

Mixed methods evaluation of the school-based Jump-in intervention on dietary habits

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Background & scope

- Only about 40 per cent of children in the Netherlands meet daily fruit and vegetables recommendations.
- Roughly 90 per cent of Dutch children exceed WHO's daily recommendations of sugar intake with sweetened beverages and unhealthy snacks being the biggest contributors.
- Dietary behaviour (e.g. drinking sugar-sweetened beverages) tends to be worse among children from low socio-economic positions.
- To stimulate these children's healthy dietary behaviour, one of the goals of the Jump-in intervention is to implement a healthy nutrition school policy in primary schools in Amsterdam.



Aim
The current study aims to evaluate the effectiveness and implementation process of the Jump-in nutrition school policy.



Design
We conducted a mixed methods evaluation study.



Collected data
To assess effectiveness, we conducted questionnaires for children (8-12 yrs) and parents (of children 4-12 yrs), and lunchbox photographs. To assess the implementation process, we conducted interviews and focus group interviews (see bottom illustration).



Future papers
With this data we plan to write four scientific articles (see upper illustration).

