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Description:

- **Systematic reviews** of the effects and costs of public health measures.
- Free

Question

What are the effects of **lifestyle interventions** in schools on **children's fruit and vegetable intake**?

**Search element
/ PICO**

Population (P): Children

Intervention (I): Lifestyle interventions

Outcome (O): Fruit and vegetable intake

Search

- Under Search, choose Advanced search.
- Place each search item on its own search line.
- Put phrases in quotation marks ("healthy lifestyle").
- Truncate with an asterisk * to search for multiple endings of a word (child* will search for child, but also children). Phrases in quotation marks cannot be truncated.
- Fill in any synonyms for each search item, write OR between the words.
- Combine the search lines with AND.
- Use the filter function and consider narrowing down to relevant release years.

Search 1 (P): child*

AND

Search 2 (I): educat* OR curriculum OR school*

AND

Search 3 (O): fruit* OR vegetable*

**A possible
answer**

Balderas-Arteaga, N., Mendez, K., Gonzalez-Rocha, A., Pacheco-Miranda, S., Bonvecchio, A., & Denova-Gutierrez, E. (2024). Healthy lifestyle interventions within the curriculum in school-age children: Systematic review and meta-analysis. *Health Promotion International*, 39(2).
<https://doi.org/10.1093/heapro/daae020>