T4:PO.224

General and Obesity Nutritional knowledge in Health and non-Health Higher Students

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1.Introduction:

Increase nutritional knowledge (NK) is an effective strategy to promote healthy eating practices, preventing and treating obesity[1]. Some studies report major NK in higher study level[2-4] and female gender[4].

The nutrition education programs should be precede by a NK evaluation, allowing adapting the program to the target population[5].

So, it is important to study the General and Obesity NK in Health (HS) and non-Health Higher Students (NHS).

2.Aims:

- To assess the influence of study area on General and Obesity NK;
- To compare the General and Obesity NK between gender.

3.Subjects and Methods:

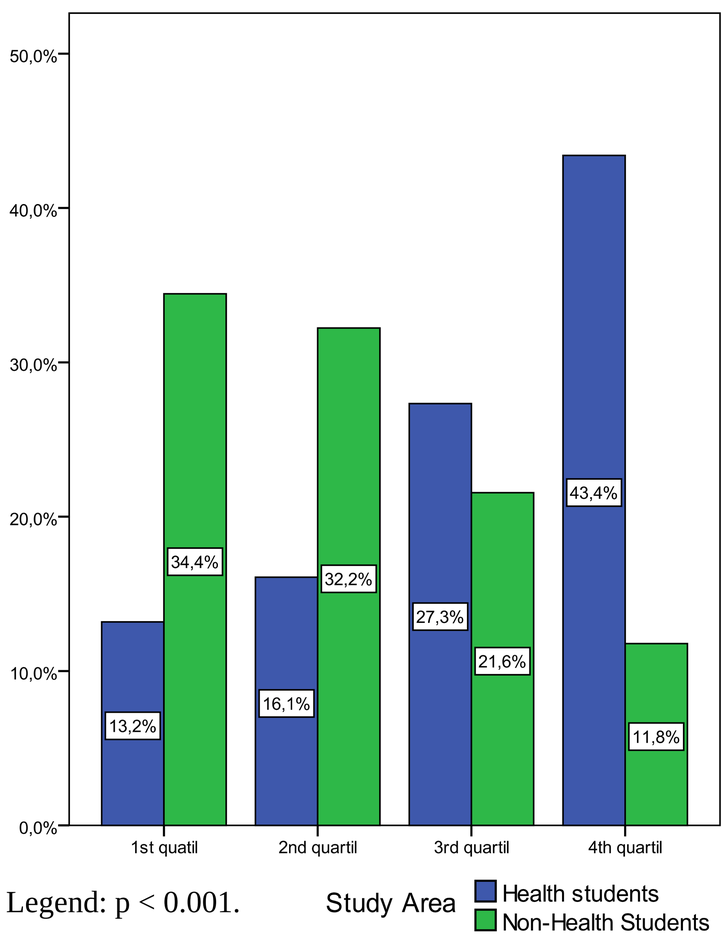
In this study, 761 Portuguese higher students (40.9% HS; 59.1% NHS), 235 (31,5%) males and 511 (68.5%) females, completed the Nutritional Knowledge Questionnaire (NKQ)[6], after translation, adaption and validated (Cronbach's α=0.914) to the sample. Students were categorized into quartiles regarding NKQ total score and in two groups referring obesity NK (Group1: fat intake-obesity correlation; Group2: none). The NK differences between The HS and NHS were analyzed by Qui-square using SPSS 17.

4.Results:

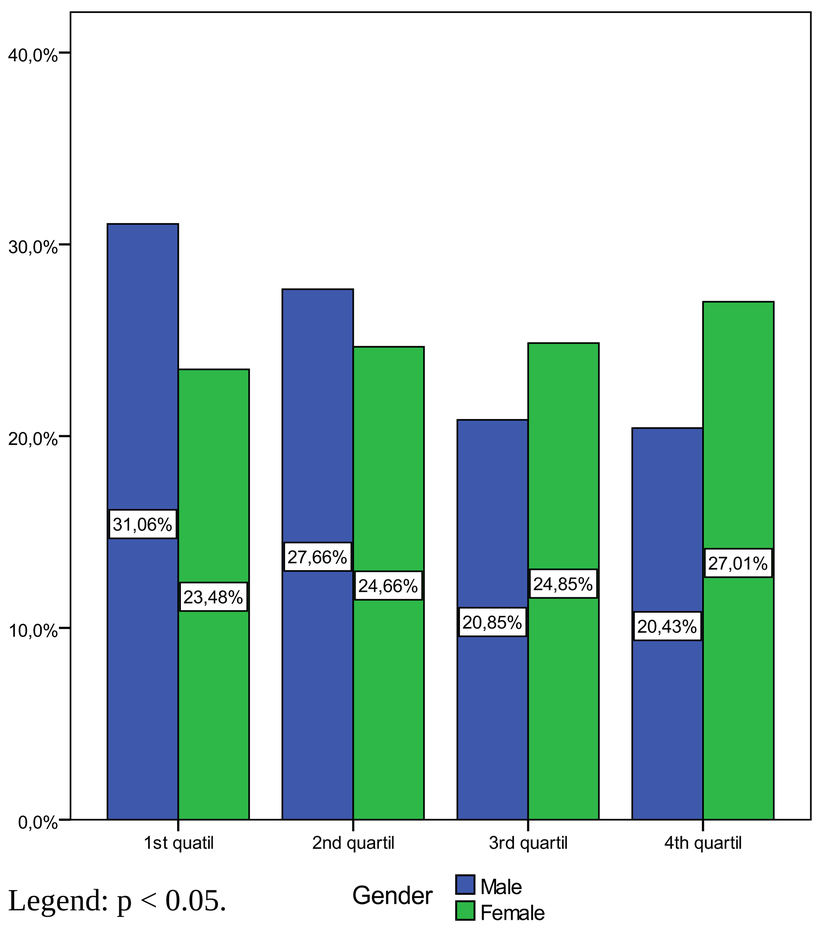
The HS have major NK mean score (62±13) than NHS (50±11). The NKQ score total quartiles were in points: 1st 0-47, 2nd 48-54, 3rd 55-62, 4th 63-110. The most HS was categorized in 3rd (n=76, 46.9%) and 4th (n=74, 36.8%), the most NHS was categorized in 1st (n=134, 72.0%) and 2nd (n=131, 73.2%) and it was statistically significant (p<0.001, Graphic 1). About the gender, it's analogue, the most female students was categorized in 3rd (n=127, 24.4%) and 4th (n=138, 27.0%), the most male students was categorized in 1st (n=73, 31.1%) and 2nd (n=65, 27.7%), it was statistically significant (p<0.05, Graphic 2).

About the obesity NK, the mostly student (Group1:212, 27.9%) doesn't correlated fat intake-obesity; but, in percentage, more HS (106, 34.1%) referred obesity as a health problem connected to fat intake than NHS (106, 23.6%) and it was statistically significant (p<0.01, Graphic 3). The same relation wasn't find for the gender (p=0.306, Graphic 4).

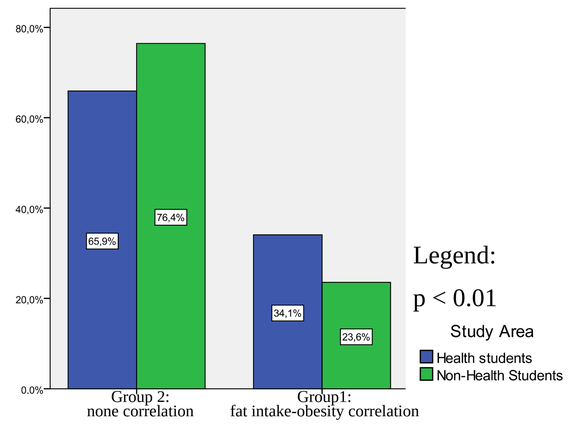
Graphic 1: General Nutritional Knowledge between Health and non-Health Students



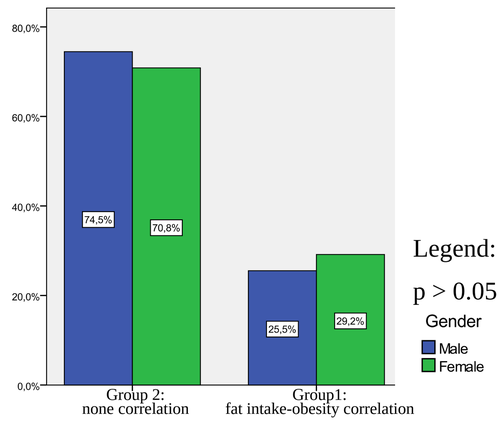
Graphic 2: General Nutritional Knowledge between Male and Female



Graphic 3: Obesity Nutritional Knowledge between Health and non-Health Students



Graphic 4: Obesity Nutritional Knowledge between Male and Female



5.Conclusions:

Female students have major general NK than male, but no differences regarding obesity NK.

HS have major general and obesity NK than NHS, reinforcing the adapting nutrition education programs to target population necessity. Improving NK to NHS should be done, before programs for both groups.

I'm very pleasure to answer yours questions!

Please take one

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