

عنوان مقاله:

Evaluation of Food and Nutrition Literacy and its Relation with Anthropometric Status of Labour Children in Tehran

محل انتشار:

پانزدهمین کنگره انجمن علمی تغذیه کودکان ایران (سال: 1398)

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خلاصه مقاله:

Introduction: Childhood and adolescence determine the nutritional behavior and health of an adult. Health literacy is closely linked to nutritional status. Nutrition literacy Adapted from health literacy, one demonstrates the motivation and ability of one to acquire, process, and understand nutritional information and skills needed to make the right nutritional decisions. The aim of this study was to investigate food and nutrition literacy and its relationship with anthropometric status of primary school children in south of Tehran. **Methods:** The present cross-sectional study included 52 male and female students aged 8-14 years. Food and nutrition literacy status was assessed using a 46-question validated questionnaire. Weight status was assessed on the basis of WHO 2007 reference z-curves of body mass index by age and sex. **Results:** In this study, 45% girls and 55% boys. Weighted average of girls and boys in the were 43.31 ± 10.06 and 35.56 ± 6.60 , respectively, Significant differences were observed. (95% CI 3.11 to 12.36, $p \leq 0.05$). Weight status between the two groups of boys and girls were significant. ($p \leq 0.05$). 82% Boys and 54% Girls have normal weight status and 10% Boys and 37% girls have overweight status. Understanding food and nutrition information, functional literacy skills of nutrition, and interactive literacy skills of nutrition were significantly different between boys and girls. ($p \leq 0.05$). Functional skill scores and interactive skills of food and nutrition literacy were significantly different between the normal and overweight groups. ($p \leq 0.05$). In addition, there was a positive correlation between the interactive skill of food literacy and nutrition with weight status. ($p \leq 0.05$). **Conclusion:** Overall, in this study, the functional, interactive, and comprehension skills of food and nutrition information among girls and boys and weight groups were significant, Whereas the selective, health, and analytical skills of food and nutrition were not significantly different between girls and boys and weight groups.

کلمات کلیدی:

لینک ثابت مقاله در پایگاه سیویلیکا:

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