

# Pilot nutrition and physical activity intervention for preschool children attending daycare centres (JUNJI); primary and secondary outcomes Intervención piloto en nutrición y actividad física para preescolares asistentes a jardines infantiles (JUNJI); res

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**Introduction:** A pilot intervention was conducted to promote physical activity and nutrition in public preschool education (near half a million children in Chile), in order to prevent obesity. **Objective:** To assess the primary (body fat) and secondary outcomes (physical activity and energy intake) of a nutrition and physical activity pilot intervention for preschool children, attending day care centres.

**Methods:** A pilot intervention in six day care centres selected at random (n = 530), in 4-5 years old preschool children, Santiago, Chile intending to: provide nutritional and physical activity education to educators and health promotion activities for the family, which in turn, will affect the primary (body fat), and secondary outcomes (physical activity pattern and energy food intake) were measured in a representative subsample of 120 intervened and 145 controls children. **Results:** In relation to secondary outcomes monitoring, moderate-vigorous activity was duplicated in the intervention