



*"My project aims to investigate the effects of a newly developed health and lifestyle card game on the behaviour of students who play it"- Kate O'Kelly, Loreto Secondary School, Balbriggan, Co. Dublin*

**Main findings of research** conducted in Nov – Dec 2016. { Exposure: 8 x 30 minute sessions of playing **Salubria The Health Game** over 4 weeks (2 sessions per week) 4 hours total exposure }

Experimental group n=25, Control group n=5

#### NUTRITION:

- > Students who drink sugary drinks regularly decreased by 15%
- > Students who eat fast food more than 3 times per week decreased by 15%
- > Students getting their '5 a day' fruit & veg, increased by 45%
- > Students who skipped meals regularly decreased by 40%

#### EXERCISE:

- > Students getting the minimum recommended amount of exercise (60 minutes/day) increased by 35%

#### SLEEP:

- > Students sleeping 8 or more hours per night increased by 30%
- > Students whose sleep patterns changed dramatically at the weekends decreased by 40%

In contrast, the control group played a trivia game, unsurprisingly demonstrated negligible changes in their behaviour.