

Enjoying of Enjoying Meals and Conversation Enjoying Meals are Important Factors in Maintaining Mental Health

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When entering university, students are being confronted with a new life-style and surroundings for the first time. That seems to cause stress, fatigue, and depression among university students. Recent research in Japan has shown that mental diseases have increased every year, and young people being the most susceptible. Meals are important for physical health but also for mental health, and lonely and irregular meals caused by living apart from their families start at university. The purpose of this study, therefore, was to investigate any relationship between eating habits and student mental health.

A survey was conducted among 300 university students in Portugal. They answered our original questionnaire and had POMS (Profile of Mood States) examined. All parameters were evaluated with unpaired t-tests, and differences of $P < 0.05$ were considered to be significant.

Not enjoying lunch significantly increased tension, anxiety and depression. Not enjoying dinner significantly increased fatigue. Increasing quantity during lunch led to strengthened vigor and that led to reduced fatigue. Of the some 53% of university students who were by themselves, cases in which they felt lonely significantly increased tension, anxiety, depression and fatigue, and decreased vigor.

These results suggest that enjoyment and conversation were important factors in maintaining mental health. The results showed that lunch was seen to invigorate the students by reducing stress and dinner was seen to relieve fatigue at the end of the day. In cases where meals were eaten alone, their mental state correlated with feeling lonely. This showed that if they didn't feel lonely, mental state was improved. We have confirmed the role of meals in maintaining mental

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Binge Eating Disorder in College Students

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Objective: The purpose of the study was to find the prevalence of binge eating disorder (BED) in college students and determine the association of BED with the gender, body mass index (BMI) and the study area.

Method: The BED was quantified using the Binge Eating Scale. The height, weight, gender, and study area was self-reported.

Results: There were 323 participants (165 men, 158 women), aged 17-54 years inserted in 4 areas of study: health, education, land, technology and management. The prevalence of BED in college students in Portugal is 6,5%, being higher than the general population of the others studies ($p=0,00$). The BED is more frequent in women than men ($p=0,032$). There were no statistically significant differences between BED and others variables.

Note: The results presented are preliminary, so the inexistence of relationship between BED and the others variables that may come this factor.

Conclusions: Although the study confirmed that the prevalence of BED is higher for females, there is also a significant prevalence in males, demonstrating the importance of planning actions to prevent this disorder among this population, as it is also clear the high prevalence of BED among in college students compared with other populations.

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Iodized and Non-Iodized Salt Consumption among Undergraduate Students of the University of Ghana, Legon

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Aim: The aim of the study was to determine the daily average consumption of iodized and non-iodized salts among undergraduate students of the University of Ghana.

Methods: The study was a cross-sectional one involving 100 undergraduate students who were selected from the five traditional halls of residence of the University of Ghana, namely, Legon Hall, Akuafio Hall, Commonwealth Hall, Mensah Sarbah Hall and Volta Hall. Twenty subjects were selected from each hall by simple random sampling. Data on salt intake was collected using a structured questionnaire. Amounts consumed were estimated using simple household measures and corresponding weights were determined. Data were analyzed using Microsoft Excel 2003.

Results: It was realized that all 100 subjects used salt in food preparation. Out of this number, 85 used iodized salt. The average salt consumption per day was estimated to be about 15g.

Conclusion: Most of the study participants consumed iodized salt. The average daily salt intake among them was quite high.

Single Males' Knowledge and Attitudes toward Breastfeeding

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Breastfeeding (BF) is best for infant feeding. Education, social support, and male support help determine whether, or how long, a man BF. The purpose of our study was to determine single men's knowledge and attitudes of BF benefits.

Two hundred forty-nine single, never-married, childless males (mean age = 21.5±2.7) were surveyed.

Ninety-two percent had a mother/relative/friend who BF; 20.1% had taken a class on BF. Subject's knowledge of BF benefits/misconceptions was assessed. Seventy percent believed formula did not provide the same benefits, 67.1% felt BF is painful, 43.4% thought larger breasts produced more milk, 41% were unaware BF babies get fewer diseases, 33% thought some women cannot produce quality breastmilk, and 33% thought mother's commonly do not produce enough milk. A Likert scale was used to examine attitudes toward BF. Eighty-six percent of men who BF, 76.7% thought BF is important, 66.2% thought BF is beneficial for baby, 84.7% thought BF is beneficial for mom.

Data suggest that in spite of misconceptions men generally have a positive attitude about BF. Educating women about male attitudes toward breastfeeding rates.

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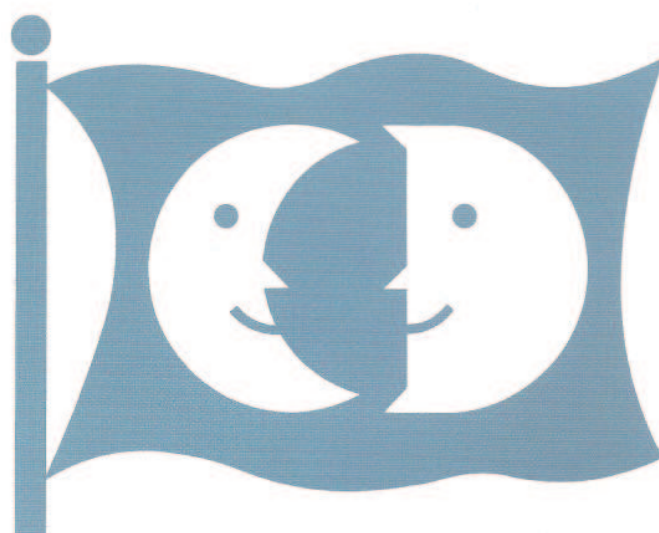
Poster

Abstract Book

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