

Impact of nutrition counseling on nutrition knowledge and nutrient intake of seven to nine year old children in an atherosclerosis prevention project.

Study from Finland (2004)

Objective: To assess impact of nutrition counseling given seven-and-a-half to nine year old children and their parents on children's nutrition knowledge and nutrition intake.

Participants: Families in the Special Turku Coronary Risk Factor Intervention Project

Method: Experimental and control group comparisons. Parents in experimental group with children from the age of seven months onward received nutritional counseling; Children were included in counseling once they reached seven years old.

Results: A relatively short period of counseling with low input was needed to increase children's knowledge after first giving information to parents; parent-child communication had also been emphasized.

Source: Rasanen M, Niinikoski H, Keskinen S, Heino T, Lagstrom H, Simell O, Helenius H, Ronnema T, Viikari J. Impact of nutrition counseling on nutrition knowledge and nutrient intake of seven to nine year old children in an atherosclerosis prevention project. Eur J Clin Nutr 2004;Jan58(1):162-172.

