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Dietary Patterns and Nutritional status of Iranian school Children in association with Family Income

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Background: Many parameters of nutritional status of school children influenced by diet. In Iran according to economic crisis and lower purchasing power, dietary pattern of this age group gets gradually worse. The present study aimed to assess the pattern in food consumption and dietary diversity of 2600 school children in both genders based on total family income.

Methods: The crosssectional study was conducted in Tehran during 2018-2019 school year. Nutritional status was determined by using World Health Organization (WHO) anthropometric indices of weight-for-age (WA) and height-for-age (HA) and weight-for-height. Family income and consumption of 118 food items in 11 food groups was recorded by using questionnaire and personal interview.

Results: The results showed that mean dietary diversity scores increased by increasing family income because of greater variety makes the diet more palatable and pleasant. Mean score for cereals, vegetables, fruits, dairy products and non-vegetarian foods increased by increasing family income. Children who were moderately or severely wasted were from families in the lowest income category and overweight was highest in family with highest income. ($\chi^2 = 30.953$, $p = 0.002$)

Conclusion: There was a significant relation between child stunting and family income. ($\chi^2 = 41.674$, $p = 0.000$).

Biography

Sahar Hooshmand is a distinguished food scientist and nutrition expert, known for her research in the field of functional foods and dietary supplements. She received her Ph.D. in Food Science and Nutrition from S.N.D.T. Women's University in Mumbai, India.

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