

# Sahtak bi sahnak. Your health on your plate

Citation for published version (APA):

Said, L. (2022). *Sahtak bi sahnak. Your health on your plate: the development, implementation, and evaluation of a nutrition programme for Lebanese adolescents*. [Doctoral Thesis, Maastricht University]. ProefschriftMaken. <https://doi.org/10.26481/dis.20220511s>

## Document status and date:

Published: 01/01/2022

## DOI:

[10.26481/dis.20220511s](https://doi.org/10.26481/dis.20220511s)

## 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](http://www.umlib.nl/taverne-license)

## Take down policy

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

[repository@maastrichtuniversity.nl](mailto:repository@maastrichtuniversity.nl)

providing details and we will investigate your claim.

## Summary

Sahtak bi Sahnak is the first Lebanese school-based nutrition programme targeting 15-18-year-old adolescents enrolled in public and private secondary schools, located in urban and rural regions. It aimed at improving the dietary knowledge and adherence levels of Lebanese adolescents, and to consequently prevent paediatric obesity. The programme was administered by a research dietitian in 16 secondary schools in the Lebanese regions Beirut, Baalbeck, and Rayak. Overall, the results of the effect evaluation were promising, suggesting a future larger dissemination across the country.

Chapter 2 described the development process of the dietary knowledge and adherence questionnaires for Lebanese adolescents and their parents. It also examined the feasibility and internal reliability of the questionnaires in the target population. As a result, we obtained brief and relatively inexpensive assessment questionnaires that may be administered in Lebanese school settings. In addition, the internal reliability for all scores, except for the healthy items score of the parents, was acceptable.

Chapter 3 presented the baseline characteristics of the participating adolescents and their parents, in addition to the correlation of dietary knowledge and adherence with the BMI z-score of the adolescents, their parents' levels of dietary knowledge and adherence, and with clustered behaviours. This study indicated that the prevalence of overweight and obesity has reached serious rates among Lebanese adolescents. In addition, it seems that the dietary knowledge of the adolescents directly influenced their dietary adherence, whereas the dietary knowledge level of their parents influenced their children's dietary adherence indirectly, mediated through the children's dietary knowledge.

Chapter 4 described the application of the Intervention Mapping (IM) to develop Sahtak bi Sahnak. The protocol of the intervention was described following all the six steps of IM, in details. The resulting intervention was a theory-based and culturally appropriate intervention, needing little resources, and which can be integrated in the educational curriculum of both public and private Lebanese secondary schools, located in urban and rural regions. This study provided an elaborate example of the application of the IM approach in the Lebanese secondary school context. Although a time-consuming process, IM serves as a valuable tool in the health promotion field and provides a high level of transparency to improve and replicate the process in the future.

Chapter 5 presented the effect evaluation of Sahtak bi Sahnak, assessing the effectiveness of the intervention in improving the levels of dietary knowledge and adherence of the participating adolescents. A cluster randomised controlled trial was conducted in public and private secondary schools. The results showed significant improvements in both dietary knowledge and adherence levels in the intervention schools, compared to the

## Summary

control schools. These positive outcomes were found among all participants of both genders, locations, types of school, and different BMI z-score categories.

The final chapter summarised the main findings of the studies, and then reviewed the strengths and limitations of the used methods. The chapter also reviewed the possible implications and suggested some recommendations for future research. We concluded that the current intervention is a promising nutrition programme targeting Lebanese adolescents in secondary schools.