



hbosc

**HEALTH BEHAVIOUR IN
SCHOOL-AGED CHILDREN**

WORLD HEALTH ORGANIZATION
COLLABORATIVE CROSS-NATIONAL STUDY



Informing food policies in post-primary schools in Ireland: Knowledge to Action

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Knowledge to Action: Using Research Evidence in health Promotion Policy and Practice
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- High prevalence of overweight and obesity in children in Ireland
 - 20-25% primary school children
 - 19% of teenagersIUNA, 2005, 2008
- Nutritional habits of Irish adolescents not optimal
IUNA, 2005
- Eating out of home
Mikkelsen et al, 2011
- Social, physical and individual factors
- School food environment
 - Children - time in this setting
 - External & Internal foodscape



Aims



The project aims to explore young people's perception of their food environment, to include:

- The number of food outlets 'close' to their school
- What type of food do they buy at the food premises
- Barriers to accessing food outlets of their choice
- Perception of a need for change or maintain status
- What food environments they use
- 'Quality' of food outlets within walking distance of schools

- Qualitative study to explore young people's perception of their school food environment
- Ethics granted by NUIG REC
- Schools contacted and recruited by phone
- Data collected April - October 2015
- One class period ~40 mins
 - Mapping exercise
 - Group discussion with topic guide

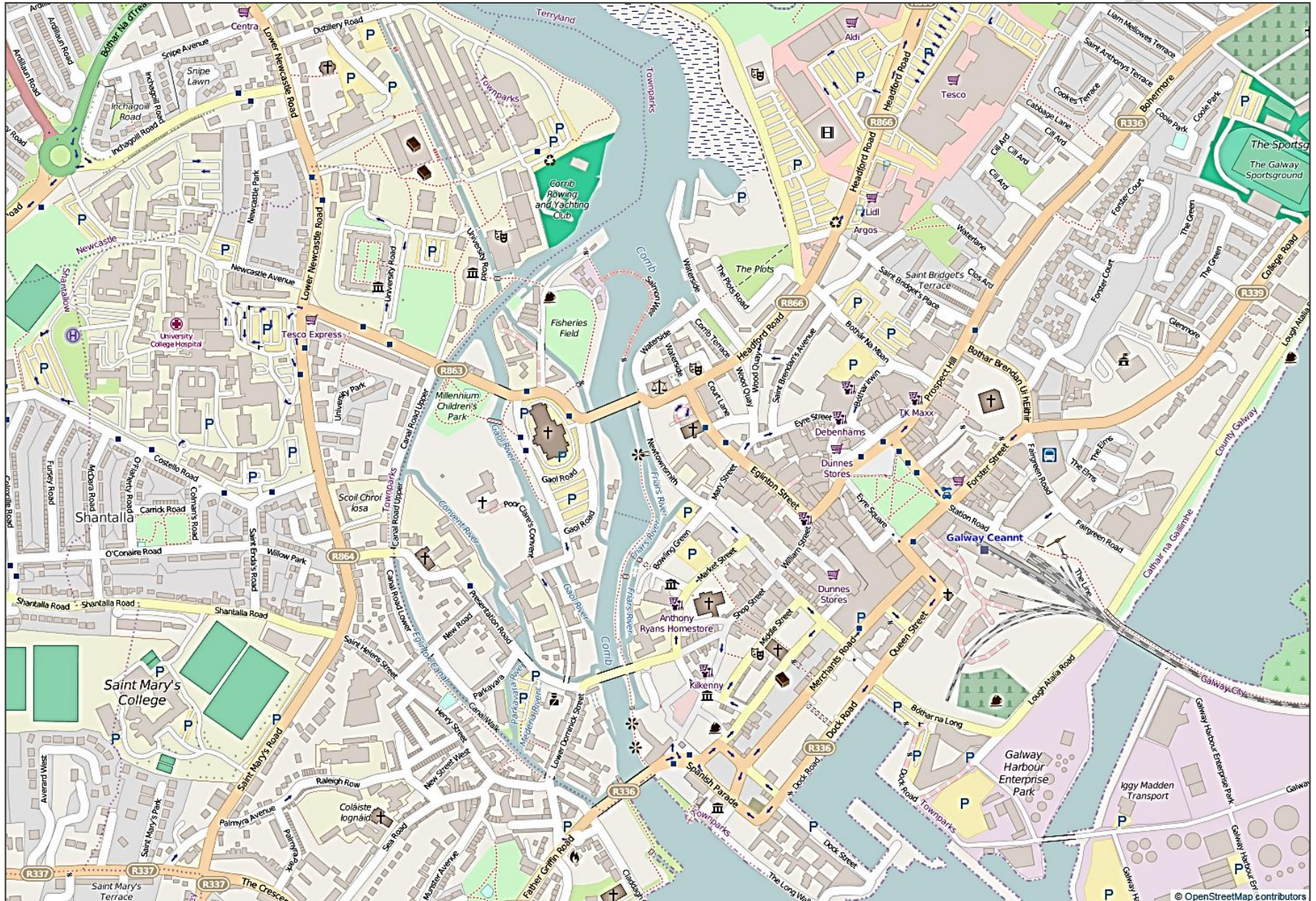
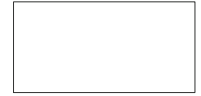
Methods

Mapping exercise



Exploring the food environment study 2015

Map number:



Participants



- 6 post-primary schools recruited
 - 1 Male, 3 Female, 2 Mixed
 - Non DEIS
 - Large town/city
- 95 Students (63% girls, 37% boys)
- Aged 12 -18 years
- Younger class (1st or 2nd Year) & older class (4th, 5th or TY)

Results - places

Spar/Londis/
Centra/Costcutter

Local health
food shop

Topaz

Subway

Apache/
Papa
Johns/
Dominos

Local
supermarkets

Supermacs/
Mc Donalds/
BK

Local fast
food places

Sweet shops



Local
Cafes

Supervalu

Lidl/ Aldi/
Dunnes

Local pubs

Easons

Local restaurants

Local hotels

Results - food

Health bars

Sesame sticks

Energy drinks –
Edge,
Lucozade sport

Coffee

7up/Coke

Nuts

Water

Flavoured
water

Biscuits

Croissant

Milk

Yoghurt



Chocolate

Polo mints

Curried rice

Wedges

Sweets

Curry or stir fry or
chips

Sausage and
chip

Chicken
rolls

Results – satisfied?



Happy
with
what's
available?

Male student 4th Year: “Not really.”

“Like, if you were getting food out there’s about...how many places ye could go that’s healthy like? It’s...more unhealthy than there is healthy.”

Female student 4th Year: “Not really.”

“There’s always such a long queue if you’re not down early as well everything’s usually gone coz the tech across the road as well like so.”

Female student TY: “Yeah.”

“... sometimes it would be actually nice to have a place that would be literally just for like students where they can pick up their lunch and kinda...at a good rate as well.”

Male student 2nd Year: “It’s grand. It’s fine.”

“It’s kind of expensive still though like because other schools have canteens and they’re really cheap compared to what you get up the town.”

Female student 2nd Year: “Sometimes.”

“Because sometimes I walk all the way there and they don’t have what I want.”

Barriers

Location

Price

Time

Other

Conclusion



- First time HBSC Ireland have collected qualitative data exploring students perceptions of their food environment
- Help inform future policy on how best to address the nutritional needs of young people
- Enabling the healthy choice to be the easier choice is difficult
- Legislation and awareness of creating healthy communities/healthy cities the way forward?

Acknowledgements



- Schools and parents who gave their consent
- Children for their participation and consent
- Miss Ursula Kenny & Miss Lorraine Burke who helped conduct the data collection
- Millennium Fund Project Call



Questions?

