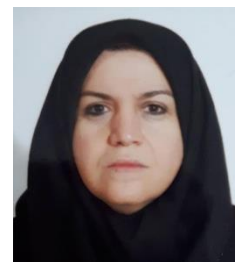


Effect of educational intervention on healthy lifestyle in Iranian children and adolescents: The IRAN-Ending childhood obesity (IRAN-ECHO) Program.

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Abstract

Background:

Overweight and obesity during childhood and adolescence are increasing as public health problem.

Objective: This study aimed at examining the effect of the education program on children and adolescents' knowledge, attitudes and behavior in relation to healthy lifestyle.

Methods: This study was performed as a quasi-experimental national survey as part of the IRAN-Ending Childhood Obesity (IRAN-ECHO) program. Participants were selected from six cities of Iran. The sample size was calculated as 1264 for each city. Nutrition-related knowledge, attitudes and behavior were measured at pre- and post-intervention surveys. Physician and dietitian provided recommendations on healthy dietary, reducing screen time, increasing physical activity, and sufficient sleep time, as well as behavioral therapy when necessary

Conclusion: Educational intervention based on WHO-ECHO recommendations can be useful for improvement the knowledge related to healthy lifestyle in children and adolescents; over time it might lead to change in attitude and in turn in improving their practice

Speaker Publications:

1. Breastfeeding in Iran: Prevalence, duration and current recommendations, September 2009; International Breastfeeding Journal
2. Optimal vitamin A and suboptimal vitamin D status are common in Iranian infants, October 2010; Acta Paediatrica
3. Reasons given by mothers for discontinuing Breastfeeding in Iran, May 2012; International Breastfeeding Journal
4. Docosahexaenoic Acid in Breast Milk Reflects Maternal Fish Intake in Iranian Mothers, April 2012; Food and Nutrition Sciences
5. Vitamin A status in pregnant women in Iran in 2001 and its relationship with province and gestational age, September 2014

[3rd International Conference on Obesity and Diet Imbalance;](#)
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<https://obesity-diet.nutritionalconference.com/>



Biography:

Beheshteh Olang, is a faculty member at Shahid Beheshti University of Medical Sciences, Tehran, Iran. She worked as an Assistant Professor in Pediatric Nutrition and a member of Pediatric Gastroenterology, Hepatology and Nutrition Research Center.