

Effect of a nutrition educational intervention in a work environment.

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Resumen

The objective is to evaluate a nutrition educational intervention in a work place. This is a quasi-experimental and four-month longitudinal study in 90 participants (44 women and 46 men), average age 29.3 +/- 5.4 years, from a telephone company in Asuncion, Paraguay.

Anthropometry, nutritional assessment and physical activity evaluation were carried out at the beginning and at the end of the intervention. For food habits, a food frequency questionnaire and one-week food consumption registration system were applied, both validated and used previously in other studies. The level of physical activity was measured using the International Physical Activity Questionnaire (IPAQ) which divides physical intensity in three levels (low, moderate and high). Anthropometry included weight, height and waist circumference. Nutrition education consisted in individual lifestyle counseling, a contest to lose weight, collective support actions and environmental intervention at the work place. A significant increase of intakes of fruits and vegetables ($p < 0.001$ y $p = 0.001$ respectively); a 56% reduction in bread consumption ($p = 0.001$); significantly ($p < 0.001$) improvement of nutritional status, and waist circumference reduction ($p < 0.001$) were observed at the end of the study. High and moderate physical activity improved from 43.4% to 59%. This integral nutrition intervention at the work place with a weight loss contest improved the nutritional status and had a positive impact in the workers life styles.

Palabras clave

Palabras clave de autor: [Chronic diseases](#); [healthy lifestyles](#); [work places](#); [nutrition education](#); [nutrition intervention](#)

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