

Effect of a health promotion program on students of the 1st cycle of private school regarding backpack weight

Lopes Sofia^{1,2}, Luís Rocha¹, Fábio Monteiro¹, Adriana Martins¹, Ana Simões¹, Gabriela Brochado¹

¹ Escola Superior de Saúde de Vale do Sousa, Departamento Tecnologias de Diagnóstico e Terapêutica, Instituto Politécnico de Saúde do Norte, Gandra – Paredes, Portugal

² Escola Superior de Saúde (Health School), Polytechnic Institute of Porto, Porto, Portugal

Introduction: In childhood, children tend to have improper posture habits and behaviors, such as carrying backpacks with excessive loads, which can result in postural changes. Health promotion initiatives are essential at this stage, in order to promote knowledge and to educate children about this issue.

Purpose: Verify the effectiveness of a health promotion program on the backpack weight in students of the 1st cycle of private education and to identify the variables that influence this weight.

Method: A quasi-experimental study was carried out, and the sample consisted of 46 students belonging to the 1st cycle of the private school. The Questionnaire on the Determinants of Knowledge was handed over to the parents/guardians. All students' backpacks were weighed, before, on the day and after the health promotion program, to verify the effectiveness of the health promotion session on the backpacks' weight. Data analysis was performed using the SPSS-23.0 software. To verify the association between the backpack weight and age, the Spearman correlation coefficient was used. The level of significance was $\alpha=0,05$.

Results: From the comparative result of backpack weight among the three moments, it was verified a reducing of backpack weight and their relationship with variables, gender and extracurricular pedagogical activities, and it was statistically significant ($p \leq 0.05$).

Discussion and Conclusion: This study allowed us to conclude that the health promotion program about postural hygiene proved to be effective in reducing the weight of students' backpacks. It was also verified that gender and extracurricular pedagogical activities are variables that influence the increase of the backpack weight.