

# Effects of a Controlled Family-based Health Education/Counseling Intervention

Marika Salminen, MSc; Tero Vahlberg, MSc; Ansa Ojanlatva, PhD, CHES, CSE  
Sirkka-Liisa Kivelä, MD, PhD

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**Objective:** To describe the effects of a controlled family-based health education/counseling intervention on health behaviors of children with a familial history of cardiovascular diseases (FH-CVDs). **Methods:** The intervention group (IG, n=432) received 5 counseling sessions. The control groups 1 (CG1, n=200) and 2 (CG2, n=423) received no counseling. Outcome measures comprised changes in diet, exercise, and ciga-

rette smoking. **Results:** The changes in the use of fats and salt, and in exercise, were more favorable in IG than in CG1 and/or CG2. **Conclusion:** Health education/counseling produced positive effects on diet and nutrition in particular and in part in exercise.

**Key words:** adolescent, child, early intervention, health behaviors, primary prevention

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