عنوان مقاله:

Higher health literacy score is associated with better healthy eating index in Iranian adults

محل انتشار:

اولین کنگره سبک زندگی سالم (سال: 1401)

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خلاصه مقاله:

Background: While there are evidences for an association between the health literacy (HL), many health complications and nutrition ability like portion size assessment, knowing the food labels and choosing the nutrition sources affecting diet quality, data about HL and healthy eating index (HEI) are limited and controversial. So, the purpose of this study was to evaluate the associations between HL and HEI in adults.Methods: This cross-sectional study includes ۲۶۱ adults aged ۱۸ to ۶۵ years old from five districts of Tehran, Iran. HL was estimated using the Health Literacy for Iranian Adult (HELIA) questionnaire. Dietary intake, socio-demographic data, physical activity, and anthropometric measurements were collected using the validated questionnaires. Diet quality was assessed based on HEI-۲۰۱۵ scores using data from FFQ.Results: Despite components of HEI-۲۰۱۵, the association between HEI-۲۰۱۵ and HL tertiles was significant (Pvalue of crude model=۰.۰۰۷) even after adjustment for possible confounders. Multivariate regression showed a positive relationship between HL and HEI-۲۰۱۵ that was significant before (β=۰.۱۲, P=۰.۰۴) and after controlling for confounding effect in model ۱ (β=۰.۱۴, P=۰.۰۳). Additionally, a positive association between physical activity and HL was shown (β=۰.۱۲, P=۰.۰۳) and finally among the HEI components, only saturated fats were significantly related to HL (β=-۰.۱۱, P=۰.۰۱).Conclusion: Present study confirms a considerable association between HL and HEI and shows health literacy levels have an important role in following the Iranian Dietary Guidelines.

کلمات کلیدی:

Health literacy, Diet quality, Healthy Eating Index, Diet indexes

لینک ثابت مقاله در پایگاه سیویلیکا: