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Regional differences in the effects of a 2-year healthy eating and physical activity intervention on BMI and behavior in 3 to 6 year olds: the POP-project.

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ABSTRACT

Purpose: This study was a 2-y multicomponent community based intervention study in Flanders, Belgium targeting children aged 3 to 6 that aims to evaluate the effects of the intervention on BMI, eating and physical activity behavior in 3 intervention and 3 paired matched (on SES profile) control communities.

Principal results: Data of the questionnaire was available from 730 children, BMI z-scores were available from 1152 children. There was a significant decrease of BMI z-score ($\Delta=0,11$) in the low-SES intervention community.

Major conclusions: Community characteristics can play an important role for the effects of obesity prevention interventions.

Keywords

BMI, socioeconomic status, effects, obesity, prevention, intervention, community