



A snapshot of Year 10 Students lifestyle behaviours



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Background

SALSA (Students As Lifestyle Activists) is a unique peer-educational partnership program¹ designed to motivate high school students to eat breakfast, fruit and vegetables, and to be physically active. Volunteer Year 10 students are trained by university students, to become **SALSA** Peer Leaders responsible for delivering the **SALSA** program to Year 8 students.

Aim:

To assess **SALSA** Peer Leaders' baseline indicators of eating habits, physical activity and recreational screen-time.



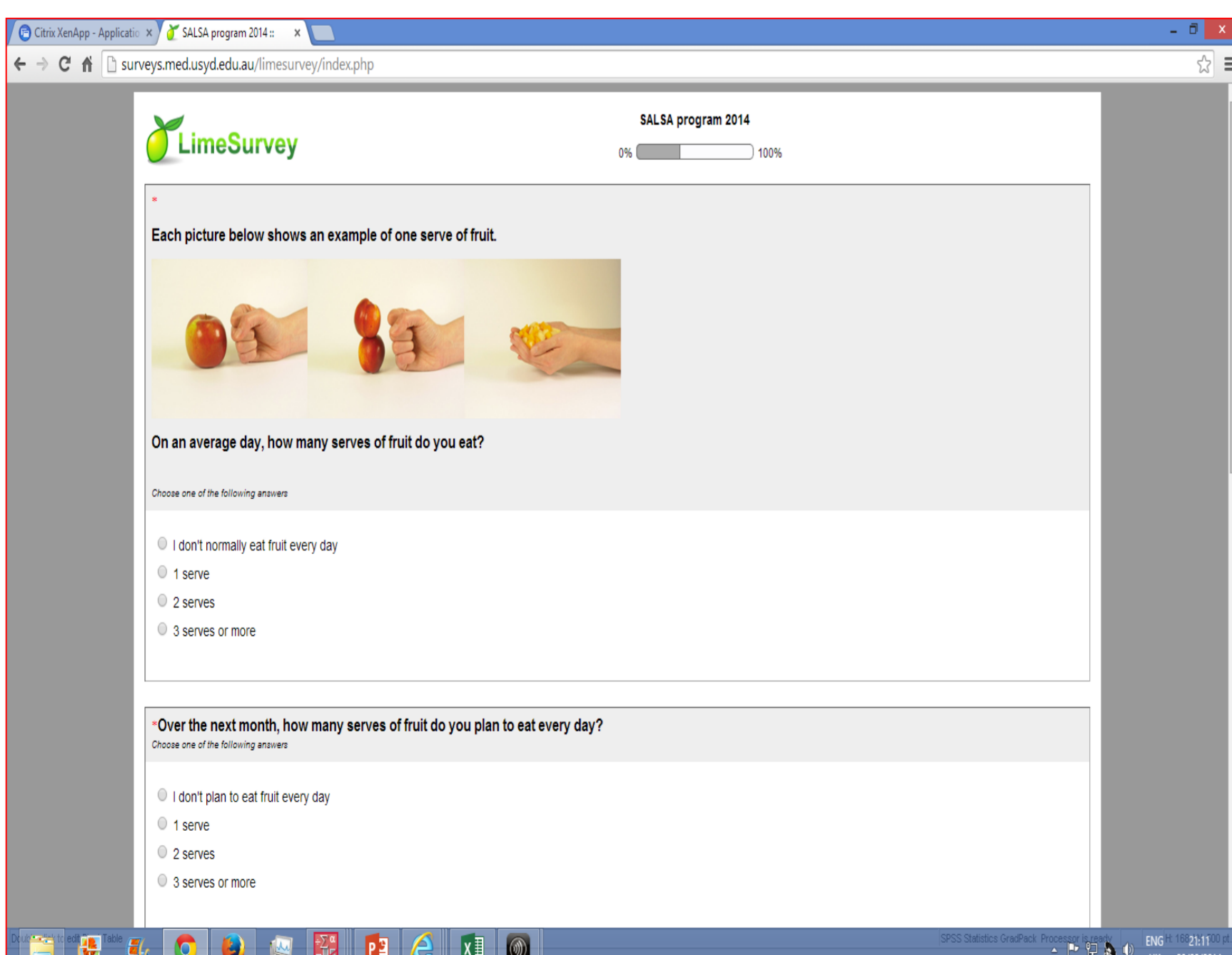
SALSA Peer Leaders completing the online questionnaire

Methods

Year 10 students from 10 high schools in Western Sydney completed an online, self-reported **SALSA** questionnaire (Fig. 1) at the start of the Peer Leader training workshop.

The questionnaire was designed to measure the **SALSA** program objectives which included adolescent eating behaviours, physical activity and recreational screen-time in line with Australian recommendations²⁻⁴.

Fig 1. Screen shot of the evaluation questionnaire



Results

Participants

213 (93%) **SALSA** Peer Leaders completed the questionnaire (69% girls)

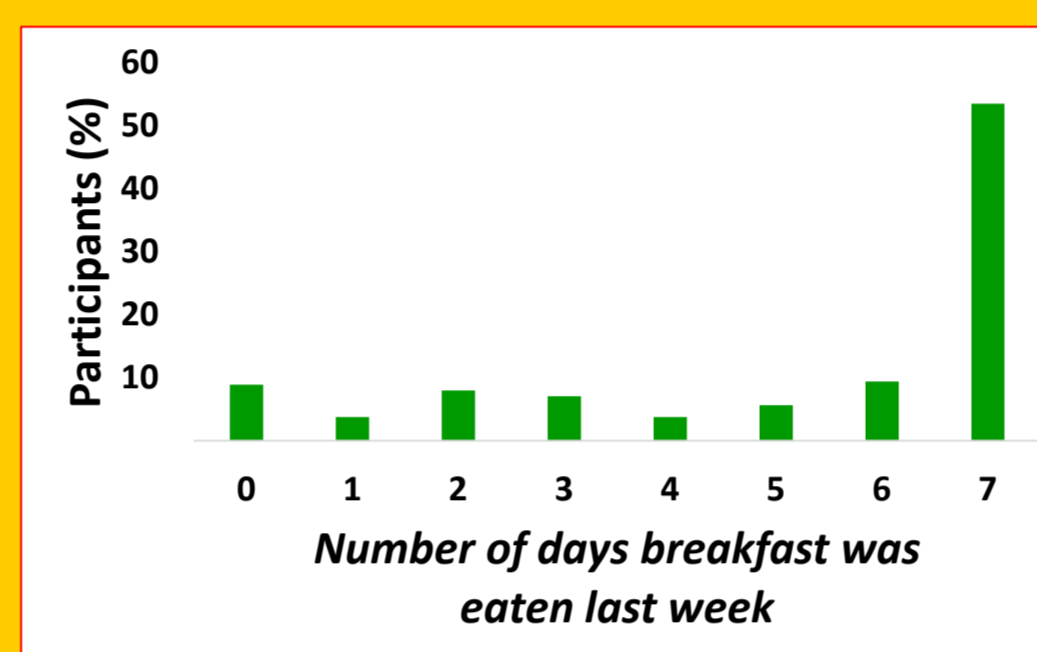
Eating behaviours

Breakfast

76% ate breakfast that day

54% ate breakfast daily in the previous week (Fig. 2)

Fig 2. Peer Leaders' reported frequency of eating breakfast



Fruit and vegetable intake

56% ate 2 or more serves of fruit per day (Fig. 3)

8% ate and 5 or more serves of vegetables per day (Fig. 4)

Fig 3. Peer Leaders' reported daily fruit intake

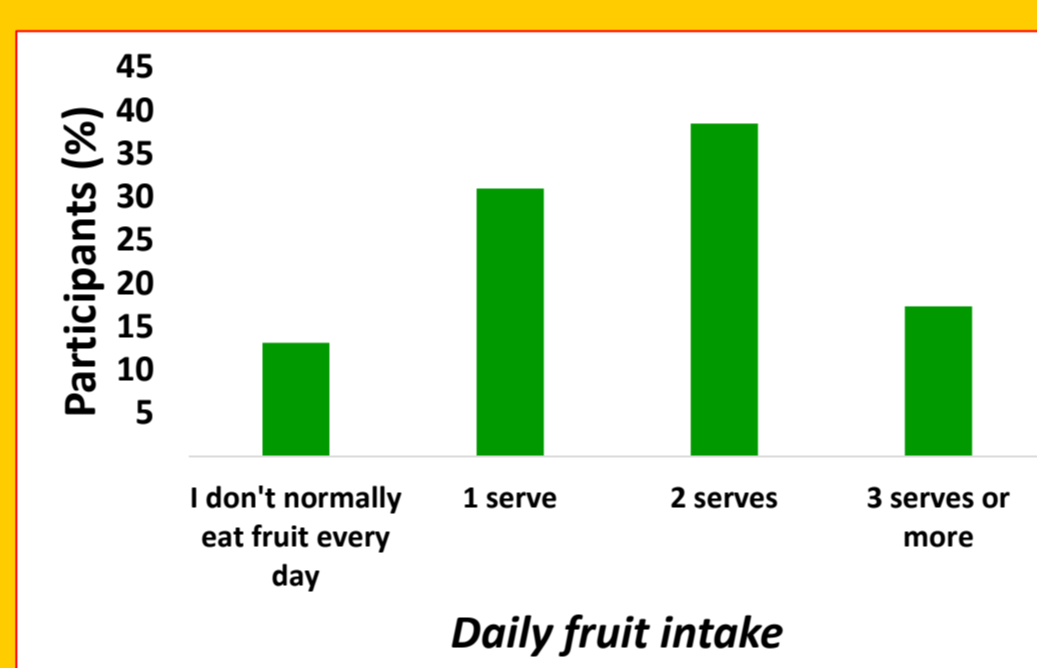
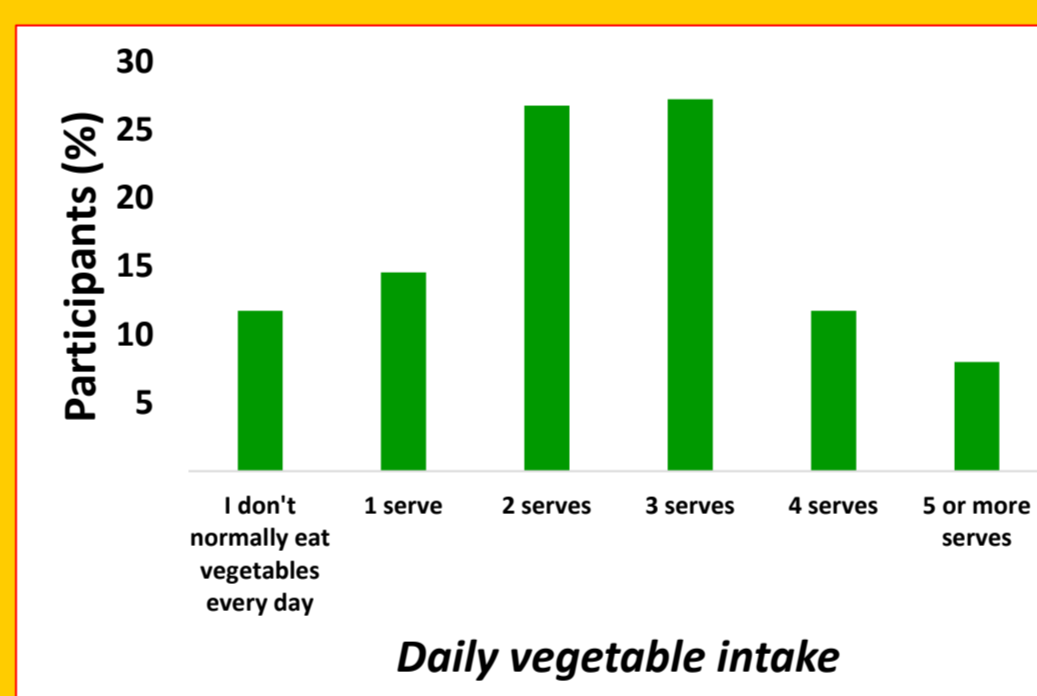


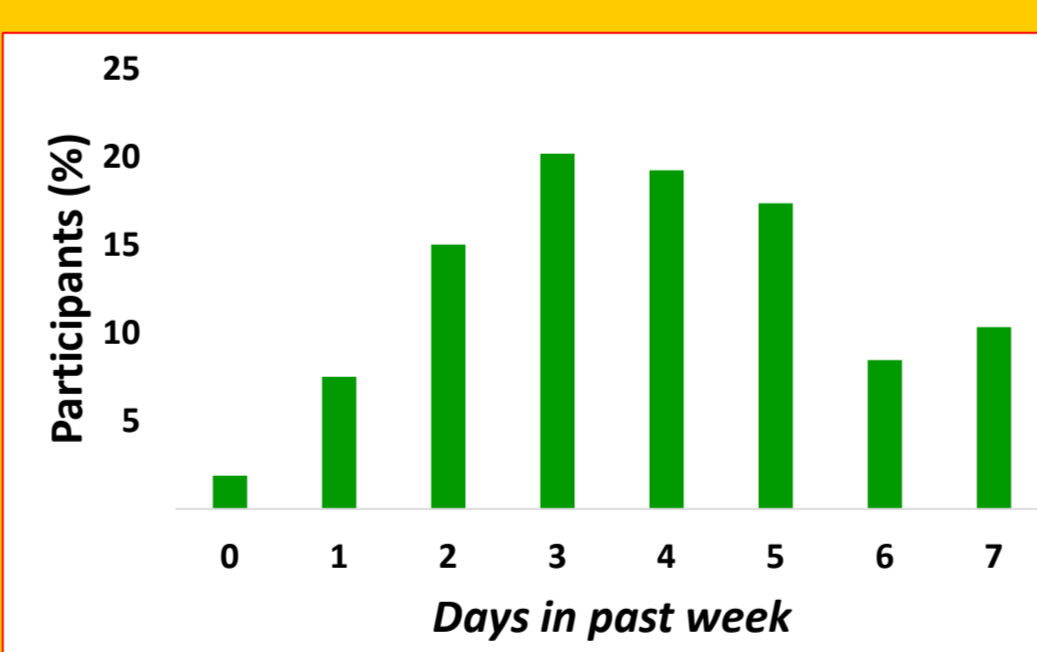
Fig 4. Peer Leaders' reported daily vegetable intake



Physical activity

10% met the recommendation for physical activity (≥ 60 minutes each day) (Fig 5).

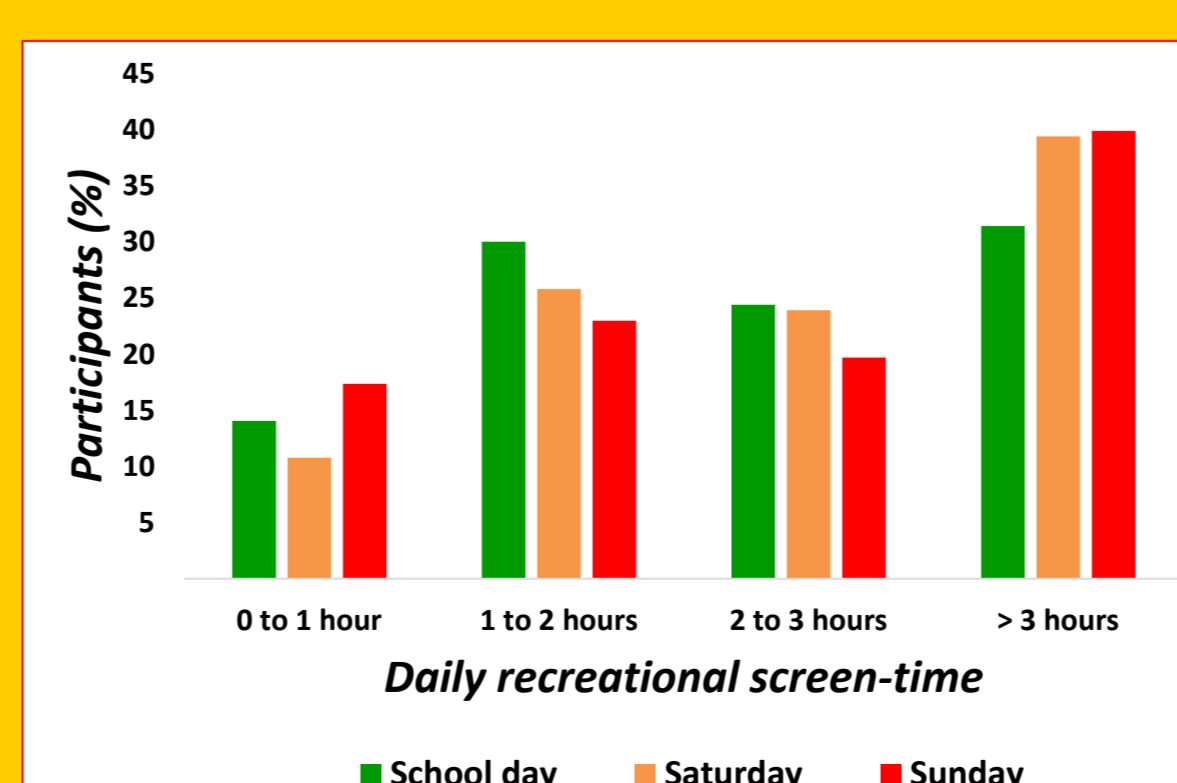
Fig 5. Participation in ≥ 60 mins/day of moderate-vigorous physical activity



Recreational screen-time

Less than half of the students met the recreational screen-time recommendation (≤ 2 hours each day) on school days and weekends (Fig 6).

Fig 6. Time spent sitting using an electronic device or watching TV/DVDs



Discussion

The Table shows that although the vegetable intake and physical activity behaviour of Year 10 students in western Sydney matched that reported in NSW reference datasets they had a lower rate of daily breakfast eating and intake of 2 or more serves of fruit.

Table 1. Year 10 students' compliance rate with behavioural recommendations compared with NSW reference data.

Behavioural recommendation ²	Compliance rate (%) in YR 10 students	Compliance rate (%) in NSW reference dataset ^{3,4}
Eat breakfast daily	54	63
Eat ≥ 2 fruit serves daily	56	72
Eat ≥ 5 vegetable serves daily	8	7
Participate in ≥ 60 mins of moderate-vigorous physical activity daily	10	10

Conclusion

- There is much scope to improve the eating and physical activity behaviours of **SALSA** Peer Leaders.
- Peer Leaders will be learn through teaching their younger peers and will complete post program questionnaires later in 2014.

Acknowledgements

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References

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