

# CSBADN52-Switching Mediterranean Consumers to Mediterranean Sustainable Healthy Dietary Patterns (SWITCHtoHEALTHY): study protocol of a multicentric and multi-cultural family-based nutritional intervention study

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## Background

The Mediterranean's traditional diet and lifestyle are undergoing a shift towards less healthy habits because of socio-economic changes within families. There is a lack of effective strategies for inducing positive, environmental and lifestyle changes in the family setting.

## Objective

**To demonstrate the efficacy of a multi-component nutritional intervention on the improvement of the adherence of families to Mediterranean Diet in three Mediterranean countries.**

## Methods

**A parallel, randomized, controlled trial will be conducted in 480 families with children and adolescents among 3-17 years from Spain, Morocco and Turkey over 12 months.**

**Multi-component intervention**= digital interactive tools + Educational material + easy-to-eat healthy developed snacks.



<b>IMPACT</b>	Diet quality
	Socioeconomic factors
	Environment
	Anthropometric parameters

	App for all family	Empowerment activity at school + Educational material	Snack for in-between meals
Control group (n=20)			
Intervention group 1 (n=20)			
Intervention group 2 (n=20)			
Intervention group 3 (n=20)			
Intervention group 4 (n=20)			
Intervention group 5 (n=20)			
Intervention group 6 (n=20)			
Intervention group 7 (n=20)			
<b>n</b>	<b>80</b>	<b>80</b>	<b>80</b>

## Results and discussion

This protocol describes the rationale, eligibility criteria, methods, recruitment strategies and analysis plan of a novel multi-component intervention which aims to increase the adherence of families to the Mediterranean Diet. SWITCHtoHEALTHY will provide new insights into the use of sustained models for inducing dietary and lifestyle behaviour changes in the family setting.

