

Ultra-processed foods (UPF) and their impact on teenagers' diet

Service Learning at Ribot i Serra High School

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Situation at Ribot i Serra HS

- **Public secondary school** and center of **maximum complexity** located in Sabadell
- The families' ↓ low socioeconomic and cultural levels cause:
 - academic **shortcoming**
 - school **absenteeism**
 - psychological and personal **issues**
- Absenteeism represented **5.48%** in 2023



60% of students have a foreign country as family home country

Social needs

Teenager's UPF consumption represents **29%-68%** of total calories consumed daily

Excessive UPF intake is associated with **higher risk of diseases**

Families with unfavourable socioeconomic position have **less healthy diets** and rely on UPF.

Teenagers must be in a **favourable environment** to maintain healthy lifestyle habits

- ① Bring **food science** closer to families with low socioeconomic level
- ② Encourage adolescents to consider their **academic future**

Objectives

Mine Students

- Establish a **close relationship** with students
- **Integrate** knowledge about **UPF** and their **impact on health**
- Serve as **example** to **motivate** and **grow academically**
- Acquire **critical thinking** and apply it to **modify family habits**

Methodology

15 students of 4th grade ↔ **6** sessions x **1** hour



- Personal introductions
- Strengthen balanced diet inputs
- Concepts and intake impacts of UPF
- Consumption habits and alternatives

Materials

Dynamics
Questionnaires
Slides
Quizzes

Final thoughts and conclusions

- **Teaching** has been the hardest personal challenge
- Generating impact on society has been personal and academic **satisfaction**
- Realistic view of how socioeconomic marginality affects student's **educational gap**
- Families with low socioeconomic level don't have resources to generate an **opinion about food consumption**
- Low income homes consume products **more affordable** but **less nutritious**
- It's necessary to create **health promotion programmes** avoiding the increase in nutritional and health inequalities

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