()

```
*
    )
                                                                    (
·
(P< / )
                                                   ) / ±
                                        // :
                                                      // :
```

: .

** www.SID.ir /

```
.( )
                                                    )
                          .( )
                                                .( )
                 .( )
  (
                    (Regular smokers)
.( )
                                                         B.M.I
                                                              .( )
                                                .( )
                                                       .( )
                                                                                    .( )
                                                                      .( )
                                                                      .( )
```

1

```
«
       )
                                           (% )
                                                        (% )
                                                             (% )
 / ± /
    .(P< / ) / ± /
             / ±
          .(P> / ) / ± /
            .(
   (
```

www.SID.ir

(±) (

 / ± /
 / ± /
 / ± /
 / ± /

 / ± /
 / ± /
 / ± /
 / ± /

 / ± /
 / ± /
 / ± /
 / ± /

(±) (

 / ±
 / ± /
 / ± /
 / ± /
 / ± /

 / ± /
 / ± /
 / ± /
 / ± /
 / ± /

. % % %

Lindsay

1

Harell) Zikovic (% .() (Skybo) Heart Power .()) (... % / () / % / % Skybo

www.SID.ir

(Fast food)

.

.()

» . «

•

References:

- 1. Skybo TA, Ryan Wenger N. A school based intervention to teach third grade children about the prevention of heart disease. Pediat Nursing 2002;28;223-9.
- 2. Harrel JS, Gansky SA, Mc Murray RG, et al. School- based interventions improve heart health in children with multiple cardiovascular disease risk factors. Pediatrics 1998;102:371-80.
- 3. Newman WP, Freedman DS, Voors AW. Relation of serum lipoprotein levels and systolic blood pressure to early atherosclerosis, the Bogalusa Heart Study. N Engl J Med 1986;314:138-44.
- 4. Lauer RM, Lee J, Clarke WR. Factors affecting the relationship between childhood and adult cholesterol level: the Muscatine study. Pediatrics 1988:82:309-18.
- 5. Lauer RM, Clarke WR. Childhood risk factors for high adult blood pressure: the Muscatine study. Pediatrics 1989;84:633-41.
- 6. Oliveria SA, Ellison RC, Moore LL. Parentchild relationship in nutrient intake: the

- Framingham Children Study. Am J Clin Nutr 1992;56:593-8.
- 7. Whitaker RC, Wright JA, Pepe MS. Predicting obesity in young adulthood from childhood and parental obesity. N Engl J Med 1997;337:869-73.
- 8. Feunekes GI, de Graaf C, Meyboom S. Food choice and fat intake of adolescents and adults: associations of intakes within social networks. Prev Med 1998; 27: 645-56.
- 9. Janz KF, Dawson Jd, Mahoney LT. Tracking physical fitness and physical activity from childhood to adolescence: the Muscatine Study. Med Sci Sports Exerc 2000; 32: 1250-7.
- 10. Anderson RE, Crespo CJ, Bratlett S, Cheskin LJ, Pratt M. Relationship of physical activity and television watching with body weight and level of fatness among children. JAMA 1998; 279: 938-42.
- 11. Stone EJ, Perry CL, Luepker RV. Synthesis of cardiovascular behavioral research for youth health promotion. Health Edu Q 1989;16:155-169.
- 12. Simons-Morton BG, Parcel GS, Baranowski T, et al. Promoting physical activity and a healthful diet among children: results of a school-based

intervention study. Am J Public Health 1991;81:986-991.

- 13. Pye J, O'Loughlin C, Dodson R, Pye L. Improving rural health: HeartSmart-An opportunity for family physician community involvement. Family Med 1993;25:585-588.
- 14. Resnicow K, Cohn L, Reingardt J, et al. A three-year evaluation of the Know Your Body program in inner-city schoolchildren. Health Edu Q 1992;19:463-480.
- 15. Zivkovic M, Bjegovic V, Vukovic D, et al. Evaluation of the effect of the health education intervention project Healthy School. Srp Arh Celok Lek 1998;126:164-70.

· :

17. Nabipour I, Imami SR, Mohammadi MM, et al. A School-based intervention to teach 3-4 grades children about healthy heart; the Persian Gulf Healthy Heart Project. Indian J Med Sci 2004; 58: 289-96.

www.SID.ir