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The Gender comparison of dietary and health behaviour of students first grade middle school in Suwon Gyeonggi, Korea

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Middle school first grade is the time of puberty onset in students, eating and health behaviours are important to establish Healthy adults⁽¹⁾. This study was investigated on dietary and health behaviour of Middle school first grade students in Suwon to contribute for prevention of chronic diseases in adulthood. The subjects (male 260 and female 255) were selected three middle schools in Suwon. Before answering the questionnaire dietitian described the contents, diet, lifestyle habits and weight control and health behaviours. Results were analysed by the statistical program (SAS ver. 8.1), presented by frequencies and percentage. Usual dietary habits were scored by Likert scale five points and obtained the mean and standard deviation. Obtaining significant gender difference, Chi-square and Student's t-test were done. Gender difference was significant ($P<0.01$), male students height 162.7 cm, weight 53.1 kg and 19.9 kg/m² of BMI, female height 158.0 cm, weight 46.0 kg and 18.4 kg/m² of BMI. Physical states of the subjects were height 162.7 cm, weight 53.1 kg and 19.9 kg/m² of BMI in male, height 158.0 cm, weight 46.0 kg and 18.4 kg/m² of BMI in female students ($P<0.01$). Daily breakfast intake was 70% of the students but some of them eat alone (27.3%). Snack frequency 2–3 times per day (43.5%, male 32.1%, female 54.9% ($P<0.0001$), during the hours at mid lunch and dinner (73.5%). and the amount of food intake was slightly less uptake (34.8%) but enough eat for dinner (53.2%). Purpose of everyday meal was solving hunger (57.4%); they want current state of meals slight modification because of unbalanced diet. Usual dietary habits were similar in gender⁽²⁾. The question in 'Apply Nutrition knowledge' and 'Consider food combination' were better in female students ($P<0.01$), But 'in Regular meals' was higher in male ($P<0.01$). The aspects of health behaviour, the subjects were daily walking under 1 h (39.9%), 7–8 h of sleep per day (33.8%). The female students felt more insufficient sleep (57.4%) than male (35.8%). Just once drinking experience (75.1%) and no in smoking (91.1%) were most. Sleep was sufficient (22.6%) in male but insufficient (33.8%) in female students ($P<0.01$). Their experience of drinking was only one (75.1%) but no experience in smoking (91.1%) were very low than the result of Lee *et al.*⁽³⁾. Weight control efforts for reducing (female 27.5%, male 20.8%) and for increasing (male 10.6%) were appeared with gender difference ($P<0.01$).

The time of puberty onset, there is need to strive the nutrition education for applying nutrition knowledge and considering food combination to male students, in regular meals to female. Solving sleep dissatisfaction would needed, and more concern to take care weight control trials depending on gender.

1. Jang HS (2003) *Korean J Exerc Nutr* 7, 217–222.

2. Choi KH *et al.* (2005) *J Korean Soc Food Sci Nutr* 34, 181–189.

3. Lee HK *et al.* (2001) *J Korean Neuropsychiatr Assoc* 40, 23–36.