THE EFFECTIVENESS OF WEB-BASED HEALTH PROMOTION INTERVENTION ON FRUITS CONSUMPTION IN CHILDREN IN AMERICA, AUSTRALIA, AND EUROPE

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ABSTRACT

Background: Internet-based interventions for multiple health behavior appear to be promising in changing unhealthy behaviour, such as low fruits consumption in adolescents. In addition, the use of internet technology is particularly relevant to children and adolescents, who are the major users of such technology. This study aimed to examine the effectiveness of web-based health promotion intervention on fruits consumption in children in America, Australia, and Europe.

Subjects and Method: This was a meta-analysis and systematic review. The study was conducted by collect the published articles from PubMed, Science Direct, Research Gate, and Google Scholar electronic databases, from 2013 to 2020. The inclusion criteria were full text, randomized controlled trial (RCT), and web-based health promotion intervention. The study subject was children aged 2-6 years. The study outcome was fruits consumption. The articles were analyzed by PRISMA flow chart and Revman 5.3 program.

Results: 6 articles had high heterogeneity between experiment groups ($I^2 = 96\%$; $p < 0.001$). Therefore, this study used random effect model (REM). Web-based health promotion intervention increased fruits consumption behavior 0.64 times in children (Mean Difference = 0.64; 95% CI = 0.07 to 1.20; $p = 0.030$).

Conclusion: Web-based health promotion intervention increases fruits consumption behavior.

Keywords: web-based health promotion intervention, fruit intake

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