

# To Identify the Effect of Nutrition Education Program (NEP) on the Knowledge of college-going Adolescent girls residing in Mumbai City (India)

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## OBJECTIVES:

### PHASE I:

- To identify the major areas of nutritional concerns among adolescent girls with the help of a literature review and a preliminary survey about their dietary and lifestyle patterns.

### PHASE II:

- To develop educational materials in relation to the concerned nutritional areas for the Nutritional Education Program (NEP)
- To conduct a Nutritional Education Program (NEP) for adolescent girls residing in Mumbai city
- To analyze the effect of NEP sessions through pre and post-questionnaire

## METHODOLOGY:

### PHASE I:

- A pilot survey was conducted on 118 participants from Dr. BMN College of Home Science belonging to non-nutrition backgrounds. (age 19-22 years)
- Results from the survey and the review of literature conducted by the researchers allowed the selection of Nutrition Education Program topics.

### PHASE II:

- Topics finalized to develop educational material- Balanced Diet; Role of Healthy Lifestyle and Exercise & Understanding the role and importance of macronutrients and micronutrients
- The target population of 176 adolescent female students was given a Pre-session questionnaire (google form) to assess their current knowledge score.
- After filling out the form they were given NEP sessions on the above topics and then subjected to a post-session questionnaire (Google form) to observe the effect of NEP on their Knowledge in regard to healthy eating practices.
- The data collected was analyzed statistically.

## RESULTS:

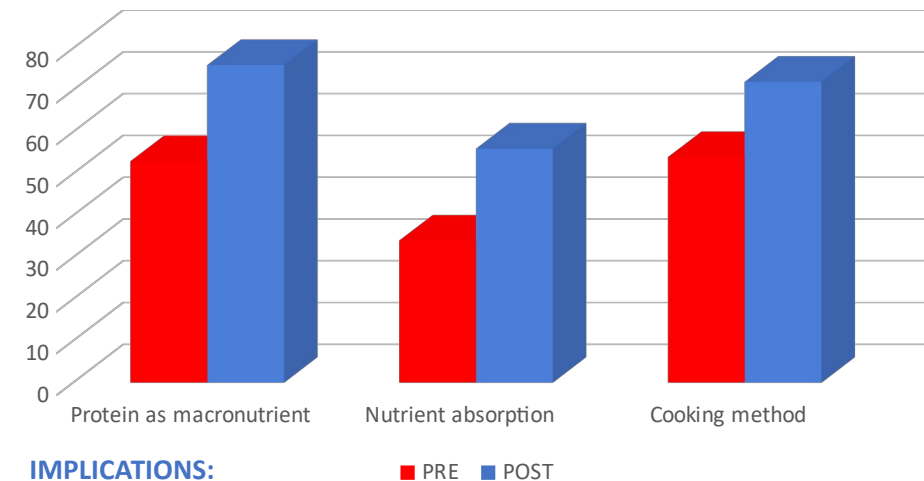
### PHASE I: N= 118

- 58% of the population consumed packaged food and sweets at least once a day
- 53% of the population surveyed engaged in eating out at least once a week
- 42% of the population surveyed sometimes engaged in emotional eating
- 67% of the population had an irregular exercise pattern

### PHASE II: N= 202

- An illustration of Improvement in Nutrition Knowledge of 3 questions out of 10 is shown below in chart 1.

Chart 1: Improvement in Nutrition Knowledge



## IMPLICATIONS:

- The current study concluded that the effect of the Nutrition Education Program in increasing the nutritional knowledge of the participants is an effective and economical method.
- Such sessions can be conducted on school and college-going students to inculcate correct behavior toward maintaining a healthy lifestyle.



Figure 1: NEP session