13th Annual Scientific Conference & Gathering

Theme:
Environmental Virology, Exposomics and Epigenetics

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Date:
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Time:
8.00 am - 5.00pm

Programme & Book of Abstracts
Diet, Awry Habits, Physical Activity and Anthropometric Measurements of Youths in Ado-Odo Ota

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Background and Objectives: Research has shown a rising prevalence of malnutrition. Furthermore, studies have demonstrated that there is a global transition taking place which is affecting dietary habits and physical activity of young persons. This study sought to find the prevalence of malnutrition in this population, the relationship between these variables and the socio-demographic factors that might affect them.

Methods: A cross-sectional descriptive study of 268 youths aged 10-24 residing in Ado-Odo Ota using multi-stage sampling was conducted. Participants were interviewed using an adapted International Physical Activity Questionnaire (IPAQ) and food frequency questionnaire. Anthropometric measurements were taken to determine body mass index (BMI).

Results: Respondents had a mean age of 17.35 ± 4.22 years. Over 50% of the respondents were moderately active and majority of the respondents reported engaging in mostly light activities. Snacking and consumption of proteins correlated significantly with BMI. Mean BMI was 20.6 ± 4.7 kg/m². The prevalence of malnutrition was 28%. A total of 15.3% were underweight, 7.1% were overweight and 5.6% percent were obese. Age was significantly correlated with BMI. The respondents’ level of education, occupation and income were positively associated with BMI.

Conclusions: The dual burden of malnutrition was evident and prevalence of malnutrition was high. There is a need for young adults to meet the recommended physical activity levels and to have healthier dietary habits. Malnutrition is a problem that needs to be tackled as it has adverse consequences.

Keywords: Physical activity, body mass index, dietary habit, waist circumference.