

STUDY ON AWARENESS OF SNACKING BEHAVIOUR AMONG ADOLESCENTS (7-18 YEARS) AND THEIR ASSOCIATION WITH SKIPPING MEALS

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ABSTRACT

This Study aimed to evaluate the food intake pattern of adolescents and how snacking plays an important role in the development of overweight and obesity leading to other unhealthy dietary habits like meal skipping. This study examined intake of common energy dense snack foods, frequency of consuming snacks prepared away from home, frequency of snacking while watching T.V, after school, hanging out with friends, socio-demographic, anthropometric measurements were completed among adolescents (7-18years) through well-designed questionnaire. The study was conducted at Hyderabad with total 150 subjects from reputed schools and colleges of metropolitan areas. The observed cross sectional associations suggest that snacks consumption is a risk factor for poor diet, but unless energy-dense foods are consumed, snacking does not consistently contribute to overweight but also underweight Health education for promotion of healthy snacking behaviours should be given more attention among adolescents.

Keywords: *Adolescent, Food intake pattern, Skipping meals, Snacking behaviour, Obesity.*

I. INTRODUCTION

The rapid increase over the past three decades in the prevalence of childhood obesity in developed countries across the world has led to increased concern about the diets of adolescents and children. Although increased levels of sedentary behaviour are likely to be associated with this increase in obesity; changes in food consumption patterns are also likely to play an important role. Several dietary behaviours have been linked with adult and childhood obesity, including increased number of meals eaten outside the home, larger portion sizes of meals at restaurants and fastfood takeaways, and increased consumption of soft drinks. Snacking is the consumption of food and drinks between meals, it is clearly stated that snacking in itself is not a problem, but poor food choices in terms of type and quantity are great concern. Since children and adolescents select snacks based on taste over nutrition, they more often choose salty, crunchy foods as snacks over healthier alternatives. Although evidence is limited, snacking may also be associated with less frequent consumption of meals, which maybe detrimental to health since regular meal patterns are associated with greater dietary diversity, healthier

food choices and better nutrient intakes. The aim of the present study is to examine the contexts in which adolescents snack and to determine whether snacking contexts are associated with gender, year level, or region of residence. In addition, this study also aims to examine whether snacking is associated with a higher frequency of meal skipping, and more specifically which contexts predicts meal skipping. Research has indicated that the majority of people, adults and children, snack on a regular if not daily basis. This Study was designed to address one aspect of eating be, snacking, and to investigate some of the determinants of snacking behaviour.

II. OBJECTIVES

- 2.1 To study about snacking behaviour among adolescents including how snacking may influence dietary habits and skipping meals.
- 2.2 To conduct the survey and gather information of socio-demographic, Anthropometric and nutritional information.
- 2.3 To assess the knowledge and create awareness through questionnaire.
- 2.4 To subject compiled data through statistical analysis.

III. METHODOLOGY

Methodology of the present study is discussed under the following headings:

3.1 Research Design:

A cross-sectional study was conducted to find out the snacking behaviour among adolescents and their ASSOCIATION with skipping meals in Hyderabad a metropolitan city in the Telangana state of India.

3.2 Sample size:

A study was conducted among 150 adolescents, schools and colleges from city were randomly selected using stratified sampling. For a total of 3 schools and 2 colleges were surveyed.

3.3 Data Collection:

Questionnaire was used to collect the required data for analysis. Each question was read to participants by the investigator, which helped to make children understand easily.

3.4 Data Analysis:

The authors checked the data for consistency before entering them for analysis. Descriptive statistics, frequency distribution and cross tabulation were performed, to determine association between questionnaires' answers on snacking behaviour among adolescents with skipping meal.

IV. RESULTS AND DISCUSSION

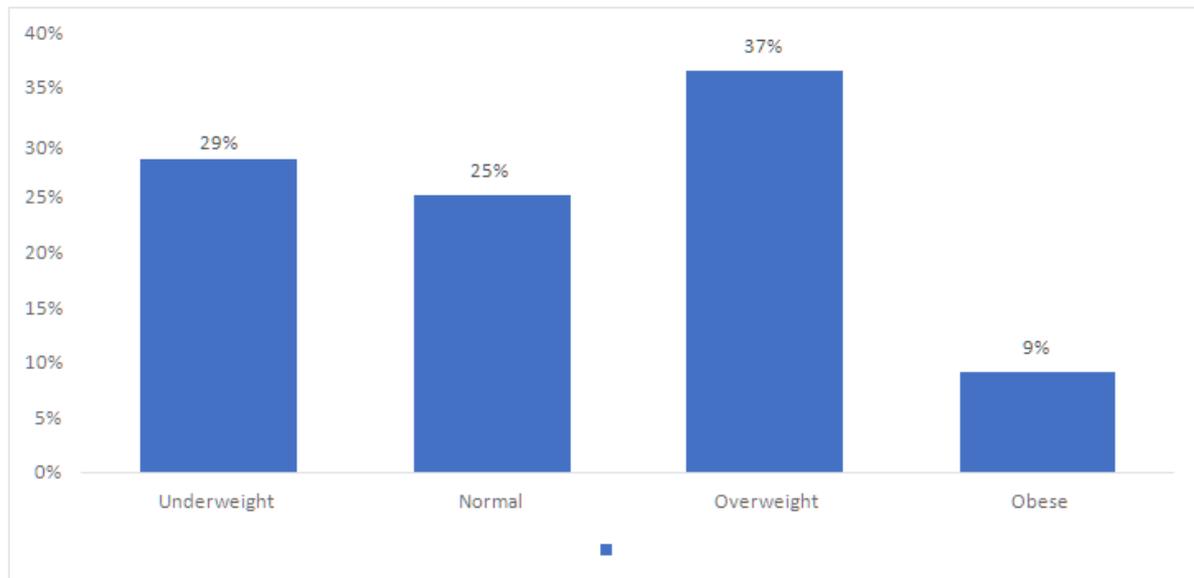


Figure 2:- Preferred Snacks Food

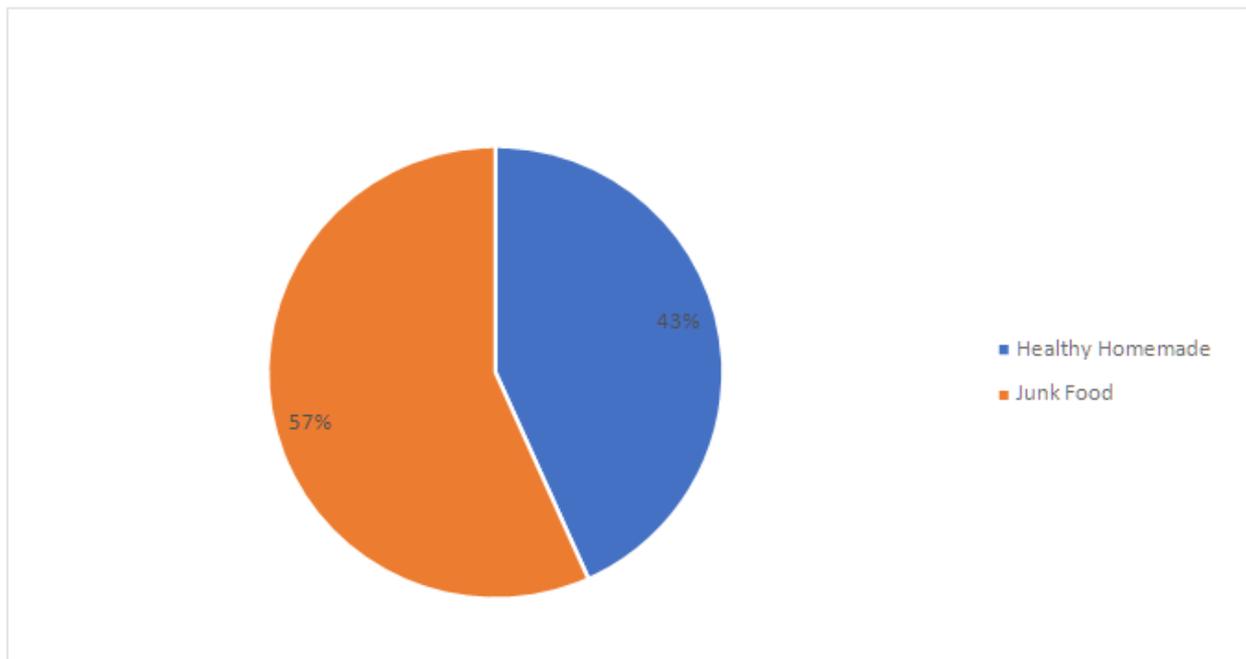


Figure 3:- Frequently Snacking

From the above figure it shows that 57% of adolescents preferred Junk food and rest 43% healthy homemade food

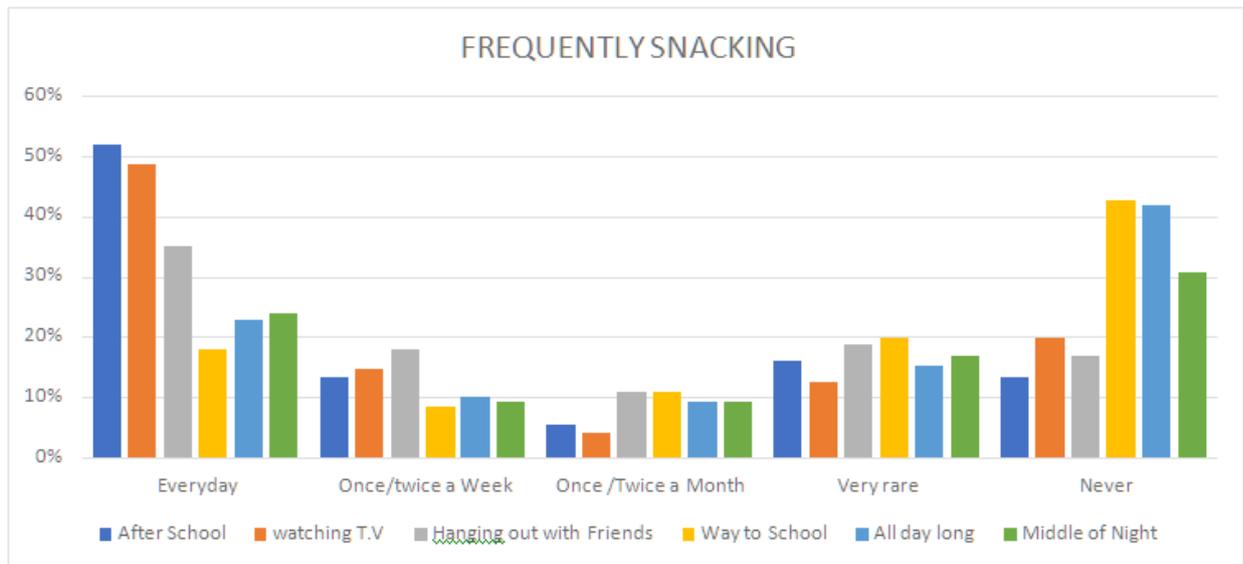
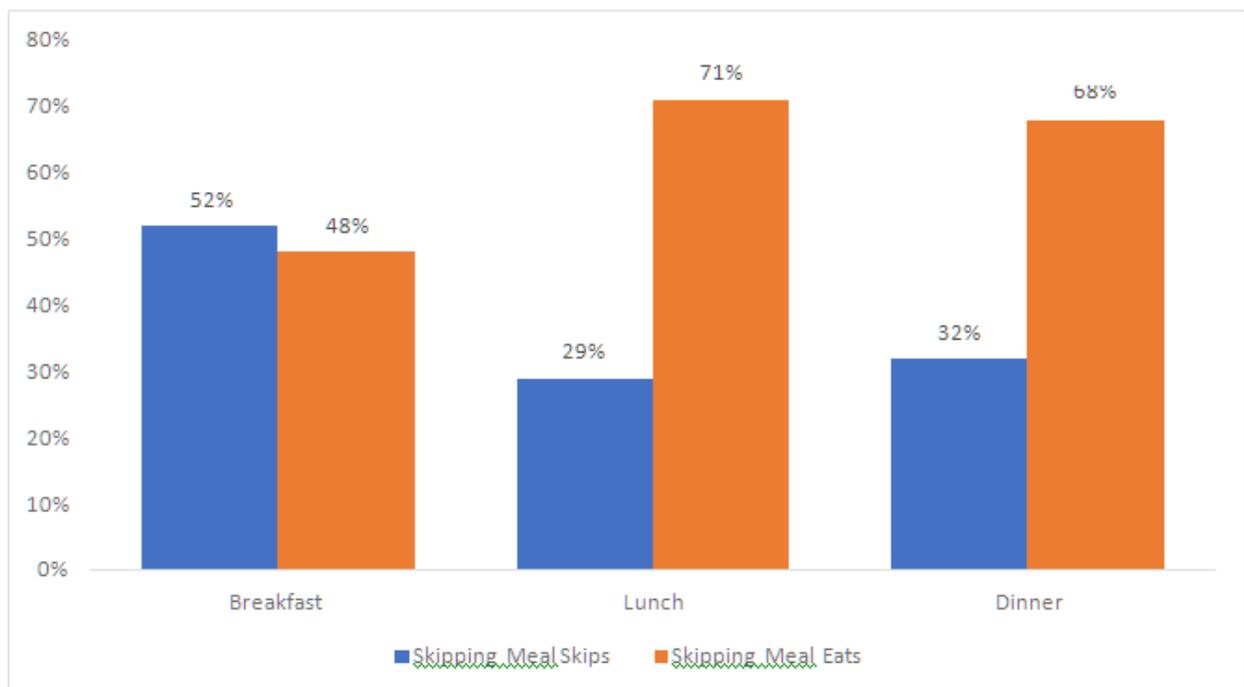
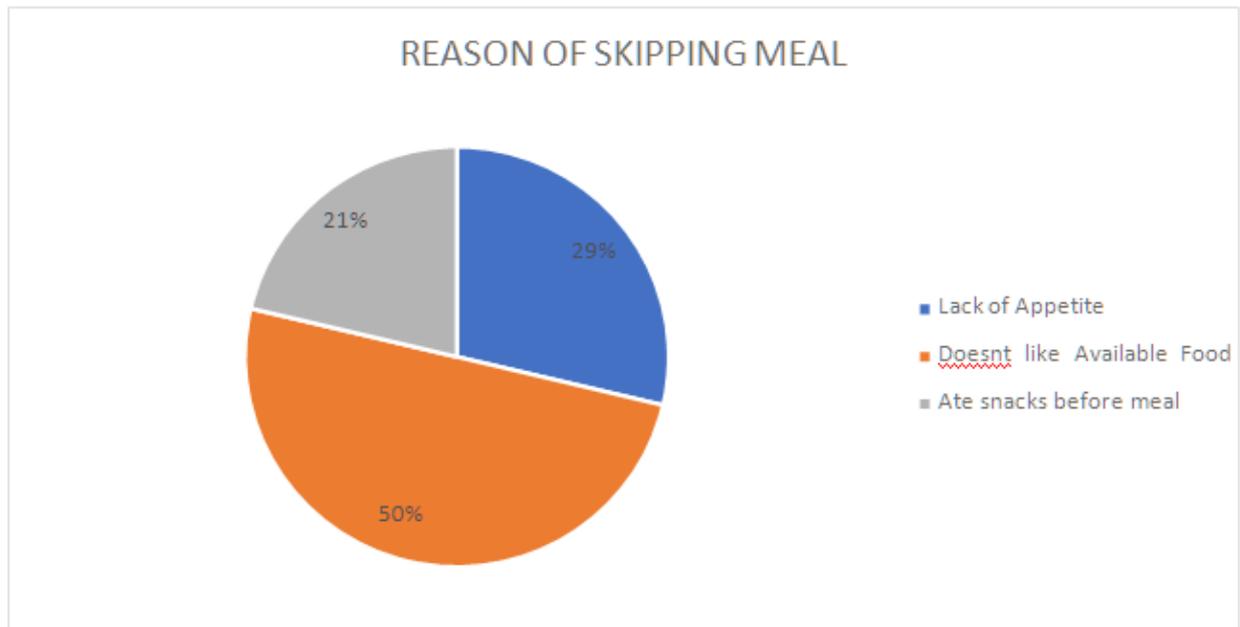


Figure 4:- Skipping Meals



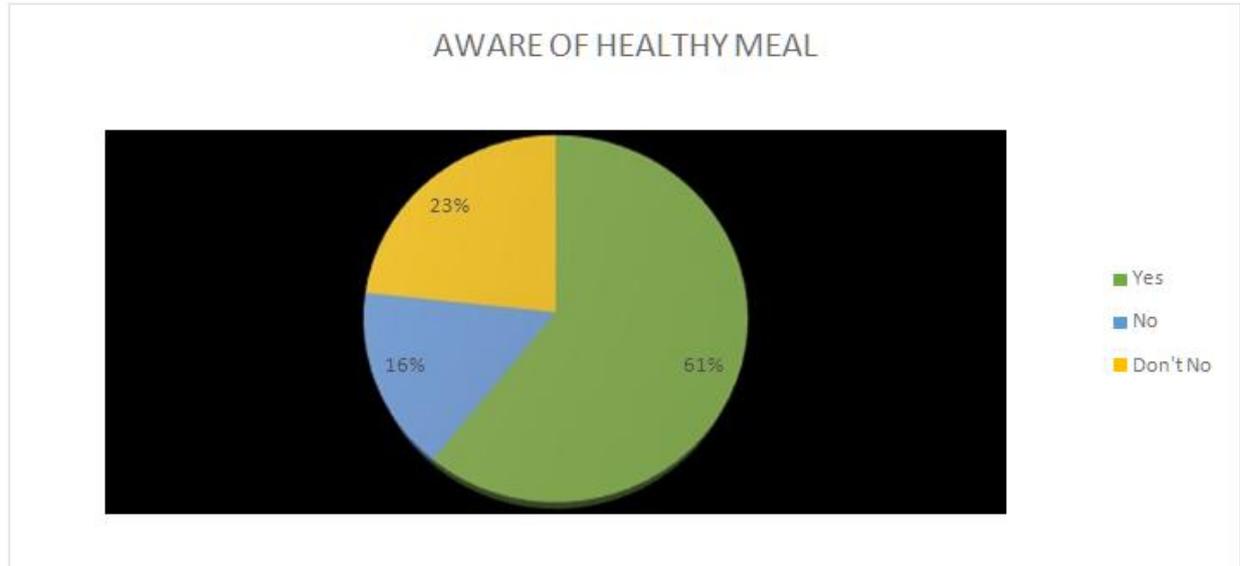
From the above figure it shows that's 52% of adolescents skips meal at breakfast, lunch 29% and 32% skips at Dinner

FIGURE 5:-



From the above figure it shows that 50% of adolescents skip meal due to Not internet in available food,29% lack of Appetite and 21% skips due to snacking before meal.

FIGURE 6:-



From above figure it shows that 61% has knowledge about healthy food, 21% don't know and 16% of adolescents says no

4.1 Discussion:

This Study explored the contexts in which adolescents snack and whether these contexts were associated with demographic characteristics of adolescents and with skipping meals. Adolescents most frequently snacked after school, while watching TV, and while hanging out with friends. They snacked less frequently while doing homework or working, on the run and on the way to or from school, but were least likely to snack all day long

and in the middle of the night. Adolescents who reported more frequent snacking on the way to or from school, all day long, or in the middle of the night were more likely to skip meals.

The finding that adolescents snacked most frequently after school is consistent with previous research showing that adolescents and children snack most often in the afternoon as they demand high energy due to rapid growth and development.

Interestingly, the contexts in which adolescents most commonly snacked were not associated with skipping meals, while those contexts in which adolescents least commonly snacked were associated with skipping meals. Snacking all day long and in the middle of the night may be regarded as the most health-compromising of the contexts we considered for example unhealthy weight control behaviour, binge-eating and chronic dieting among adolescents.

To our knowledge, this survey was done on snacking behaviour among adolescents with skipping meals. We cannot assume that snacking in certain contexts precedes meal skipping. It is equally probable that adolescents who do not skip meals.

V.SUMMARY:

The present Study was aimed to evaluate the Snacking behaviour of adolescents (7-18years) associated with skipping meals. Through well-designed questionnaire information on anthropometric measurement, eating habits, snacking, and skipping meals were collected.

The present Study was conducted to assess the knowledge of snacking behaviour and to create awareness among adolescents (7-18years), study was conducted on total 150 subjects and 20 questions were designed and responses were evaluated.

Information regarding nutritional value showed that 37% were found to be overweight, 29% underweight, 25% normal weight and 10% were found to be obese due to snacking behaviour.

The responses on consumption of junk food by adolescents were 57% and 43% result on healthy homemade food.

Adolescents most frequently snacked after school, while watching TV, and hanging out with friends than who reported more frequent snacking on the way to or from school, all day long or in the middle of the night were more likely to skip meals.

VI.CONCLUSION

Snacks need to be specifically addressed when designing interventions for adolescents. They have specific behavioral determinants. Because adolescents have a certain level of autonomy, learning to choose healthy snacks at this life stage may lead to lifelong healthy habits.

Energy and nutrient requirements are greatly increased in adolescence to accommodate the rapid growth and development that occurs during this period. The rising incidence of obesity among adolescents, however, indicates that many adolescents are consuming more than adequate intakes of energy. Snacking all day long is also likely to affect hunger at subsequent meal.

From the finding of the present study investigation it is concluded that adolescents are more likely to snack on chips and chocolate after school, during watching TV and hanging out with friends.

Understanding the contexts in which adolescents snack, and their relationships with skipping meals, may help parents and health promotion officers develop strategies to promote healthy food habits among adolescents.

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