

IMPACT OF THE EDUCATIONAL PROGRAM 'PLANNING HEALTH IN SCHOOL' IN AN OBESE ADOLESCENT: A CASE STUDY

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Introduction: 'Planning Health in School' (PHS) is an educational programme that integrates knowledge in healthy eating and active living, motivating teenagers' participation in changing to healthier behaviours. The PHA programme was implemented over a full academic year with grade 6 adolescents (11-12 years old). It started with an initial diagnosis, followed by implementation of a set of eight learning activities addressing different subjects in health promotion and focusing healthy eating habits and physical activity, by monitoring the process with several assessment tools.

Objectives: This case study intended to understand the factors influencing the obesity of an adolescent and to know how and why he changed his attitudes and behaviours towards a healthier lifestyle as following the PHS programme, having in mind two complementary perspectives of his context: the adolescent and to his family.

Methods: A 11 years old obese male, with a baseline body mass index (BMI) of 37.5 kg/m² and waist circumference (WC) of 117cm, was analyzed for his cognitive, attitudinal and behavioural parameters. In addition to the adolescent's anthropometric measures (BMI, WC), a self-reporting questionnaire, and 7 food diaries, a semi-structured interview was also conducted to the adolescent and his family (Mays; Pope, 2000).

Results: The adolescent's attitudes and perception about his body structure improved as well as changes on eating behaviours and anthropometric data. The BMI value decreased 10% and the WC had a cutback of 9 cm (5.8% less).

Conclusions: The 'Planning health in School' programme improved effectively changes in the obese adolescent's attitudes and behaviours, leading to better anthropometric outcomes.