

Adolescents' Dietary behavior and its linkages with Nutritional Status: A Study of Dual-earner's

Findings from exploratory Study

Ajay Gupta
Department of Mathematical Demography and Statistics
International Institute for Population Sciences, Mumbai



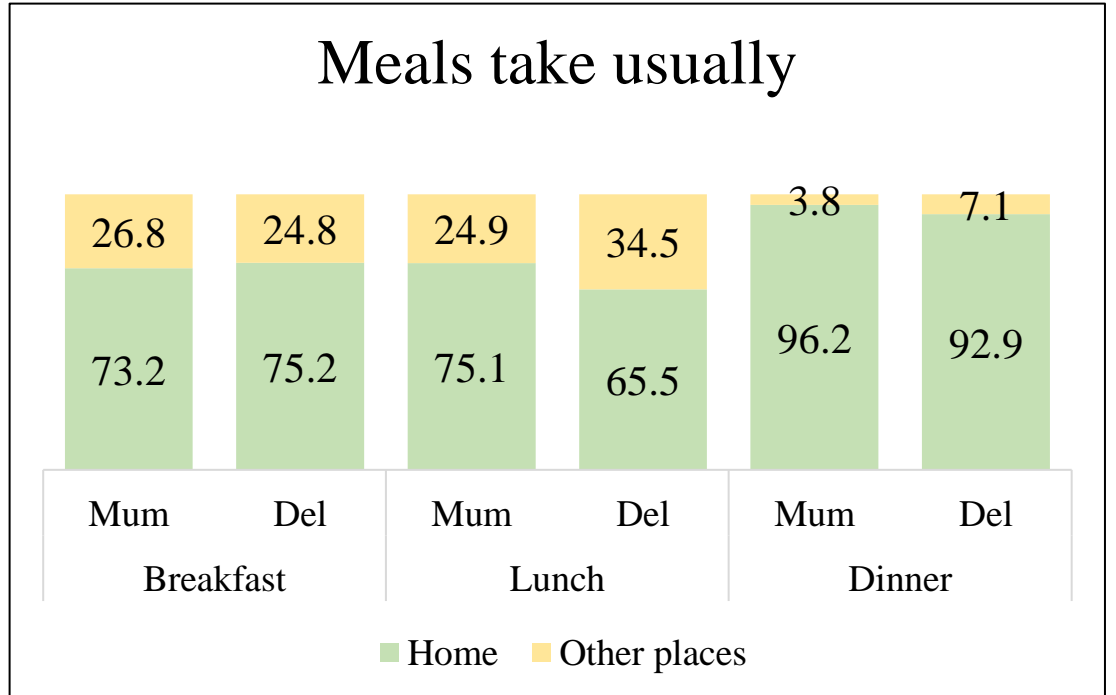
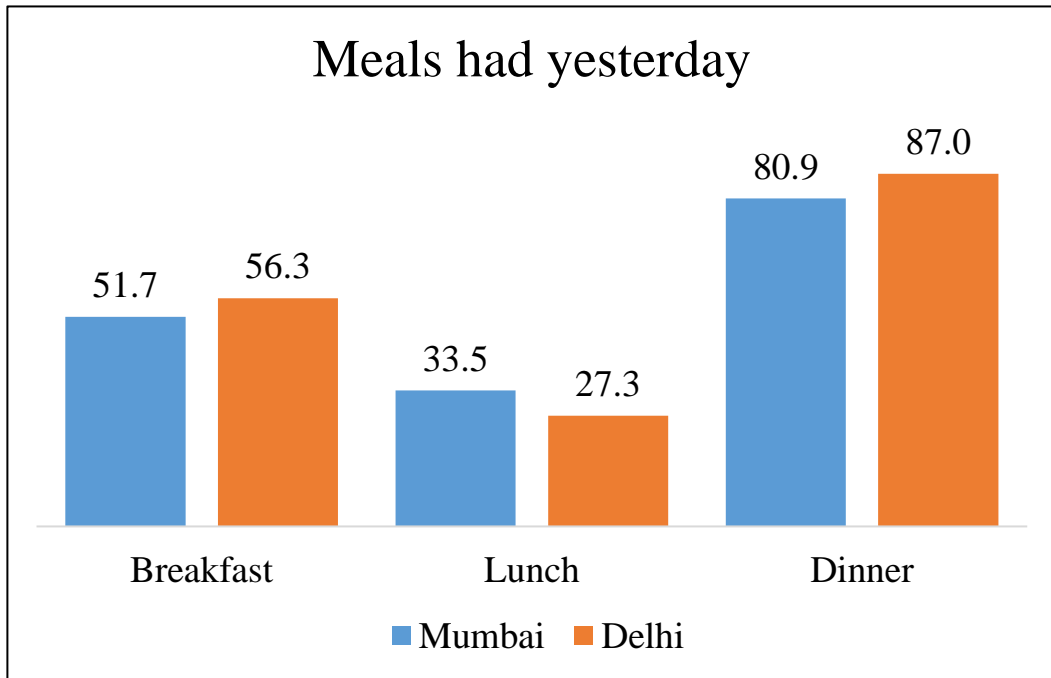
Introduction

- Increase in the livelihood cost drives the parents to be bread-winner of the family for healthy sustenance.
- However, Rapid Changes in the family structure brought changes in the dietary pattern of members with replacement of the cooked meals with the processed food as well as unhealthy fast-food.
- Lack of time prompts parents to ask their growing child to have food and beverages outside home.
- Also, changes in the lifestyle behavior affects the dietary behavior that in turn impacts the nutritional status and increase the risk of chronic diseases among the adolescents.
- This study is an attempt to understand the dietary behavior of the adolescents of the dual-earners and its linkages with their nutritional status.

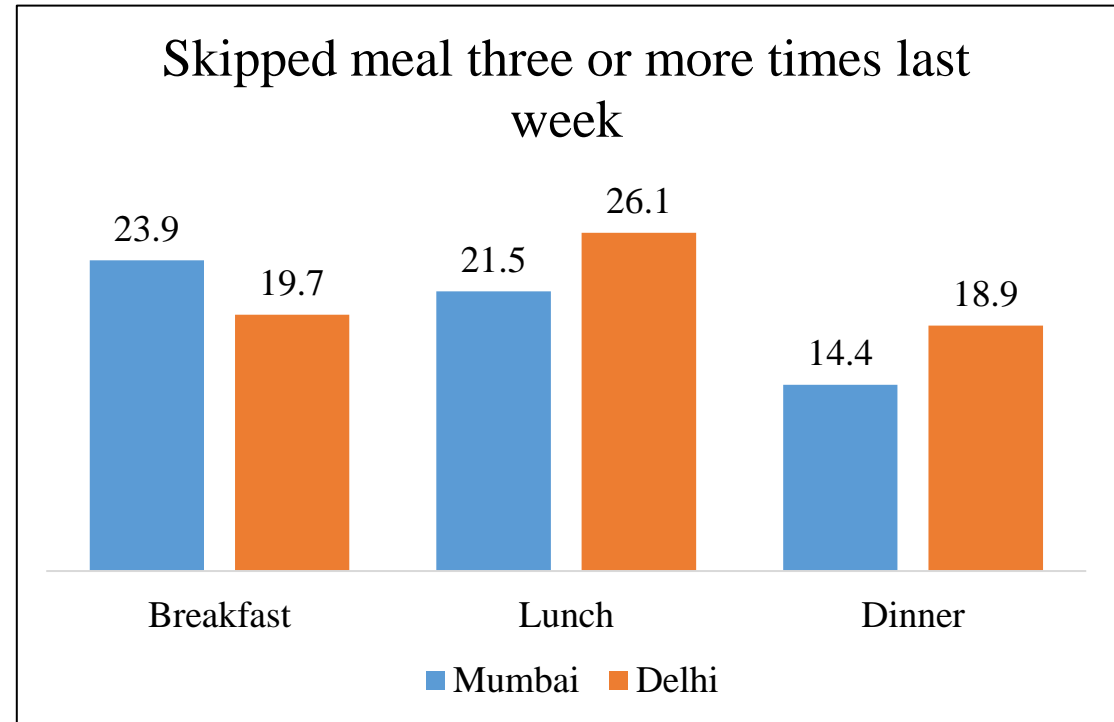
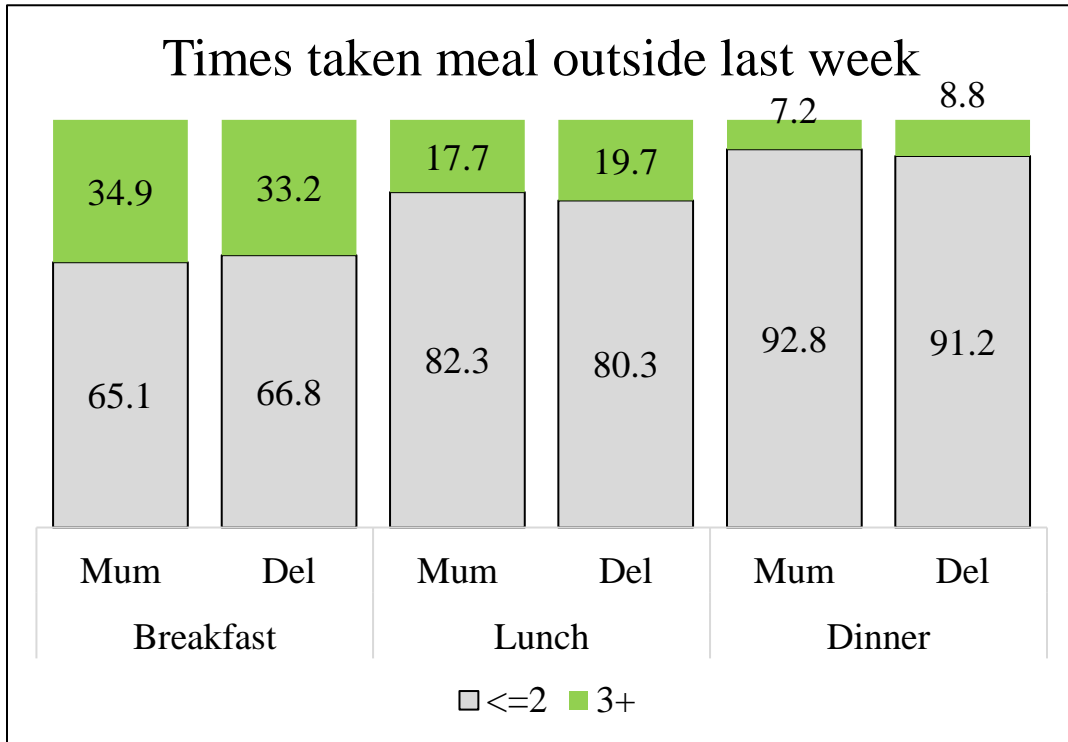
Data and Methods

- A self-administered questionnaire was developed to explore the lifestyle, psychological wellbeing and nutrition of the adolescents aged 15-19 years whose both parents are working and those studying in the colleges of Delhi and Mumbai University.
- 447 adolescents selected through criteria, completed the interview.
- Data was analyzed using the statistical techniques in Stata 14.
- The Adolescent were probed about the number, place, and skip pattern of meal as well as the consumption of various food items they had in the week preceding the survey.
- The Anthropometric measurement were taken to understand the nutritional status

Results

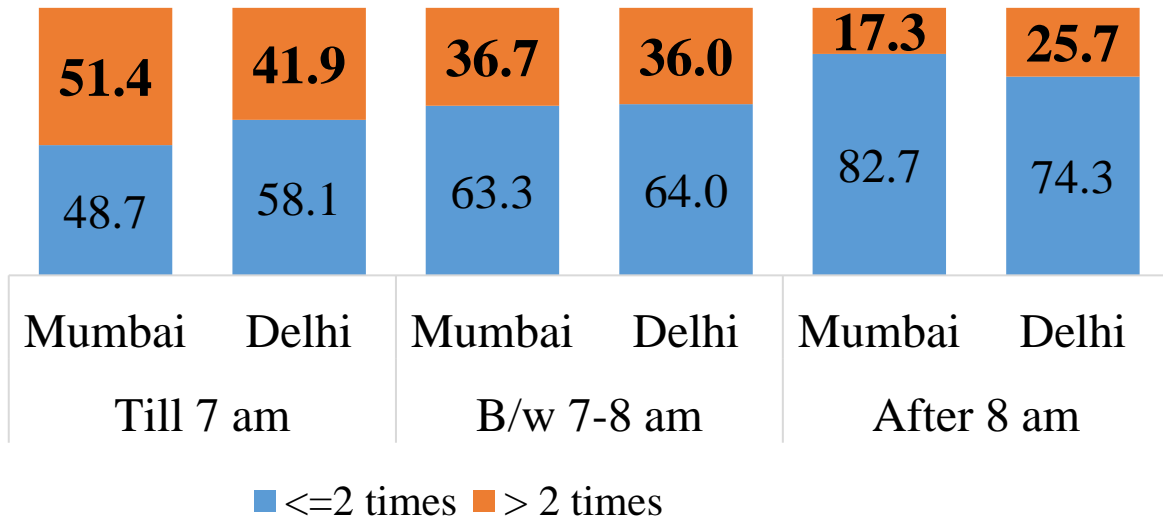


Results

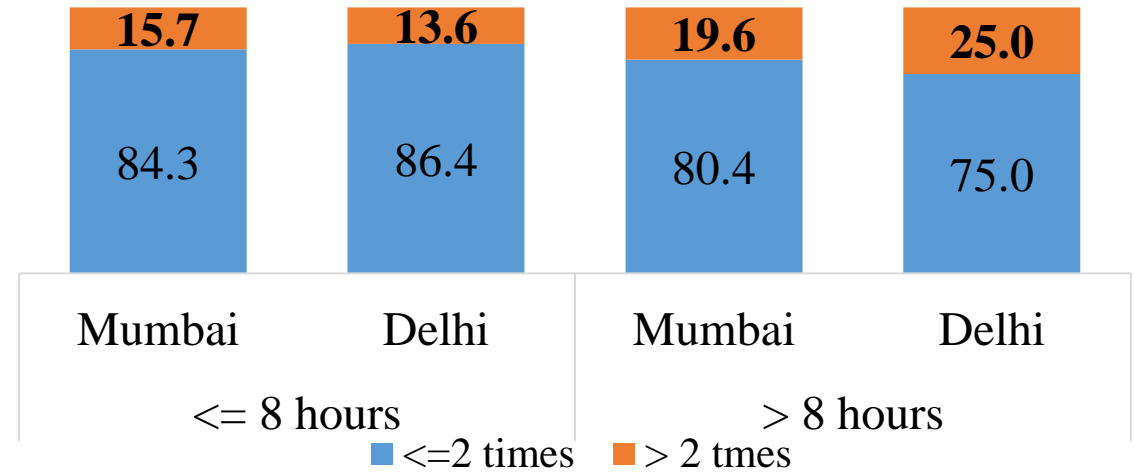


Results

Adolescent having breakfast outside home by time of leaving for college

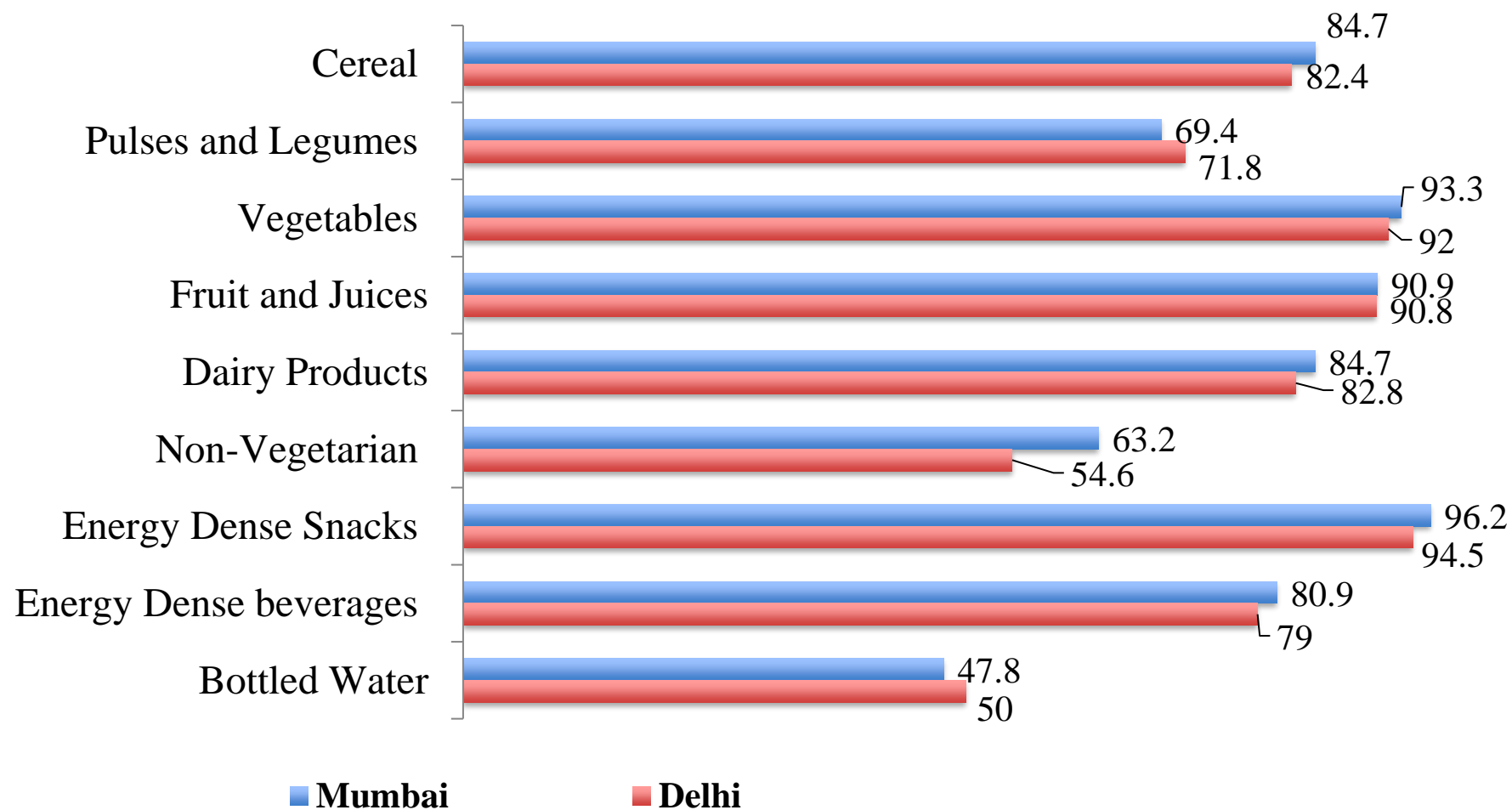


Adolescent having lunch outside home by hours spent in college



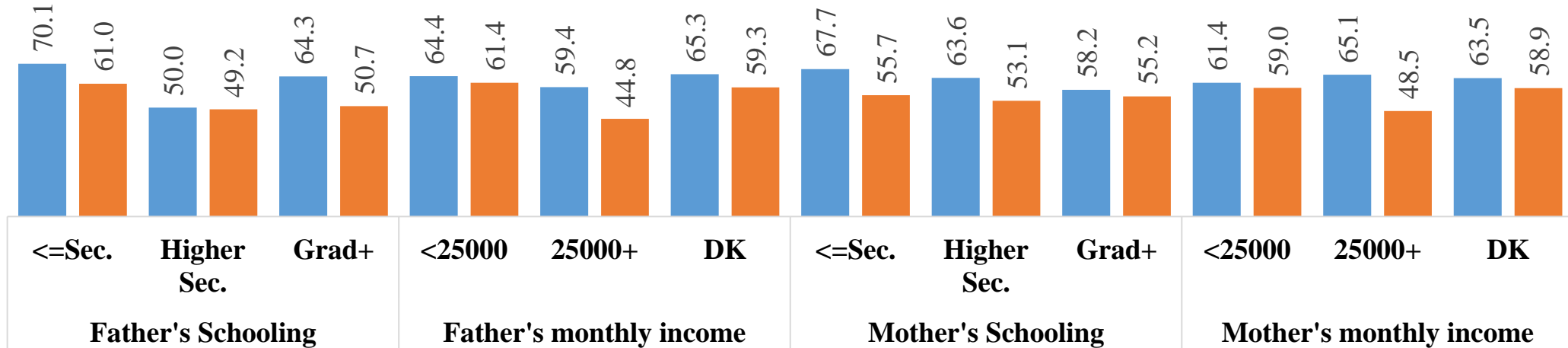
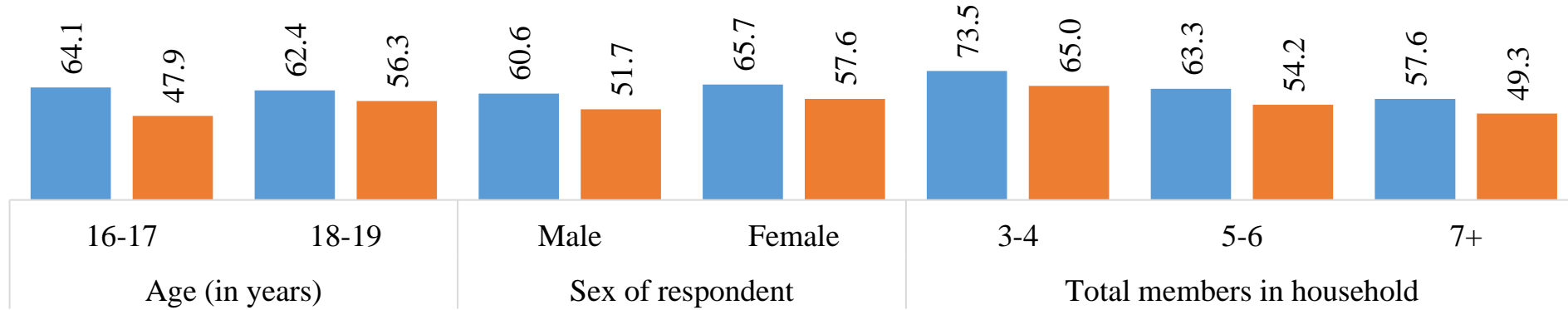
Results

Food items respondent had last week



Results

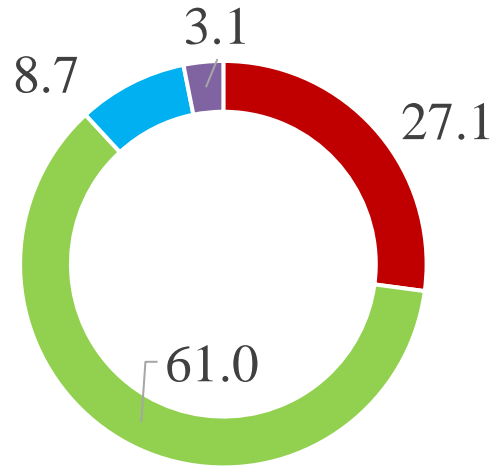
Consumption of Non-veg Food in last week



■ Mumbai ■ Delhi

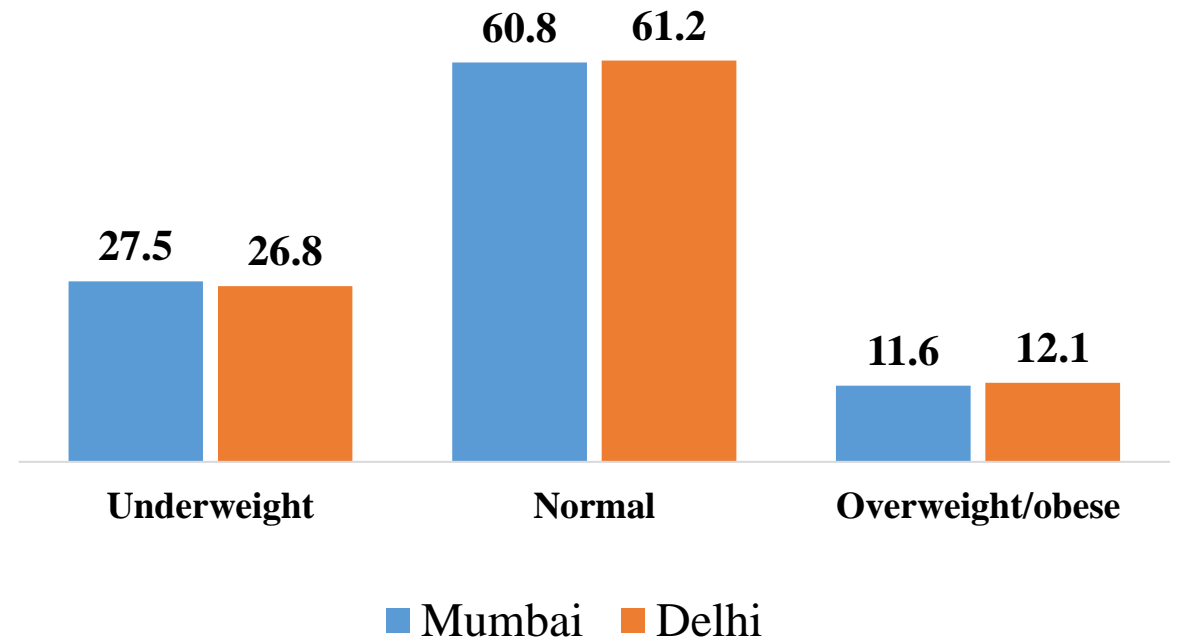
Results

Body Mass Index of Adolescent



- Underweight
- Normal
- Overweight
- Obese

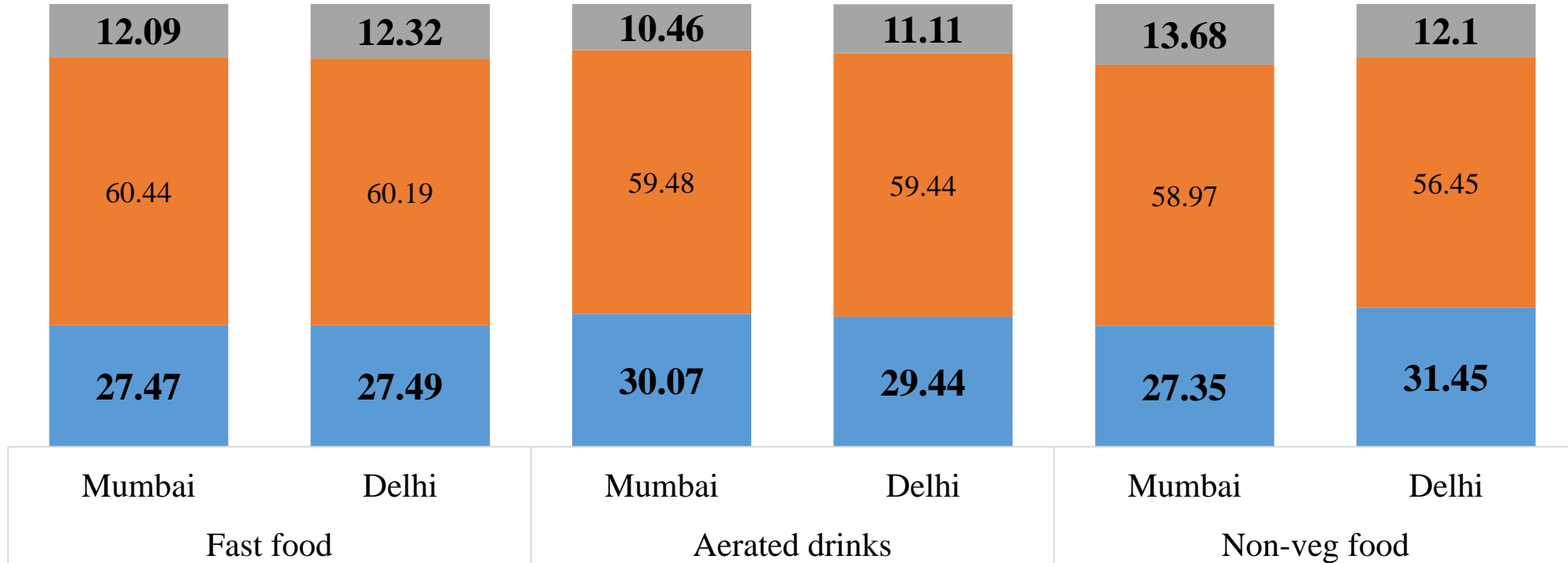
Body Mass Index



- Mumbai
- Delhi

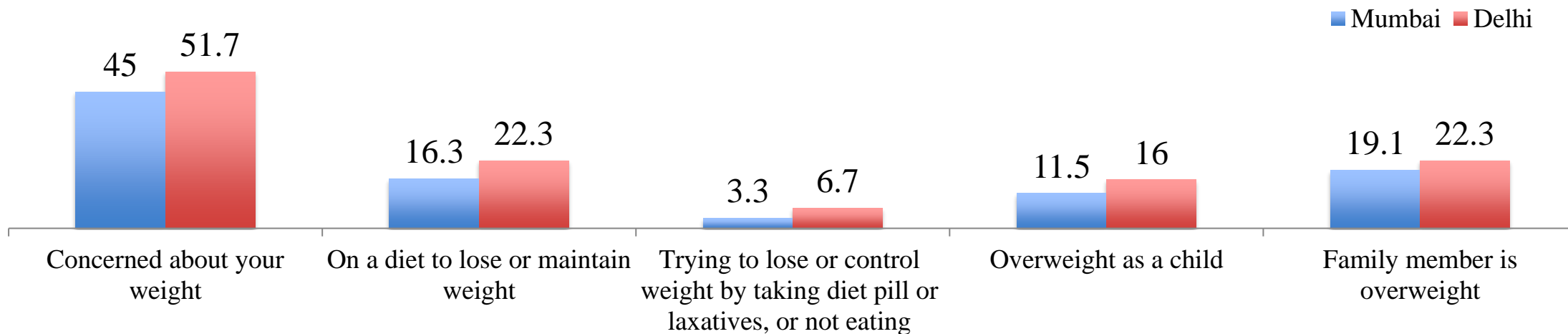
Results

BMI by Fast Food items and Non-veg food items

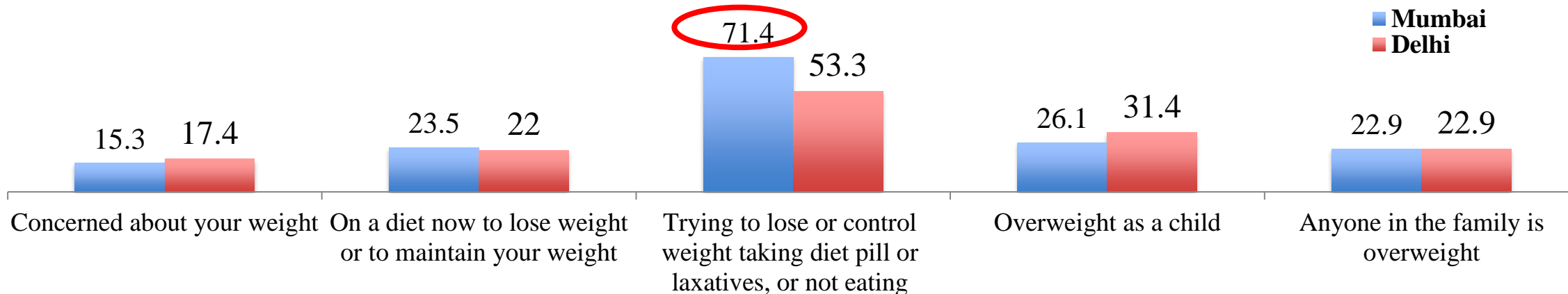


Results

Weight management and History



Overweight/ Obesity by weight management and history



Discussion and Conclusion

- Only half of the respondents had the breakfast and one-third had lunch yesterday.
- Less than one-third of adolescent reported consumption of vegetables except the potatoes in the preceding week but 95% reported eating at least one energy-dense snack.
- Less than half of the respondent consumed a particular fruit and juices while 80% reported drinking three or more servings of energy-dense beverages.
- Overall, the adolescents reported poor dietary intakes. It is found that with increase in the number of family member, consumption of any food item decreases while family affluence and parental education also impacts the consumption.
- It is found that those who consumes energy-dense food and beverages are more likely to be obese.
- The Indian adolescents reported poor food consumption patterns, and these findings highlight the need to design effective nutrition promotion strategies to encourage healthy eating in adolescence and targeting food supply and availability.

Thank You !!!

Suggestion and Comments are welcome !!!