Poster Abstract – Original Research

Official Language: English

Authors & Affiliations:

Rodrigues Filipa¹; Loureiro S. Rita²; Côrça João²; *Borrego Rute¹; Mendes Lino¹

¹ Dietetics and Nutrition Department, EStESL- Escola Superior de Tecnologia da Saúde, Instituto Politécnico de Lisboa, Lisboa, Portugal.
²APCOI – Associação Portuguesa Contra a Obesidade Infantil, Cascais, Portugal

Presenting Author & Affiliation:

Borrego Rute¹

Dietetics and Nutrition Department, EStESL- Escola Superior de Tecnologia da Saúde, Instituto Politécnico de Lisboa, Lisboa, Portugal.

Presenting Author’s Correspondence address:

ESTeSL - Escola Superior de Tecnologia de Lisboa Av. D. João II, Lote 4.69.01 196 096 Lisboa;

Presenting Author’s Telephone Number:
(+351) 218 980 451

Presenting Author’s Email:
rute.borrego@estesl.ipl.pt

Title of Presentation:

Barriers and facilitators of a school-based health promotion program: a qualitative approach

1. Brief description/abstract for the content of the poster presentation (300 words max). Introduction / Objectives / Methodology / Results / Conclusion

«Heróis da Fruta – Lanche Escolar Saudável» Project (HF) is a nationwide school-based health promotion program in Portugal developed and coordinated by a multidisciplinary team, including dietitians. The program is implemented by educators and teachers in a school setting, to promote fruit and vegetable consumption among kindergarten and school-aged children. Present research intended to identify and analyse barriers and facilitators recognized by educators and teachers during the implementation of HF. Authors chose semi-structured interview to identify perceptions of 28 educators and teachers. Interviews were transcribed verbatim. Data were coded and analyzed using thematic analyzes¹,². Main barriers identified during implementation of HF were time issues (e.g. implementing activities), extra workload and lack of communication. Facilitators were related to ludic-pedagogic activities (e.g. cross curricular activities),
support (e.g. school staff collaboration) and adaptation (e.g. easy to implement). Such results were also identified in previous studies\(^{3,4}\). The research confirms how important is qualitative approach to adapt an intervention to its context, as it can soothe barriers that might be considered when developing and implementing a school-based health promotion program.


2. Please give two to three key references (published by you or others) which can be used to inform future work:


3. Please identify, where possible, up to three specific key messages that participants will take away from your poster presentation to inform their future practice.

1. Qualitative methods might be a promising method in dietetic practice as they can provide valuable information that might be combined with quantitative data. They might be applied in different dietetic practice contexts to better understand contexts where the community nutrition programs are implemented, assess the needs, beliefs and attitudes of those who benefit with nutrition interventions and to evaluate a nutrition education
2. The need to develop guidelines to plan, implement and evaluate interventions in this context is essential to develop and implement effective school-based health promotion programs.

3. Collaboration of different stakeholders (schools’ directors, school staff and families) might also allow to develop and implement effective school-based health promotion programs.