### Title: Evaluation of Knowledge, Attitude and Practice of Yazd High-School Girls about Consumption of Milk and Dairy Products in 2010

**Authors:** Mozaffari-Khosravi H1, Nabizade L2, Ahadi Z2, Akbari M2, Nadjarzade A3

1. PhD of Nutrition Science, School of Public Health, Shahid Sadughi University of Medical Sciences
2. MSc students of Public Health in Nutrition, School of Public Health, Shahid Sadughi University of Medical Sciences
3. PhD student of Nutrition Science, Tehran University of Medical Sciences

**Abstract:** Background and objective: Good nutrition and sufficient consumption of calcium is important for adolescent girls. Adequate Intake of this mineral is necessary for desirable bone growth in this stage of life. The main resource of calcium is milk and other dairy products, so this work investigated the knowledge, attitude and practice (KAP) of high school girls about consumption of milk and dairy products.

**Methods and Materials:** In this cross sectional study, 703 students were randomly selected from both Educational and Training Organization regions of Yazd. Data were collected by a demographic questionnaire and a KAP questionnaire regarding to milk, cheese, yogurt and the other dairy products consumption. Data were analyzed by SPSS version 16.

**Results:** Knowledge of 27% of the participants classified as good, 64.8% as moderate and 8% as weak. The results showed that the attitude of 1.1% of the participants was weak, 48.4% and 50.5% was moderate and good, respectively. Practice of 5.8% of participants was good, 7.6% and 86% of participants had a moderate and weak practice, respectively. Research findings did not show a statistical significant relationship between knowledge and practice but there was a significant relationship between attitude and performance (practice or performance) (P=0.04). A significant relation between mothers’ education level and the attitude and practice of the students were (was) achieved (P<0.05) but there was not a significant relation between parent’s job and KAP of the students (P>0.05).

**Conclusion:** Considering the weak performance (practice) and moderate attitude of Yazd high school girls, nutritional education about importance of milk consumption and dairy products in this period of lifetime is necessary to improve these variants.

**Presentation:** Poster