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**The food intake status according to obesity among Korean adolescents**Min Hyun Suk<sup>1</sup>, Yeojin Im<sup>2</sup>, Won-Oak Oh<sup>3</sup> and Je Hyeong Kim<sup>3</sup><sup>1</sup>CHA University, Korea<sup>2</sup>Kyung Hee University, Korea<sup>3</sup>Korea University, Korea

**Backgrounds:** Adolescence refers to the psychosocial, emotional, cognitive, and moral transition from childhood to young adulthood. Adolescence offer health care providers unique opportunities for health promotion and preventive services.

**Purpose:** The purpose of this study was to provide basic data for strategies in maintenance of optimal body weight among adolescents.

**Methods:** This study was a descriptive study based on a secondary analysis of raw data from the 9<sup>th</sup> Korea Youth Risk Behavior Web-based Survey completed in 2013. The survey has been conducted annually with a complex design to identify the current health status and health risk behaviors of Korean adolescents enrolled in middle and high schools. A total of 799 schools were participated in the survey, and, in total, 72435 students responded (response rate: 96.4%). The adolescents were divided into low weight, normal weight, overweight, and obesity groups according to body mass index (BMI). Differences in food intakes were analyzed.

**Results:** In obesity group, breakfast skipping rate was highest ( $\chi^2=27.13$ ,  $p<0.001$ ). Fruits and vegetable intakes were lowest in low weight ( $\chi^2=177.79$ ,  $p<0.001$ ) and normal weight ( $\chi^2=26.43$ ,  $p<0.001$ ) groups, respectively. Low weight group significantly intakes more carbonated soft drink ( $\chi^2=42.24$ ,  $p<0.001$ ), fast food ( $\chi^2=40.59$ ,  $p<0.001$ ), ramen ( $\chi^2=314.29$ ,  $p<0.001$ ), and snacks ( $\chi^2=641.87$ ,  $p<0.001$ ) than other groups.

**Conclusions:** It was expected that intake of fast food, carbonated soft drink, ramen, and snacks would be higher in overweight and obesity groups. However, the results of this study showed that the intakes of fast food, carbonated soft drink, ramen, and snacks were higher in low weight group in difference with usual expectation. Therefore in the development of programs or policies for maintenance of optimal body weight among adolescents, the real status of food intake should be carefully surveyed and considered.

**Biography**

Min Hyun Suk has her expertise in teaching and research in Community Health Nursing. Her main study involves figuring out the real health status and affecting factors, and developing strategies in health promotion among adolescents and elderly people.

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