

29th Annual Meeting on

NUTRITION & FOOD SCIENCES

November 05-06, 2018 Bangkok, Thailand

Sports nutrition knowledge among professional basketball athletes and coaches in Lebanon

Jocelyne Boumosleh, Catherine El Hage and Antoine Farhat
Notre Dame University-Louaize, Lebanon

A total of 189 Division-I basketball players and coaches completed a self-administered questionnaire. Adequate Nutrition Knowledge (NK) ($\geq 60\%$ of questions answered correctly) was found among about 20% and 46% of basketball players and coaches, respectively. Among basketball players, there was no significant difference in mean NK score between males and females. However, significant differences in NK status were observed between the two gender groups (Adequate NK: F, 31.4% vs. M, 15.4%). Among basketball players and coaches, the top resource that participants indicated to use to obtain current nutrition information was dietitian/nutritionist. Only 4.5% of the basketball players and none of the coaches said that their club has a dietitian/nutritionist and approximately 68%/66% and 91%/82% of basketball players and coaches indicated that having a dietitian/nutritionist on their team would help them in achieving a healthy diet and improving their athletic performance, respectively. Adequate NK status was found to be associated with having taken nutrition courses, had a consultation with a dietitian/nutritionist and a dietitian/nutritionist spoken to team. Despite widespread lack of adequate nutrition knowledge among coaches (~55%) and basketball players (80%) in Lebanon, our sports clubs do not have dietitians/nutritionists, the top source of nutrition information as reported by our study participants. The management of each sport club should start to budget for hiring a dietitian/nutritionist and nutrition education campaigns should be designed and targeted towards groups of people at high risk of having inadequate nutrition knowledge (males, individuals with no nutrition background).

Biography

Jocelyne Boumosleh has completed her PhD in Epidemiology and Biostatistics from University of Pittsburgh, USA, Postdoctoral Training at University of Texas Southwestern Medical Center in Dallas, USA and went to the Faculty of Nursing and Health Sciences at Notre Dame University (NDU), Lebanon. She has been teaching courses in health sciences, epidemiology, biostatistics and research methods. Her areas of research interest includes nutrition and mental health, body composition/fat distribution and metabolic abnormalities, nutrition and body composition/fat distribution, addictive behaviors among adolescents (determinants and effects on health outcomes), non-communicable diseases, PCOS, cardiovascular diseases and breast cancer.

jboumosleh@ndu.edu.lb

Notes: