

Khadine Webster

Project Supervisor: Dr.Selby Nichols

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Background: The health belief model (HBM), a psychosocial approach to understanding individual health related actions, is used as the theoretical framework for this research. The assumptions of this research is that nutrition education ensures students are presented and equipped with knowledge of the importance of eating breakfast daily, consuming foods that are nutrient dense, eating a considerable amount of fruits and vegetables, limiting or avoiding snacks and beverages that do not promote good health.

Objectives: To determine (1) the factors that are associated with diet related behaviors among students in form four and five in Tobago. (2) an examination of the relationship between nutrition education and diet related behaviors of students, to determine the source of students' nutrition education in Tobago,(3) determine the association between students' perception of how food influence their health status and their diet related behaviors and finally, (5)eliminate possible confounders of the research findings.

Design: Using the health belief model of behavior change as a conceptual framework, data was collected from a targeted population of 135 Tobagonian adolescents within the ages of 14 to 20 years. Questionnaires were administered to investigate the association between the students' nutrition education and their diet related behaviors. Data from questionnaires were analyzed using statistical methods and the results presented.

Results: The finding from the cross sectional survey revealed that most students in Tobago obtain their nutrition information from teachers (47.7 %), textbooks (24.4 %) and the internet (22.2 %). There was no significant difference in breakfast consumption between Food and Nutrition (F&N) students and Non - Food and Nutrition students. The majority of students made healthy food and beverage choices. Fruit juice was the most popular beverage of choice (52.6 %). Alcoholic drinks were consumed by (14.1 %) of students and there was a significant difference ($p = 0.03$) between the alcoholic drinks consumption, for (F&N) and Non-F&N students. Fruits were eaten more regularly than vegetables but there was no significant difference ($p > 0.05$) in consumption between F&N and Non-F&N students. There was a

positive correlation ($r = .10$, $p = .24$) between students belief of benefit achieved from eating healthy and their consumption of a healthy and nutritionally balanced lunch option comprised of Stewed chicken , Stewed lentil peas, vegetable rice, lettuce and tomato salad. All students examined ate at least one popular snack which was high in fats, salt and sugars. Taste was selected most frequently as a critical factor affecting foods eaten for both F&N and Non-F&N students.

Conclusion: Research findings only showed an association with students' subject class status, used as a determinant of nutrition education and alcoholic drink consumption of students.