

29th Annual Meeting on

NUTRITION & FOOD SCIENCES

November 05-06, 2018 Bangkok, Thailand

Adolescent boys have better eating habits and physical activity patterns than the girls in Kuwait**Tasleem A Zafar and Dalal Al Kazemi**
Kuwait University, Kuwait

Background & Aim: Obesity at an early age may constitute a risk factor for unhealthy conditions later on in life. Kuwait is ranked as the eighth fattest country in the world (WHO) with the prevalence of overweight and obesity among adolescent girls at 46.4% and boys at 50.5%. The nutrition status of adolescents has not been given enough attention. The aims of this study were to compare food habits and physical activity of Kuwaiti adolescent boys and girls and to investigate socioeconomic factors especially parents' occupation status affecting the lifestyle patterns of teenage adolescents.

Method: A cross-sectional survey was conducted using a modified International Health Behavior in School Children (HBSC) questionnaire reaching ~800 children in grades 9 and 10 from 12 public schools, both boys and girls, in all six governorates of Kuwait. The questionnaire assessed family and socioeconomic factors, dietary patterns and physical activity status. The questionnaire of the survey had the approval from the Ministry of Education, Kuwait. Statistical Package for Social Science (SPSS) version 23 was used for data analysis.

Result: The results reflect low consumption of vegetables, fruits, whole wheat bread and dairy in both genders as relative to RDA, between genders, girls had lower intake than the boys ($p < 0.001$). Chocolate and other sweet consumption were high for both genders, girls exceeded boys ($p < 0.001$). Both genders watched TV for 4 to 6 hours daily, girls physically more inactive than boys ($p < 0.01$). Both parents' occupational status had positive association with hours of TV and computer use ($p < 0.05$) and not with physical activity ($p > 0.05$).

Conclusion: In conclusion, teenage adolescents in Kuwait had poor lifestyle habits and parents' occupation did not have any improvement on eating and physical activity patterns of these children. It is recommended for both genders to consume more vegetables, fruits, whole grains and dairy and fewer chocolates and sweets and to add physical activity to lifestyle for optimal body weight and good health.

tasleem.zafar@ku.edu.kw

Notes: