

ABSTRACT

Happy Vale Secondary School – A Supportive Environment in Preventing and/or Reducing Obesity

Vencelia Edwards-O'Neil

This study investigated some factors that prevented students from participating in obesity prevention/risk reduction practices at a secondary school in Trinidad and Tobago. Data were collected through interviews with eight purposively selected upper-level students of the school, as well as through non-participant observation of the National Schools Dietary Services Limited school meals for one week. The findings revealed that lack of nutritional knowledge and physical activities, negative peer attitude, and the lack of policy and guidelines negatively impacted the students' participation in obesity control activities.

Keywords: Obesity; Body weight; Risk factors; Risk reduction; Secondary school students; Student behaviour; Nutrition; Trinidad and Tobago