Pathways curriculum and family interventions to promote healthful eating and physical activity in American Indian schoolchildren.

Study from US (2003)

Objective: School based study aimed at promoting healthful eating and increasing physical activity.

Participants: 1704 American Indian third to fifth graders from 41 schools in seven communities

Method: Experimental and control group comparisons

Results: There were significant increases in knowledge and cultural identity from group who received intervention with a significant retention in knowledge over three years. ‘A culturally appropriate school intervention can promote positive changes in knowledge, cultural identity, and self-reported healthful eating and physical activity in American Indian children and environmental change in food service.’