Title: Breakfast consumption patterns and its association with beliefs about “whether it’s easy or difficult to prepare breakfast?” among high school students in Tabriz, Iran

Authors: r borgbar honarmand*, h allahverdipour, s sabour, B pourgasem gargare

Abstract: Introduction: Students are the most important part of each population that is at risk of disease and unhealthy conditions. In this regard, good nutrition is the essential determinant to promote health. Regular breakfast consumption is important for school aged children and adolescents health. In school aged population, skipping breakfast has been associated with decreased total energy intake, poor school performance and learning. And it interferes with time on task. Skipping breakfast is one of the behaviors that increase the risk of becoming overweight and obesity. In spite of increasing breakfast skipping among adolescents less study was found about behavioral determinant of this problem. As a result, this research was conducted with aim of identifying high school students’ breakfast consumption patterns, and their associations with how they feel about the feasibility of preparing breakfast by them?

Methods: In a cross sectional study, 507 high school students from all of educational area of Tabriz assigned to participate in this study by applying the clustered and stratified sampling method. In the next step a researcher designed questionnaire was applied to gather data.

Results: Our findings showed that 41% of the students were skippers of breakfast and 46.3% reported that breakfast preparing is difficult versus 53.7 % of students who reported it’s easy to prepare breakfast. In addition 62.5 of students were regular consumers of breakfast among students who reported it is easy to prepare breakfast versus 37.5% among students who reported it is hard to prepare which there were significant relation between regular consumers and feasibility of breakfast preparing. In addition, 61.8% of the students that reported preparing breakfast is easy had been consuming at home versus 38.2% among students who reported it is hard to prepare at home. More time have been spent to have breakfast among the group who reported it’s easy to prepare.

Discussion: Behaviors associated with breakfast eating are one of the important determinants of students’ health promotion. School health program must emphasize on parent education for improving breakfast consumption at home and provide and implement breakfast eating programs in the schools.

Keywords: adolescents – breakfast consumption – school health

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