

Poster Abstract – Original Research

Official Language: English

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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 analyzes^(1,2). 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.

1. Harris JE, Gleason PM, Sheean PM, Boushey C, Beto JA, Bruemmer B. An Introduction to Qualitative Research for Food and Nutrition Professionals. *J Am Diet Assoc.* 2009;109:81; 83-85; 87.
2. Fade SA, Swift JA. Qualitative research in nutrition and dietetics: Data analysis issues. *J Hum Nutr Diet.* 2011;24:107–10.
3. Van Nassau F, Singh AS, Broekhuizen D, Van Mechelen W, Brug J, Chinapaw MJM. Barriers and facilitators to the nationwide dissemination of the Dutch school-based obesity prevention programme DOI.T. *Eur J Public Health.* 2016;26:613–5.
4. Lisson S, Goodell LS, Dev D, Wilkerson K, Hegde A V., Stage VC. Nutrition Education Resources in North Carolina-Based Head Start Preschool Programs: Administrator and Teacher Perceptions of Availability and Use. *J Nutr Educ Behav.* 2016;48:657–60.

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

Harris JE, Gleason PM, Sheean PM, Boushey C, Beto JA, Bruemmer B. An Introduction to Qualitative Research for Food and Nutrition Professionals. *J Am Diet Assoc.* 2009;109:82–7.

Swift JA, Tischler V. Qualitative research in nutrition and dietetics: getting started. *J Hum Nutr Diet.* 2010;23:560.

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

program.

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.
