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**Title:** Assessment of Health Behaviors of Nutrition in Two Group Commercial University of Medical and Nonmedical Sciences in 2008

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**Abstract:**

Introduction: Including young people who often had to be prepared to learn, so social life was more exposed to risky health behaviors are. Therefore, the importance of nutrition and behavior problems due to obesity in this period, this study aimed to compare the nutritional health behavior in medical students and non-medical has been done. This study compared the nutritional health behavior of students in medical and non medical groups have been conducted.

Methods: Sampling was performed to cluster So that 200 students of Medical Sciences of Tehran's School _ Shahid Beheshti and non-medical sciences schools of 200 students from Nasir al-Din Tusi _ Shahid Beheshti University in Tehran participated in the study and data collected through questionnaires Shadow Data analysis of descriptive and inferential statistical methods and spss software was used.

Students have studied were aged between 19-35 with the full consent of all students participated in the study. Methods of data collection using a questionnaire consisted of three parts: Part I student demographic characteristics, Part II Questions concerning nutritional habits, which included 12 questions were based Weber Likert ratings were and The last part was a list of food groups, food was distinctive in Table 8 Total score based on disposable food type and rate were ranked. Data collected through questionnaires Shadow analyzed data from descriptive and inferential statistical methods and spss software was used.

Results: The results showed that in the field of Medical Nutrition (67/5 %) non-medical Science (58/5 %) in the situation "fairly good" were significant differences between student performance in Science Medical and non medical Observed. (p>0/05)

Conclusion: The results showed that training in medicine little effect on the health behaviors of these students, so it is necessary as in other countries, specific training in health behaviors and self care on arrival and during the study to the students awareness and understanding of them by early High Risk Behaviors and They included correct and eliminate and fix them to be included in health behaviors among students and other institutionalized individuals, and be transferred to future generations.

: Nutrition Health Behavior, students, Tehran

**Presentation:** Poster