

عنوان مقاله:

Association between diet quality, weight status and academic performance among high school senior students in Tehran

محل انتشار:

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

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خلاصه مقاله:

Introduction: To examine the associations among diet quality academic performance, and weight status in urban adolescent high school students. **Methods:** this was a cross-sectional study conducted among high schools in Tehran, Iran. A total of 629 students (317 boys and 309 girls), aged 17-19 years, were recruited from 49 high schools. Dietary intake was measured using two 24-hour recalls. Diet quality was measured by Healthy eating index_2015. Academic performance was assessed by evaluating scores achieved in national exams conducted at the end of junior year high school. Standard anthropometric measurements were also taken. Linear and multinomial regressions were conducted to examine the association between weight status, diet quality, and academic performance. **Results:** In the affluent areas compared to lower prosperous areas, parents were older ($p=0.034$ for father's age, $p=0.005$ for mother age), had higher education level ($p<0.0001$) and students attended mostly private schools rather than public schools

($p < 0.0001$). Student's scores in grammar and literature were significantly associated with diet quality ($p < 0.05$), however, after adjusting for sex and other socioeconomic confounders, the association was non-significant. Conclusion: The findings confirm the need for policies to improve students' diet quality which can lead to better health as well as educational achievements. Further studies are needed to explore the association between diet quality and academic performance.

کلمات کلیدی:

.diet quality, weight status, academic performance, adolescents

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