

Impact of a comprehensive multi-component health literacy module on dietary and physical activity patterns of adolescents studying in schools of Delhi, India

Citation for published version (APA):

Rawal, T. (2023). *Impact of a comprehensive multi-component health literacy module on dietary and physical activity patterns of adolescents studying in schools of Delhi, India*. [Doctoral Thesis, Maastricht University]. Maastricht University. <https://doi.org/10.26481/dis.20230315tr>

Document status and date:

Published: 01/01/2023

DOI:

[10.26481/dis.20230315tr](https://doi.org/10.26481/dis.20230315tr)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

[Link to publication](#)

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal.

If the publication is distributed under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license above, please follow below link for the End User Agreement:

www.umlib.nl/taverne-license

Take down policy

If you believe that this document breaches copyright please contact us at:

repository@maastrichtuniversity.nl

providing details and we will investigate your claim.

Download date: 23 Apr. 2024

Propositions

Impact of a comprehensive multi-component health literacy module on dietary and physical activity patterns of adolescents studying in schools of Delhi, India

1. Weight problems are common amongst Indian urban adolescents, and their knowledge of dietary and physical activity behaviours is low. (*This thesis*)
2. Unhealthy diet and physical inactivity among adolescents worsened during the COVID-19 lockdown and were associated with sociodemographic characteristics, including parents' education and occupation. (*This thesis*)
3. A comprehensive theory-based intervention comprised of audio-video films showed positive effects on school-going adolescents' diet and physical activity-related knowledge and behaviours. (*This thesis*)
4. Both audio-visual films with messages from endocrinologists aimed at teachers and films with an animation component for school-age adolescents can reinforce preventive messages and improve unhealthy lifestyles (*This thesis*).
5. The relationship of lifestyle-related diseases and associated risk factors is complex. Evidence-based intervention along with strengthening of policies are effective for fostering a healthy school environment.
6. By further exploring the implementation of the intervention in times of non-COVID-19, a more efficient impact on nutrition and physical activity-related behaviour of school-aged adolescents can be achieved.
7. "Beginning nutrition education in early childhood is an important part of helping to ensure that children will achieve healthful lifestyles."
– Robert Earl
8. "Children are like wet cement. Whatever falls on them makes an impression".
– Dr. Hiam Ginnot

Tina Rawal

Maastricht, March 2023