

## عنوان مقاله:

CAN EDUCATION THROUGH POSTER IMPROVE THE KNOWLEDGE AND PRACTICE OF PRESCHOOLERS ABOUT HEALTHY LIFESTYLE? IHHP-HHPC

## محل انتشار:

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## خلاصه مقاله:

**Abstract**INTRODUCTION: Lifelong behavior and risk factors of chronic diseases extend from early life to adulthood. It seems that dietary habits and unhealthy food consumption, as well as passive smoking play an important role in the development of such diseases. Multiple studies have shown that healthy lifestyle education in preschool children improves their knowledge, attitude and practice about healthy lifestyle. This study was conducted to evaluate the effect of lifestyle education with educational posters in daycare centers on preschool children. **METHODS:** In an interventional study, ۲۵۰ preschool children were selected via ۲-stage random cluster sampling and taught tips on healthy lifestyle via educational posters. Their knowledge on healthy lifestyle was assessed before and after (1 week and ۳ months) education via a picture-questionnaire, and their practice and behavior were assessed before and after education via their favorite choice of snack in daycare centers. Collected data were analyzed using SPSS ۱۳ by paired t-test and Man Whitney test. **RESULTS:** The knowledge and practice scores of the studied subjects improved significantly one week after intervention compared with baseline, and persisted until the third month after education. **DISCUSSION:** Healthy lifestyle education via poster for preschool children can significantly improve their knowledge and practice towards healthy lifestyle. **Keywords** • Healthy life style • Education • Preschool children

## کلمات کلیدی:

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