Abstract

Objective. This study explored the intervention effect of the “Nutrition on the Go” strategy on the prevalence of overweight and obesity (OW+O), according to the role played by different patterns. Materials and methods. Pattern Groups (PG) were determined based on schools’ food availability and other variables at individual level: nutrition knowledge, physical activity, socioeconomic level and self-efficacy, using an ecological approach. The PG classification was achieved using Ward’s cluster method. Results. The prevalence of OW+O was higher in PG1 (intermediate food availability and high socioeconomic index (SEI)) compared to PG 2 (high availability of food and lower SEI) and PG 3 (low availability of food and medium SEI) with a lower prevalence (p< 0.001). The PG-intervention interaction showed differences for PG 3 (p= 0.066), the stage-PG interaction showed differences between PGs 1 and 3 (p= 0.014) and between PGs 2 and 3 (p =0.055). Conclusions. Differences between PGs have important implications for the prevalence of OW+O.

Keywords

Intervention studies, physical activity, health promotion, schools, Mexico.