Title: Study effects of education on nutritional behaviors in Iranian military personnel

Authors: Hamidreza Tavakoli, Hormoz Sanaei Nasab, Reza Tavakoli, Aliakbar Karimi

Abstract: Introduction: A healthy diet plays an important role in the wellbeing of military personnel, and can be increasing of physical and mental functions. Educational programs are one of the most important methods for correct nutrition and nutritional behaviors. Correct education can be effect on nutritional knowledge, attitude and practice. The aim of this study was determine of effects education on nutritional behaviors in Iranian military personnel.

Methods: This study is a Semi-experimental one through before and after done on 422 military centers personnel with an age range of 19-55 years in Tehran Province. Data was collected using a questionnaire that consisted of 56 questions. Before applying the questionnaire it was sent to six experts in nutrition education domains to confirm its validity. The reliability of the questionnaire was tested by test-retest technique (r=0.8). A face – to- face interview, as well as completion of the questionnaire, was used to collect data. The subject's practice was measured in three different levels: low (<50%), moderate (50-75%) and good (>75%). After determining levels of dietary habits, an educational program (software) was designed and distributed among the study participants. Then, four weeks following the first stage, post test was done. The collected data before and after intervention has been analyzed using the SPSS package and Paired t-test.

Results: The score mean of knowledge, attitudes, and practice towards correct nutritional model has been raised significantly following the intervention (p<0.05). That is, the score mean and SD of the subjects' KAP was changed from 62.99 (17.09), 44.54 (6.32), and 38.36 (11.48) to 73.47 (18.53), 58.04 (14.35), and 55.57 (25.65) respectively. These differences as mentioned, was statistically significant (p<0.001).

Conclusion: The educational intervention has an accepted effect on correct nutritional model in military centers personnel. According to the study results, it is recommended that such educational intervention may be applied to other military centers.

Keywords: Education, nutritional behaviors, military Personnel, Iran

Presentation: Oral