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Sex differences in higher body fat and associations with energy intake and sedentary behaviour: A cross-sectional study in the United Kingdom, University Students Population.

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This study aims to provide an update on the associations between body fat % (BF), body mass index (BMI), energy intake, and physical activity in a sample of university students. Fifty students (25 males and 25 females) were included in the analysis. The validated General Practice Physical Activity Questionnaire (GPPAQ) assessed the participants' physical activity level. BF was assessed using bioelectrical impedance analysis (BIA), and BODY CARE callipers were used to measure four different skinfold thickness sites. The total energy intake of participants was collected by using mobile applications.

No existing variations in average rankings of BF% (skinfold vs. Tanita's); Mann-Whitney test p-value (.793). The current findings show no association between body fat content and gender, BMI, and energy consumption. The two methods for evaluating body fat quantities (Skinfold vs. Tanita) are similar. Both inactive and active individuals have a relatively languid relationship with weight increase.

Biography

Noor Ali AL-hazmi has completed her MSc at the age of 31 years at the University of Roehampton in the United Kingdom and a Bachelor's degree from Jazan University in the Kingdom of Saudi Arabia. She has published one paper in a reputed journal and she is serving as a recognized reviewer for Clinical Nutrition ESPEN. She works as a senior professional specialist in the medical health sector in Saudi Arabia.

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