

Impact of Nutrition Education among Overweight Adolescent Girls in Urban Schools of Dhaka City, Bangladesh.

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Abstract

Background: Adolescent is one of the most rapid phases of human development. WHO defines 'Adolescents' as individuals in the 10-19 years age group. According to World Health Organization, the fundamental cause of childhood overweight and obesity is an energy imbalance between calories consumed and calories expended.

Objective: To see the impact of nutrition education among overweight adolescent girls in urban schools of Dhaka city in Bangladesh.

Methods: This was a Randomized Control Trial study. A sample of total 74 overweight adolescent girls were enrolled for intervention and control group. We had chosen two different schools of Dhaka city for this study. The components of this intervention were nutrition education provide to the overweight adolescent girls on healthy dietary habit, consequence of being overweight, encouraged to increase physical activities, exercise and reduce screen time etc. The intervention group received nutrition education for 2 months.

Results: In the intervention group, there is a significant difference in body weight and BMI. The girls' BMIs did not differ significantly at the baseline survey, but at the end line, the intervention group's BMI had changed significantly (from 25.44 to 23.91) and control group's BMI was increased from 25.13 to 25.7. In the case of the assessment of knowledge of healthy food, we observed a remarkable change among the girls in the intervention group. There was a significant relationship between lifestyle and being overweight we observed in our study, that girls with high consumption of fast food and less water were more prone to be overweight.

Conclusion: Through nutrition education the weight and BMI of the overweight adolescent girls of intervention group had significantly reduced at the endline. The knowledge about overweight related health problems, bad effect of having excess fast food and benefit of physical activity were enriched significantly.