

# Pathways curriculum and family interventions to promote healthful eating and physical activity in American Indian schoolchildren.

Study from US (2003)

Objective: School based study aimed at promoting healthful eating and increasing physical activity.

Participants: 1704 American Indian third to fifth graders from 41 schools in seven communities

Method: Experimental and control group comparisons

Results: There were significant increases in knowledge and cultural identity from group who received intervention with a significant retention in knowledge over three years. 'A culturally appropriate school intervention can promote positive changes in knowledge, cultural identity, and self-reported healthful eating and physical activity in American Indian children and environmental change in food service.'

Source: Davis SM, Clay T, Smyth M, Gitteisohn J, Arviso V, Flint-Wagner H, Rock BH, Brice RA, Metcalfe L, Stewart D, Vu M, Stone EJ. Pathways curriculum and family interventions to promote healthful eating and physical activity in American Indian schoolchildren. *Prev Med* 2003; Dec37(6 PT 2):S24-34

