Intervention to Reduce Unhealthy Food and Increasing Food Safety Among Thai Children

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Abstract : This experimental pretest-posttest control group design aimed to examine the effects of a family-based intervention on increasing fruit and vegetable intake and reduce fat and sugar intake and nutritional status among school-age children. Children were randomized to experimental 68 children and control 68 children. The experimental group received the intervention based on Social Cognitive Theory. The control group received the school's usual educational program regarding healthy eating behavior. Data were collected via three questionnaires including: demographic characteristics; fruit and vegetable intake; and fat and sugar intake at baseline, sixteen weeks after baseline. Analysis of the data included the use of descriptive statistic and independent t-test. Results revealed the significant differences between the experimental and control group, regarding: fruit and vegetable intake, fat and sugar intake and nutritional status at sixteenth week after baseline. The findings suggest a family-based intervention, based on SCT, appears to be effective to improve eating behavior, and nutritional status of school -age children. So, the intervention can be applied to improve eating behavior among other groups of children.
Keywords : family-based intervention, children, unhealthy food, food safety
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