

City, Country
Rijeka, Croatia

Project title
By FOOD and MOVE to PRESCHOOLERS' HEALTH

Start + end date: 17th February - Februar17th March 2008

Context (issue to be addressed)

The Kindergarten Rijeka takes care about health and education for about 50% preschool population in the city, which means 3100 children aged from three to six years. During their staying in the kindergarten, children are supposed to take 85% of recommended daily food intake, which is planned (The Menu) and controlled (qualitative and quantitative food analysis) in cooperation with specialists from Institute of Public Health Primorsko-goranska County. According to that, it's interesting to take an assessment of the nutritional status of all children. Furthermore, it is well known that level of physical activity has great influence on physical condition. In the Kindergarten of Rijeka there are different programs and pedagogical approaches, one of them emphasizes everyday's exercises and sport games (swimming school, school of skiing). We like to explore if these "sport included" children are statistically different in nutritional status from "non-sport included" peers.

Aims and target groups

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1. To examine the nutritional status of preschool children in the Kindergarten Rijeka (anthropometric measurements for 2500 children aged 3 to 6 years, in 2006/2007 academic year).
2. To evaluate the impact of 30' structured physical activity (daily) on nutritional status: To compare a. measurements of experimental (N=212) and control group (N=270) of children aged 3 to 6 years; groups are balanced in age and sex.

Methods:

1. Anthropometric measurements
2. Health statistical data
3. Psychometric analysis

Outcome:

1. Distribution of body mass index in preschool children refers to optimal distribution of body mass index in relation to referral population according to NCHS standards (WHO).
2. Statistical significance difference of body mass index between two groups was not found.

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