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| **Impact of an intervention with physical activity and healthy food in children of elementary school** |
| In the last decade, epidemiological studies and reports from the World Health Organization have signaled the growing increase of chronic non-communicable diseases in children and young people due to poor diet and sedentary lifestyle. Based on the current scenario, the objective of this research was to evaluate the impact of an intervention with physical activity and healthy eating in schoolchildren. This quasi- experimental study involved the participation of 2751 schoolchildren from two municipal schools (GE-experimental group [n=317] and GC-control group [n=1434]) from a city in the metropolitan region of Curitiba, state of Paraná/Brazil, of both sexes, aged between 6 and 10 years of age. After the filtering of those who participated in all stages of evaluation/intervention (2013-2015-2016), the final sample was 104 subjects in each group. The research was carried out with 3 evaluation phases (2013-Baseline [BL], 2015-Post-intervention 1 [PI1] and 2016-Post intervention 2 [PI2]). The interventions, only in GE, occurred in 2014 (Education about healthy eating and education to encourage physical activity) and in 2016 (continuation of food education and intervention with physical activity). The variables of control of the health indicators were percentile of body mass index (PBMI), blood glucose level (GLIC), cardiorespiratory resistance (CR), level of physical activity (LPA), frequency of consumption of minimally processed (MPF) and ultraprocessed foods (UPF) and Nutritional Status (NS). The results showed positive changes in all the variables (GE), mainly between BL and PI1. In CG, there was an increase in cases of overweight, obesity and severe obesity between BL and PI2, while in the EG a decrease was identified. It can be concluded that the impact of this intervention proposal was positive in the results of indicators of quality of life and health of schoolchildren, making it possible to structure other interventions with the same purpose.Keywords: impact assessment; intervention; health; school children. |