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Evaluation of the nutritional status of students who are attending in nutrition-friendly school (NFS) and non-nutrition friendly (NNFS) school

HilalBetül ALTINTAŞ, Nilüfer ACAR TEK

Gazi University Faculty of Health Sciences, Department of Nutrition and Dietetics, Ankara, Turkey

Objective: This study was conducted to evaluate of nutritional status of students who are attending in nutrition-friendly schools (NFS) and non-nutrition friendly (NNFS) schools

Methods: A cross-sectional study was conducted in two secondary schools in Ankara, Turkey. Two schools were included in the nutrition-friendly school project, which was carried out as part of the development of school health in Turkey. Schools are classified according to the fact that they are nutrition-friendly certificates. Two schools with the same socioeconomic characteristics were chosen randomly from the city center. Inclusion of the study: nutrition-friendly schools (NFS) has been certified for 3 years and constantly renewed. The students who have been educated in the same school for 3 years for each schools. Nutritional status was defined according to the WHO growth references for 5 to 19 year olds (<http://www.who.int/growthref/en/>). Subjects were classified into four categories of BMI for age z-score (BAZ): underweight (≤ -2 SDs to -1 SD), normal (-1 SD to 1 SD), overweight (1 SD to 2 SD), and obese (≥ 2 SD). Waist-to-height ratio (WHtR) ≥ 0.5 was abdominal obese. The data were evaluated in the SPSS 22.00 program in statistical analysis.

Results: Three hundred thirty two students were involved from both schools in the study. Of these, 166 (50%) were female and 166 (50%) were male. 174 (52.4%) of the students were from NFS and 158 (47.6%) were from other schools. In NFS 48.8% of the students were female and 51.2% were male and in NNFS 51.3 % of the students were female and 48.7% were male. According to the Body Mass Index z score (BAZ), 11.8% of the females, 6.7% of the males were found underweight in NFS students. Also 25.9% of the females and 41.6% of the males are overweight and obese whose studying of the students at NFS. According to waist-to-height ratio (WHtR) 14.1% of females and 31.5% of males were found abdominal obese in NFS students. According to the BAZ classification, 7.4% of the females, 9.1% of the males were found underweight in NNFS students. 40.7% of the females and 39.0% of the males are overweight and obese which are studying of the students at NNFS. According to waist-to-height ratio (WHtR) 25.9% of females and 32.5% of males were found abdominal obese in NNFS students.

Conclusion: Obesity prevalence was lower than students who were attending nutrition-friendly school than non-nutrition friendly school for both gender. Nutrition-friendly school program should be widespread because it has positive impacts for the development of school health.

Biography:

HilalBetül ALTINTAŞ

She graduated from Gazi University, Faculty of Health Sciences, Department of Nutrition and Dietetics in 2014. Erzincan University, Faculty of Health Sciences Department of nutrition and dietetics in 2015 as a research assistant began. In Gazi University Faculty of Health Sciences Department of Rehabilitation and Dietetics, research assistant began and graduate education started in 2016 and still continues.

Nilüfer ACAR TEK

Nilüfer Acar Tek has completed her PhD from Hacettepe University in 2008. She received the title of Associate Professor in 2013. She works as Assoc. Prof. Dr. at Gazi University, Faculty of Health Science, Department of Nutrition and Dietetics in Ankara/Turkey. She has published more than 100 articles, 15 books on public health nutrition and clinical nutrition and dietetics.