Title: Breakfast consumption and its’ relation with individual factors amongst high school students in Tabriz, Iran

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Abstract: Introduction: high-quality nutrition is one of the health determinants and it has an important role in adolescents’ Health. Breakfast consumption has been labeled as the most important meal of the day. Evidences suggest that breakfast consumption may improve cognitive function related to memory, test grad, and school attendance. In other hand, many factors can contribute students breakfast skipping. The purpose of this study was to explore the relationship between students breakfast skipping and some individual factors.

Methods: In a descriptive study, a sample of 507 high school students was selected using a cluster and stratified sampling. The self-report researcher-designed questionnaire gathered data about breakfast eating pattern. The data were analyzed using SPSS software. Binary logistic regressions were performed to explain association between breakfast skipping and individual factors.

Results: The average age of the participants was 16.5 years. High school students reported some barriers that were common reason of their breakfast skipping included lack of delicious bread(54.9%), lack of time (56.8%), eating alone(50.8%), tasteless material (42%), and lack of prepared breakfast(40.6%). Females more than males said that being alone is the reason of their breakfast skipping(p >0.05).

Discussion: Trait of perceived insusceptibility to get disease or unhealthy status among youth people is one of the important factors that community health services and parents should focus on adolescent’s health and be commitment to adolescent health promotion through promoting school health and family health programs. Effective programs on improving nutritional status of youth people must be known as infrastructure of creative and productive community in the future.

Keywords: breakfast skipping - high school students
Individual factors

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