

ABSTRACT**An Assessment of the
Community Nutrition Education Programme
for the Primary Prevention of
Obesity, Diabetes and Hypertension**

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This study is an assessment of the school based Community Nutrition Education Programme for the primary prevention of obesity, diabetes and hypertension (Project Lifestyle).

Project Lifestyle aims to help students develop and practise healthy eating, exercise and weight control habits and a positive self concept.

The Project was implemented at Mona High School during 1990. Prior to the implementation of the Project, a baseline knowledge, attitudes and practices study was conducted by the Caribbean Food and Nutrition Institute (CFNI).

The present study aimed to compare the results of the CFNI study with the current levels of the students knowledge, attitudes and practices with reference to weighing right, eating right, physical exercise and positive self- concept and the effectiveness of the teacher as a facilitator for the adoption of healthy lifestyles by students.

The results of this study revealed that there is a very pronounced improvement in the students' attitude to

obesity and that the majority are aware that there is a health relationship between obesity and hypertension.

There was an improvement in the knowledge of healthy foods and eating right but not a corresponding improvement in the practice of eating right. Fewer students stated that they regularly had breakfast or three meals a day.

Students' knowledge of the importance of physical exercise seemed to have increased significantly with a corresponding increase in practice. A small percentage of students still admitted to not participating in physical exercises at school even though exercise sessions are conducted at the school daily.

Results of the study also indicated an overall improvement in students' self-concept and self-esteem.

The teachers seemed to be not very participative in the programme.