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Food habits and its associated risk factors in women's life style

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This has been a topic of interest for research world during last years. Therefore, worker women in their middle age are prone to experience various physical and psychological symptoms that could be associated with distresses and live perturbation. This will lead to a change in the overall health and well-being. The aim of this study is to determine the factors affecting food habits and Body Mass Index (BMI) among pre and post-menopausal worker women in Lebanon. This study is a cross sectional survey conducted among pre post-menopausal Lebanese worker women coming from different workplaces in Keserwan and Byblos areas. The participants were recruited using a stratified random sampling method. Four hundred Seventy Lebanese worker women were included in this study (n=470; 289 premenopausal, 181 post- menopausal). None worker women and women receiving hormonal treatment were excluded. A face-to-face interview has been conducted to investigate the current menstruation status, physical activity level and the socio demographic status. Several anthropometric measures were recorded. A food frequency questionnaire has been used to assess the dietary quality and food habits. Statistical analysis was performed using IBM SPSS (ver.23.0) software and independent sample t-test and chi squared test were performed. The results demonstrated an association between menopause and food habits ($p<0.001$). High BMI was significantly associated with low socioeconomic status of post-menopausal women ($p<0.001$). However, menopausal women who had a higher level of education had higher quality of life. As a consequence, the post-menopausal worker women showed a higher risk of obesity than premenopausal worker women.

Conclusively, menopause is a crucial transition in women's lifecycle. It is necessary to develop effective intervention programs on the early identification of the menopausal phase in order to improve quality of life of post-menopausal female workers in Lebanon.

Keywords: Food Habits, socioeconomic status, menopause, women, body mass index, waist- hip ratio, Lebanon

Biography

Lida Simionides Haddad is a registered dietitian from Lebanon. She worked on her Masters with Dr. Elie Bou Yazbeck at the Holly Spirit University of Kaslik (USEK). For a semester, she interned at the Notre-dame de Secours Hospital in Byblos, where she was helping many patients get their nutritional meals. She made people healthier through a well through of diet and a balanced lifestyle drove her to open her very own consultancy clinic, Lida Light. There, she provided scientific nutritional advice, and plans out various diets that suits each of her client's needs and lifestyles.

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