

# Health and nutrition education in primary schools in Crete: 10 years follow-up of serum lipids, physical activity and macronutrient intake.

Study from Greece (2006)

**Objective:** To determine whether benefits obtained in certain health indices at the end of an intervention period were present four years later.

**Participants:** First graders from two counties in Crete (experimental); first graders from another county (controls) Follow-up from 2002 Crete study.

**Methods:** Representative population of participants' biochemical, dietary and physical activity data were obtained at baseline, at the end of the intervention period and after intervention.

**Results:** Favorable changes maintained from baseline to after intervention for total cholesterol and leisure-time physical activities. No changes observed for fitness and dietary indices.

**Source:** Manios Y, Kafatos A; Preventive Medicine and Nutrition Clinic University of Crete Research Team. Health and nutrition education in primary schools in Crete: 10 years follow-up of serum lipids, physical activity and macronutrient intake. Br J Nutr 2006; Mar95(3):568-575

