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Dietary diversity and nutritional status of kidney disease patients attending different hospitals in Jessore city, Bangladesh: A cross-sectional study

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The study was aimed to assess dietary diversity score and associated nutritional status of kidney disease patients. A cross-sectional study was conducted on 130 kidney disease patients attending different hospital in Jessore city by using a structured food frequency questionnaire based on 24-hour dietary recall method. Nutritional status of the patients was measured by using BMI indicators. FAO based guidelines were applied to measure the individual dietary diversity score of the patients. For required data analysis SPSS-16 software was used. Distribution of dietary diversity score was decent among the patients. About 49.2% of them had medium dietary diversity score while 50% had high dietary diversity score. Only 0.8% consumed at low dietary diversity score. The mean dietary diversity score based on consumption of 9 major food groups was 5.6231 ± 0.90875 . According to BMI level, 66.2% kidney patients were in normal health whereas 8.5%, 23.1% and 2.3% were in underweight, pre-obesity and obesity condition, respectively. Gender and dialysis status of the patients were not significantly related to their dietary diversity score. Monthly family income was found significantly associated with dietary diversity score of the respondents ($p < 0.1$). A significant relation ($p = 0.021$) was observed between BMI and monthly family income of the kidney patients. Dialysis status of kidney patients was also significantly associated ($p = 0.05$) with their respective BMI level. Dietary diversity score was medium and high in respondents. Sustainable as well as supportable nutrition education and food choice is recommended to the patients and their families on increased proper dietary practices and dietary diversification.

Biography

Sonjoy Saha has received his Bachelor's degree in Nutrition and Food Technology from Jessore University of Science and Technology, Bangladesh and is pursuing Master's degree in Nutrition and Food Technology from the same university. He has published one international scientific paper in *BMC Nutrition* journal and four international conference publications.

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