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Effectiveness of teaching and text message based intervention on dietary habits and physical activities among overweight adolescents**Pooja Ahlawat, Kanika and Srinivasan P**
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Background: Adolescent obesity relates to both genetic makeup and environmental factors such as intake of high-energy foods and decreased physical activities. Obesity is associated with an increased risk of morbidity and mortality as well as reduced life expectancy.

Aims & Objectives: The aim of the study was to assess the dietary habits and physical activities among overweight adolescents and to evaluate the effectiveness of teaching and text message based intervention. The conceptual framework of the study was based on CIPP (context, input, process and product) model by Stufflebeam.

Methodology: The research approach adopted for the study was quasi-experimental and design was non-equivalent control group pretest-posttest design. The study was conducted at two schools of Ambala, Haryana. A total of 59 overweight adolescents who were in the age group of 13-15 years were selected by using purposive sampling technique. The tool used for the study consisted of structured performa regarding sample characteristics, rating scale to assess dietary habits and physical activities among overweight adolescents. Data collection was done in January 2017. Descriptive and inferential statistics were used to analyze the data.

Findings: The major finding revealed that mean post test scores of dietary habits and physical activities (29.5 ± 2.55 , 18.66 ± 3.92) were significantly higher in experimental group than mean post test scores of dietary habits and physical activities (13.10 ± 3.82 , 11.06 ± 3.06) in comparison group. Moderate positive significant relationship ($r=0.61$) was found between post-test score of dietary habits and physical activities. There was a significant association between post-test score of dietary habits and physical activities with BMI in experimental and comparison group.

Conclusion & Significance: It was concluded from the study that teaching and text message based intervention was effective in improving the dietary habits and physical activities among overweight adolescents.

References

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Biography

Pooja is currently an MSc Nursing student, conducted research project for the fulfillment of her Master's degree in Child Health Nursing. Her open and constructive ideas will help in improving the dietary habits and physical activities among overweight adolescents and maintaining their health status. She is also a Member of National Neonatal Forum.

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