

# Sahtak bi sahnak. Your health on your plate

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Propositions belonging to this thesis

**Sahtak bi Sahnak**  
**Your Health on your Plate**  
**The Development, Implementation, and Evaluation of a Nutrition Programme for**  
**Lebanese Adolescents**

1. Obesity is more prevalent among Lebanese adolescents living in urban regions and enrolled in private secondary schools, compared to adolescents living in rural areas and registered in public schools, respectively (this thesis).
2. Lebanese parents lead by example as their healthy and unhealthy habits are positively associated with their children's habits (this thesis).
3. The Intervention Mapping framework is a feasible approach to develop a theory- and evidence-based, low resource intervention which can be integrated as part of the educational curriculum of public and private secondary schools in Lebanon (this thesis).
4. *Sahtak bi Sahnak* improved both dietary knowledge and adherence of Lebanese adolescents living in urban and rural regions and enrolled in public and private secondary schools (this thesis).
5. *Sahtak bi Sahnak* succeeded in improving the dietary knowledge of both underweight and obese adolescents, making it an efficient double duty action against the double burden of malnutrition (this thesis).
6. Global nutrition improvement requires local culturally competent efforts.
7. Children are one-third of our population and all of our future (Select Panel for the Promotion of Child Health, 1981).
8. Nowadays, implementing evidence-based nutrition programmes is more important than ever, as any information is just one click away, including misleading dietary information.
9. Each era is characterised by its own challenges. Some PhD journeys were accomplished with no computers and no calculators, others while facing a global pandemic and a national political and economic crisis at the same time.
10. *Scientia potentia est* (from Latin: knowledge is power).

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