

A School-Based Intervention for Salt and Sugar Reduction to Promoting Dietary Change as Prevention for Non-Communicable Diseases (NCD) in Hong Kong

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INTRODUCTION:

High salt and sugar intake have been shown to increase the risk of NCD development. In 2018, the Strategy and Action Plan was launched by the Government. A dietitian-led 6-months community program in 2019, focusing on healthy eating, was implemented in three districts (Kowloon City (KC), Kwun Tong (KT) and Tai Po (TP)). It aimed to reduce salt and sugar intake among school-aged children and their families by enhancing **knowledge (K)**, **awareness (A)** and **behaviour (B)** through interventions with school talks, cooking workshops, teachers' trainings, game tools, video blogs (vlog) and recipes books production.

METHODS:

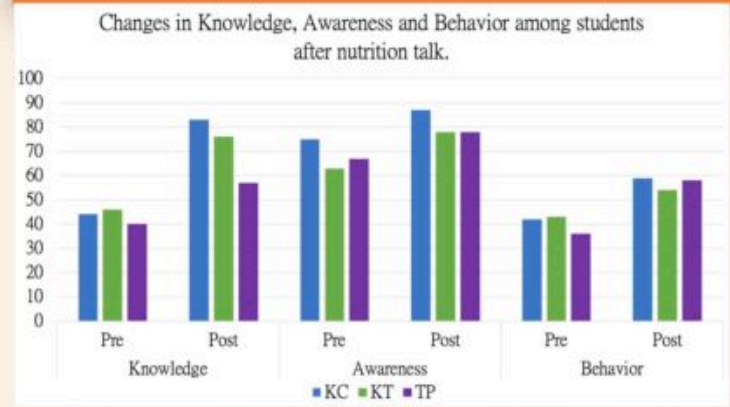
All primary schools and kindergartens in KC, KT and TP were invited and pre/post surveys were done to evaluate the changes in KAB for those participating schools.

RESULTS:

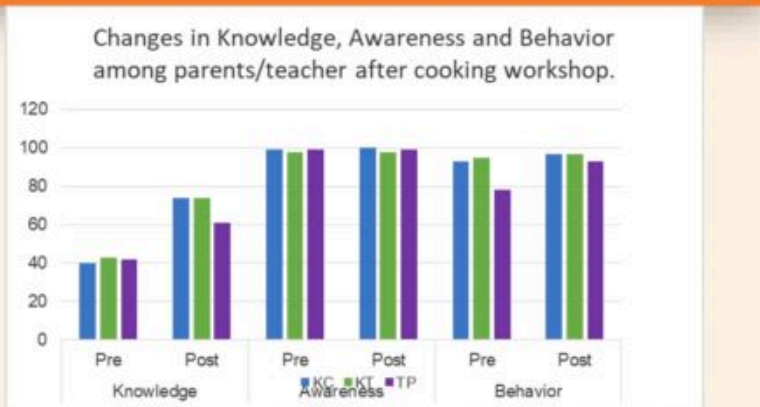
A total of 8 schools talks were conducted with 2,290 students attended. Fifteen cooking workshops were done with 262 parents/teachers attended.

Twenty-four training sessions were given to teachers.

Twenty vlogs were produced and 22 healthy recipes were collected from parent/teacher groups



Upon talks, students' knowledge score reached 83%, 75.6% and 56.8%; awareness score reached 87%, 78% and 77.9%; behaviour score reached 59%, 54% and 57.9% respectively for KC, KT and TP.



After cooking workshops, parent/teachers' knowledge score reached 74%, 73.9% and 61.1%; awareness score reached 100%, 98.5% and 98.6%; behavioural score reached 74%, 73.9% and 92.6% respectively for KC, KT and TP.

CONCLUSION:

School based advocacy continued to be one of the effective approach to promote reduction of salt and sugar intake amongst children and teachers/parent as key change agents for future nutrition program development for prevention and control of NCD.

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