

Reducing participation social gradient in school-based overweight prevention programs. Pralimap-Inès

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Background

Reducing overweight in adolescent requires taking into account social inequalities. The study aims to investigate the participation social gradient in prevention programme.

Methods

The PRALIMAP-INÉS trial included 1417 13-18 year adolescents categorised in 2 groups according to their Family Affluence Scale (FAS) score: advantaged (FAS > 5) (n=808) and less advantaged (LA n=609). A standard care management (PRALIMAP) based on patient education principle through 5 collective sessions was offered to all teens. A strengthened care management (INÉS) through individual activities according to their needs was offered to 2/3 of the LA (n=414).

Results

Six over 10 teens participated in at least one of the 5 group sessions PRALIMAP (64% in LA vs 57% in A) p=0.05). The

average number of sessions was 3.3 ± 1.5 . Overall participation linearly decreased (p=0.0006) with FAS score increase in the INÉS group (p=0.04) where about 90% participated in at least one activity. The number of activities ranged from 0 to 6 (m=2.4). The higher participation was observed in middle schools and vocational high schools vs general high schools (2.7, 2.5 and 2.2 respectively; p=0.04). One third benefited from an physical activity (PA) motivational interview, more often among girls (41.5% vs 29.4%, p=0.0117). The purchase voucher for PA equipment was used by 62% of teens. Motivational interviewing was followed by 44.4% and 62% participated in all five sessions. The food workshops were attended by 30.2%.

Conclusions

A higher participation rate was observed among socially LA teens. Conversely to what might be expected (too many activities = lower participation), collective participation was greater among those participating in the individual INÉS activities.

Key messages:

- Participation is a main key to be addressed among less advantaged adolescents
- School is a relevant setting allowing to obtain better participation among less advantaged teens