**Title:** Nutritional behaviors in first grade high school students by using GSHS (Global School Health Survey) standard questionnaire in Tabriz in 2008 – 2009.

**Abstract:**

Introduction: The GSHS was developed by the WHO in 2001 in collaboration with United Nations' UNICEF, UNESCO, and UNAIDS; and with technical assistance from CDC. GSHS is a school-based survey conducted primarily among students aged 13–15 years. The purpose of the GSHS is to provide data on health behaviors and protective factors among students, because many searches show that most of risk factors begin from Childhood and teen-ages. The purpose of study is to provide data on nutritional knowledge and behaviors among students to improve advocacy programs of schools.

Methods: 480 students of first grade of high schools of Tabriz were selected in a multi-stage sampling design: cluster and stratified random sampling. GSHS standard questionnaire translated to Farsi and modified was distributed between the students and after completion was gathered and the data was entered in SPSS 13 processed and analyzed.

Results: Overall, 45.4% of respondents were male and 50.4% were female. Most participants reported being 14–15 years of age. 25.4% of students were at risk of becoming overweight and 18.5% were obese. 60.3% of participants had breakfast almost all of last 30 days. 23.5% seldom or never had breakfast. 27.9% of them don't like breakfast in the early morning. 10.5% because of lack of time and only 2% have no thing for eating. 78.8% had at least one exchange of fruit daily. 47.8% during 30 days ago had 3 times and more milk and its products. 78.8% had at least one exchange of fruit daily. 47.8% during 30 days ago had 3 times and more milk and its products.

Conclusion: The prevalence of obesity shows that the students have imbalanced diet because obesity is lower in other countries. Over than 70% of participants had fruit and vegetable but most of them were eager to drink carbonated beverages, that can result in disorders in calcium absorption. It seems health policy makers must plan healthy nutrition programs to do essential cultural changes in community especially on teen-ages.

**Keywords:** Nutritional behaviors – GSHS - standard questionnaire

**Presentation:** Poster