



Health Systems Evidence

Publisher:
McMaster
University

Link:
www.healthsystemsevidence.org

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

- Enter search terms in the search field.
- Put phrases in quotes ("healthy lifestyle") and 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.
- Write OR between any synonyms, and put parentheses around them.
- Write AND between the parentheses.
- Use the filter function and consider narrowing down to relevant release years.

Search (P) AND (I) AND (O): (child*) AND (educat* OR curriculum OR school*) AND (fruit* OR vegetable*)

**A possible
answer**

Black, A. P., D'Onise, K., McDermott, R., Vally, H., & O'Dea, K. (2017). How effective are family-based and institutional nutrition interventions in improving children's diet and health? A systematic review. BMC Public Health, 17(1), <https://www.doi.org/10.1186/s12889-017-4795-5>