Nutrition Health Promotion in Schools in the UK: Learning from Food Standard Agency Funded Schools Research

Schools are the ideal setting to reach a large proportion of the population, including the younger segment of the population, school staff, family and community members. Set-up as a review of five studies commissioned by the Food Standards Agency, the objective of this study was to test the feasibility and effectiveness of dietary change interventions in UK school-based settings.

Key themes emerged from the five studies including effectiveness, sustainability, parental involvement, novelty and fatigue, length of the intervention, age of intervention, child-centred approach and engaging schools. Overall, the included studies were very diverse, but had a common aim: to assess health promotion interventions. Despite their different designs, all five have the potential to be integrated into broader school health promoting landscapes.