NOVEL EXPERTISE ON BMI AND FOOD HABITS PATTERN AMONG SOUTH INDIAN SCHOOL ADOLESCENTS

Nursing

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ABSTRACT

A descriptive study to assess the Body Mass Index and Food habits pattern among adolescents in a selected school at kelambakkam. The objective was to find out the association between BMI& Food habits pattern. To find out the association between Body Mass Index& Food habits pattern selected demographic variables. The sampling technique was non probability, convenient sampling technique with 95 samples and questionnaires were formulated, structured interview schedule and anthropometric assessment were used to collect data. The collected data was tabulated and analyzed .Descriptive and inferential statistics were used. The mean value is 11.There were no significant association between the anthropometric measurements with selected demographic variables. The collected data was tabulated and analyzed .Descriptive and inferential statistics were used. The mean value is 11. The study shows that 23 adolescents were under weight, 53 normal ranges, and 15 preobese, 3 obese class one, 0 obese class two and 1 obese class three knowledge.

Introduction:

The less you eat, the longer you live-Walter almoner

Now a day's obesity and overweight became common in all age groups of society as a result of less physical activity, sedentary lifestyle and overeating. This lead to several health problems which are common causes of morbidity and mortality among people. On another side underweight is also another cause resulting in certain diseases like malnutrition, anemia, mortality and morbidity. So it is necessary to create awareness among students right from the student period. They should be aware of their weight and height and into which category they come i.e., obese, overweight, normal weight, and underweight. According to their category they are instructed to change their lifestyle and habits so that they should be in normal weight category group. If they change their attitude towards bodyweight and maintain body weight properly it will be easy for them to maintain the same pattern in the future for effective and healthy living.

BMI provides a reliable indicator of body fat percentage/body fatness for most people. Obesity is increased in developed countries and prosperous societies. BMI is widely used for preliminary diagnosis of obesity, waist circumference can also be taken for diagnosis and BMI helps to understand and estimate the risk factors for health problems BMI is a simple means of classifying physically in active (sedentary) populations with an average body composition. BMI Prime, a simple modification of the BMI system, is the ratio of actual BMI to upper limit BMI (currently defined at BMI 25). BMI Prime allows easy comparison between populations whose upper-limit BMI values differ. BMI is compared against the percentile for children of the same gender and age, instead of comparison against fixed thresholds for underweight and overweight.

Title

A study to assess the BMI and Food habits pattern among adolescents in a selected school at Kelambakkam, Kancheepuram district, Tamilnadu, India.

Objectives:

- To Assess the BMI&Food habits pattern
- To find out the association between BMI & Food habits pattern with selected demographic variable

Methodology:

In this study we were used descriptive quantitative non-experimental –evaluative approach and descriptive design with probability, convenient sampling technique and structured interview schedule, anthropometric assessment were used to collect the data among the adolescents who fulfills the given criteria. The sample size was 95 calculated by using DEFF*Np (1-p) 1/ [d²/z² /2*(N-) +p (1-p)] with 95% Confidence level and 5% Confidence interval.

Sampling Criteria:
Inclusive Criteria:
The study includes the higher secondary students who were:
- Studying 11th standard
- available at school during data collection.
- Shown willingness to participate in the study.

Exclusive Criteria:
The study excludes students who were
- Long absentees.
- Not willing to participate in the study.

Method of data collection:
The constructed tool was given to experts in the field of child health and community health nursing department. The validator had suggested some specific modifications in the questions and suggestions of experts were incorporated in the final preparation of the structured interview schedule on BMI and food habit pattern among adolescents.

Descriptive research refers to describe characteristics of a population or phenomenon being studied. The tool was elicited by using questionnaire techniques, 95 adolescents from selected school at kelambakkam kancheepuram district Tamilnadu. The questionnaires used for assessing the food habit pattern. Assessed anthropometric such as weight and height for BMI calculation. Descriptive and inferential statistics were used to analyze the data.

Results:
The finding of the present study reveals that there is no significant association between BMI and Food habit pattern with selected demographic variables. Hence the research hypothesis H_{01} is strongly rejected

Figure 1; pie chart showing the frequency and percentage distribution of BMI and food habit pattern for gender. Male is 75%.female is 25%.
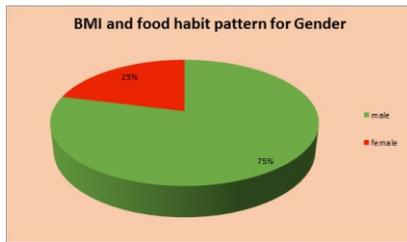
Figure 2; cylinder chart showing the frequency and percentage distribution of BMI and food habit pattern for age ; for 16 years 11.50% and for 17 years 88.42%.

The study findings reveals that the mean value is 11.There were no significant association between the anthropometric measurements with selected demographic variables. The collected data was tabulated and analyzed .Descriptive and inferential statistics were used. The mean value is 11. The study shows that 23 adolescents were under weight, 53 normal ranges, and 15 preobese, 3 obese class one, 0 obese class two and 1 obese class three knowledge.

CONCLUSION:

According to the proverb **The less you eat, the longer you live** , it is better to rectify the weight abnormalities rather than to treat the complications and resulting diseases of overweight, obesity and underweight, so that the school students first make themselves physically fit with good dietary habits and BMI and serve the society.

The current study provides an update and more inclusive data on dietary and BMI among adolescents in Tamilnadu. Furthermore, these data could be used as base-line information for the comparison of BMI and food habits pattern.

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