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**Topic:** Community health and nutrition programs

**Title:** Teachers' self perception of their dietary behaviour and needs to teach healthy eating habits in the schools

**Presentation Type:** Poster

**Introduction.** Childhood obesity has continued to rise in Chile, particularly among those of school age. Schools are the ideal place to teach about healthy eating, and within them, teachers are the key agents for promoting health in the educational community. We wanted to know about third to fifth grade teachers' thoughts on how to teach students healthy eating habits.

**Methods.** Qualitative focus groups were used to obtain in-depth and complex information. We explored 22 third to fifth grade teachers' perceptions about their eating habits, including barriers and facilitators to healthy eating. It also explored teachers' thoughts about how to teach students healthy eating habits. The information was transcribed and treated using the content analysis technique.

**Results.** Results were evaluated using the concept of majority and minority group and presented in a sequential way: teachers' perceptions about eating habits; barriers to healthy eating; teacher's culinary habits; abilities to teach students healthy eating habits through Information and Communication Technologies (ICT), and cooking activities. Teachers' eating habits were poor, with lack of time, money and will to improve. They had culinary habits skills and the desire to instruct and guide their students in eating healthier food.

**Conclusions.** Teachers' perception is that they can implement practical activities in schools to develop healthy eating habits in students and families, with training on healthy eating topics and resources to implement different activities, but they need a program with ICT and cooking workshops to apply in the classroom.