

FOOD CONSUMPTION AND ITS ASSOCIATED FACTORS AMONG SCHOOL ADOLESCENTS OF KATHMANDU METROPOLITAN CITY

BACKGROUND

- During the period of adolescence the nutrient needs are the greatest after the first two years. Nutrition in adolescence involve in multiple physical, intellectual, personality, and social developmental changes. In order to maintain healthful diets, a variety and balance of foods from all food groups must be consumed
- Food consumption among adolescent is considered to be declining. Household food security and physical activity are reflected as associated factor for food consumption

OBJECTIVES

- To assess socio-demographic characteristics, food security, physical activity and food consumption among school adolescents
- To identify the association of socio-demographic characteristics, food security and physical activity with food consumption among adolescent

METHODOLOGIES

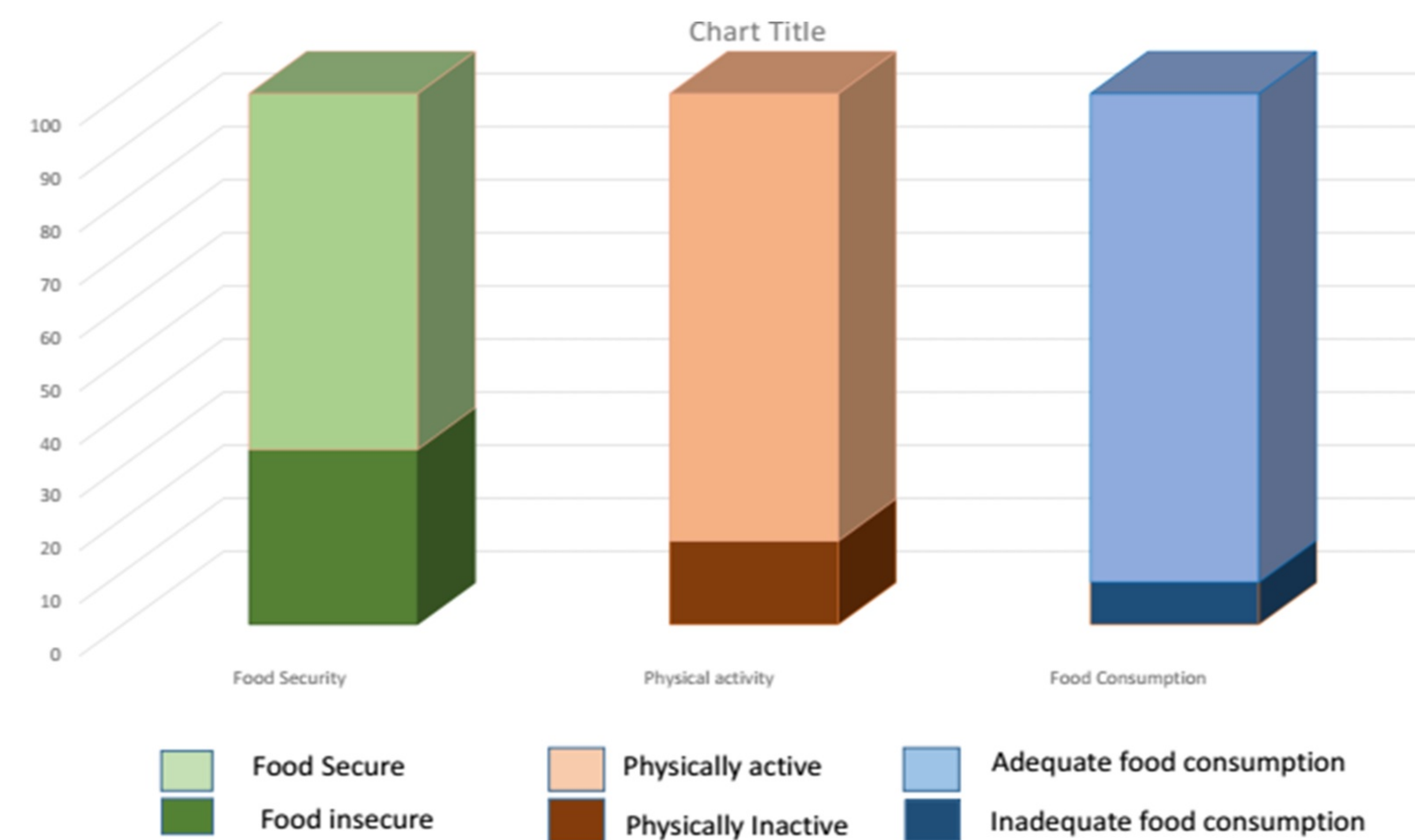
- A total of 640 school adolescents were included in a cross-sectional study at a public higher secondary school of Kathmandu. Metropolitan city
- WFP food consumption scores, NDHS 2011 Household Food Security Questionnaire, WHO global physical activity questionnaire analysis guide were used as self administered questionnaire.
- Chi-square analysis was carried out to assess the association of food security, physical activity and food consumption
- Logistic regression was applied to explore associations between food security and food consumption

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RESULTS

- Majority of the respondents (71.9%) were early adolescent (12-14 years), about half of the respondents (51.1) were female and most of the respondents (63.7%) belonged to disadvantaged group
- About 33% of respondent had food insecurity in their household, 15.8% of respondents were physically inactive and 8% had inadequate food consumption
- The proportion of respondents consuming food was inadequate among female (p value 0.00), disadvantaged (p value 0.01) and food insecure respondents (p value 0.01)
- In multivariate regression analysis female (OR 2.45, 95% CI 1.31-4.58), disadvantaged (OR 4.66, 95% CI 1.96-11.12) and food insecurity (OR 2.70, 95% CI 1.51-4.81) were significantly associated with food consumption, where as no association was seen between physical activity and food consumption.



LIMITATIONS

- Amount of food consumption and preparation of food was not assessed
- Food availability, utilization and storation were remained uncovered
- Cultural aspects of food consumption was remained unaddressed

CONCLUSION

- The study concluded prevalence of inadequate food consumption (8%), intra household food security (33%) and physically active (84.2%)
- Food consumption was associated with gender (female), disadvantaged group and intra household food security.
- Female had more inadequate food consumption in comparison to male adolescents. Similarly disadvantaged adolescent comprises greater inadequate food consumption than the advantaged group. Likewise adolescent with household food insecurity was likely to have inadequate food consumption.

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FURTHER INFORMATION

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