

Abstract title: Multifactorial evaluation of the Global Health Program for lifestyle behavior changes in Canadian children and adolescents: a quasi-experimental study protocol

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Background

The Global Health Program (GHP) reaches 10,000 Québec students through outdoor-based experiences and curriculum-integrated modules addressing nutrition, sleep, stress, human biology, and first aid. Implemented by teachers supported by the program, GHP is among the first large-scale initiatives delivered during school hours targeting motivation, engagement, and behavior change. This study presents the protocol for the multifactorial evaluation of GHP.

Objectives

To assess short, medium, and long-term impacts of GHP on lifestyle behaviors and psychosocial outcomes among children and adolescents.

Methods

All students (6–17 y.o.) from GHP participating schools were solicited to participate to a longitudinal quasi-experimental. Baseline data were collected in Fall 2024 (n=658). Follow-ups occur in Spring 2025, Spring 2026, and among high-school alumni. Measures include physical activity, sedentary time (primary outcomes), sleep, diet, motivation, self-esteem, and academic perception (secondary outcomes).

Results (expected)

We expected that participation in the GHP would lead to increased physical activity, reduced sedentary time, and improvements in sleep, eating behaviors, psychosocial indicators, and academic-related factors.

Conclusion

GHP evaluation will support program refinement and implementation, offering evidence on scalable school-based strategies to improve youth lifestyle behaviors in Québec and similar contexts.

Trial registry: OSF: <https://doi.org/10.17605/OSF.IO/4QUZD>