

Impact of Nutrition Education in Obese Adolescents

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INTRODUCTION :

Many developing countries including India Today face the dual burden of diseases of poverty as well as disease of affluence. Some of the reasons for this change among many and urbanization and adoption of westernized life style, world children suffer from protein energy malnutrition and UNICEF(WHO,2000) reported that one third of children were stunting in developing countries in 2000. Obesity is another healthy problem in world. Several studies in different countries showed that obesity trend increases. At the community level, obesity prevention should be based on nutrition education and the enhancement of physical activity in different setting, such as school and work places, and should enlist the involvement of families as well. Nutrition education is key element to promoting life long healthy eating and exercise behavior and should start from the early.

Variety of food and that children learn to make wise food choices independently. Nutrition education which can encourage healthy eating habits can play a important role in controlling various diseases, Kalpana and Divya [2008] said that the nutrition education is one of the best method by which awareness can be created among woman and children to modify their dietary pattern. Nutrition education focusing adolescents help to bring down the prevalence of disease. Computer tailor nutrition and physical activity education is an innovative promising and cost effective tool to motivate people to make healthy dietary and physical activities changes . The present study was carried out to impart nutrition to obese adolescents in order to improve their dietary habits and to know the effect of nutrition education.

MATERIALS AND METHODS :

The present study was conducted at Washim district . Totally 149 private and 162 government schools has taken 36 schools are government schools and 31 schools belong to malnutrition school . From this, one government and one malnutrition schools were selected by random sampling technique has been follows. Total of 649 and 349 adolescents from government and malnutrition school respectively in age group of 10 to 16 years were included in the study. Prevalence of overnight/obesity was assessed in both sexes of government and private schools. The screened obese (N-77) adolescents were included for conducting the nutrition education. A well –formulated and standardized questionnaire cum interview schedule was use to elicit information on knowledge on nutrition based on collected data. Software was developed and it was used as a Computer Aided Instructional (CAI) package in schools. The software implementation was given to the obese adolescents from the selected schools. Nutrition knowledge of the abused adolescents was assessed by the questionnaire method.

Questionnaire of 20 questions which included in schedule for measuring the knowledge about general diet, balanced food, food pyramid, and Recommended Dietary allowance (RDA) questions related to obesity. On the basis of the over all performance of selected abase adolescents in pretest, concepts such as components of obesity, basic information about role of functions of food, nutrients quality foods (mixed cereals and cereals pulses combination) preservation (fermentation and sprouts) fresh whole fruits and vegetables intake and I'll effects of fast food and complications of child hood obesity were prepared. The intensive dietary counseling on above stated topic was imparted to the selected the obese adolescents twice for a period of one (1) month through lecture by using the develop software and Microsoft PowerPoint . To study the impact nutrition education of obese adolescents, post test scores were collected. Based on the collected data their awareness level was ascertained. Mean and standard division were computed the variables to test significance

of difference of two mean values of before and after nutrition education paired t-values were work out

RESULTS AND DISCUSSION :

Forty- seven and thirty obese adolescents were screened from government and private schools respectively to impart nutrition education twice a period of one month. The evaluation of impact of nutrition education was done through post test of obese adolescents. Table one presented the scores obtained by the obese adolescents and the gain in knowledge the education.

Statistical analysis revealed that government school obese adolescents a mean score of 5.15 and private obese adolescents had a mean score of 6.08 before education. However, the post education scores were found to be 13.64 and 17 for government and private schools obese adolescents respectively. A significant increase in (P 0.01) in nutritional knowledge was observed in both government and private obese adolescents. When the out come of the two schools obese adolescents was compared, government schools obese adolescents had registered a mean increase of 8.49 and private school obese had a mean increase in 10.92 . The difference in mean score increase between before education and after education was significant at 1% level in both government and private schools obese adolescents.

CONCLUSION :

Strategies are more easily acceptable when implanted at school level. Such school based interventional obesity. The present study concluded that nutrition education was effective in obese adolescents.

RECOMMENDATIONS :

Regular and repeated personalized and long term interaction with the adolescents and their parents could help to manage the obesity right in childhood.

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