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Topic: Community health and nutrition programs

Title: Perception and Practices of Healthy Lifestyle in Late Adolescence and its Impact on Body Mass Index: a Survey Study in Medical and Nursing Students at Tanta University, Egypt.

Presentation Type: Poster

Background: Adolescence coincides with major changes that affect the determinants of adult health. Many adult health conditions are related to factors that develop during adolescence.

Aim: Investigate the impact of dietary habits and physical activity on BMI of late adolescent college students.

Methodology: Cross sectional study was conducted in the first three years of medical and nursing students, Tanta University. A self-administered questionnaire was used. It included questions on socio-demographic, dietary habit, physical activity and perception of healthy lifestyle, body mass index was calculated for all participants.

Results: Out of 524 student (55.5%) were rural residents and (67.9%) were females. 60.7% of the students were normal weight and 31.3% were overweight, and minority was obese (6.1%) and underweight (1.9%). Drinking soda /sugared beverages (juices) is significantly high in obese students. More than half (53.1%) of OB students and (44.5%) of OW students usually eat snacks between meals. Physical activity is low among studied students (45%) of them did not have routine exercise. Obese and overweight students had significant negative attitude towards healthy lifestyle. Lack of time is the main barrier to adopt healthy lifestyle.

Conclusion: Fault dietary habits, lack of physical activity and high sedentary practice affect the BMI. Negative perception of healthy lifestyle and lack of time constitute the main barriers against healthy lifestyle.