six middle schools were selected from northern, central, and southern regions in Taiwan (two schools each). Two classes in each school were randomly divided into two groups. The experimental group (n = 167) received the life skills-based program on healthy weight. The control group (n = 164) did not receive any education on healthy weight. Data were collected before and after the intervention using self-administered questionnaires. ANCOVA was used to examine the effects of the program between groups.    **Results**  The experimental group showed significantly better knowledge of healthy weight (F=19.69), greater positive intention to engage in healthy behaviors (F=6.13), higher self-efficacy regarding life skills (F=4.98), and better performance on life skill scenario-based test (F=8.74) at post-intervention than the control group.  **Discussion**  The life skills-based approach was found to be effective for promoting healthy weight among middle school students. The intervention in the present study could be used as a reference for school educators to cultivate students’ abilities to improve or maintain their healthy weight.  **Keywords**  life skills; healthy weight; middle school students; Taiwan |