

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

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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

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Maastricht, March 2023