

DOCTORATE RESEARCH

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Abstract

The Effectiveness of School-based Nutrition Education on Self-regulation on Food Choice: Study Among Primary School Children in Low-to moderate-income Urban Area of Jakarta

Background: School-age years is a critical time for children to adopt eating habits, since cognitive-motivational processes become important influences on food choice. In fact, urban children from low- to moderate-income would have the disadvantage due to instability of family income and poor knowledge on nutrition related to diet patterns. It leads to shift on dietary quality among urban children. Several data also indicate that nutritional and micronutrient status of these children is non-optimal. In consequence, employing nutrition education is essential, because it will develop children self-regulation to choose appropriate food from the available resources in their area and to perform healthy behavior. However, up to date, in Indonesia, no study has been conducted which use cognitive-motivational approach on nutrition education research. The study will serve as important data for behavior change communication policies in both health and education sectors.

Objective: The study will evaluate the effect of integrated school-based nutrition education on self regulation on food choice of primary school children.

Design: The study is a pre- and post-evaluation of intervention which is combined with a quasi experimental design. It will compare between education and comparison group conducted on students from two separate primary schools with similar age, demographic and socioeconomic characteristic. All participants will be assessed for anthropometry status, home food environment, self regulation on food choice, and dietary intake. The evaluation will take place in three stages. First, at the baseline before the education program starts. The second evaluation will take place at the end of 24 lesson nutrition education intervention. In addition, a follow up evaluation will be conducted at the 12th week from the second evaluation.

Participants: School-aged children of grades 3 and 4 primary school.

Settings: Schools in Jakarta urban area with low- to middle-income.

Implication: To develop integrative nutritional education model for primary school children that can be used as school-based nutrition education tools.