

**A COMPARISON OF MILK AND MILK BEVERAGE INTAKE AMONG ST.
AUGUSTINE GIRLS' HIGH SCHOOL STUDENTS; FORMS 1,3 AND 5.**

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Background: St Augustine Girls High School (SAGHS) is located at Evans Street, Curepe on the beautiful twin island of Trinidad and Tobago. Founded on the 19th September 1950, SAGHS is one of five Presbyterian Secondary Schools in Trinidad & Tobago. SAGHS offers a seven year program of study to girls aged eleven to nineteen .Their students come from diverse social, cultural and religious backgrounds and have been chosen from the top 3% of girls writing the Secondary Entrance Assessment (SEA) Examination.

Objective: To investigate whether lower form St. Augustine Girls' High School students use milk and milk beverages more frequently than higher form St. Augustine Girls' High School students.

Design: This pilot study was conducted at the St. Augustine Girls' High School among students of forms 1, 3 and 5. A total of 115 students were randomly selected. One hundred and five students completed and returned the questionnaire: form 1(n= 34), form 3(n= 41) and form 5(n=30). Inclusion criteria were a student of form 1, 3 or 5, and between the ages of 11 to 18. The study was conducted by the collection of information on the questionnaire on milk intake. Data was analysed using SPSS version 17.0 for windows. Statistical tests included descriptive analyses to determine frequency of milk intake among the class forms. Attitude and knowledge were analysed using chi squared tests; and (ANOVA) compared the means of intake among the forms.

Results: The frequency of intake of unflavoured milk and milk beverages were highest among the form 3 students (51.63%). The intake of flavoured milk and milk beverages were highest among form 1 students (55.9%). There was a significant difference in the means of intake among the forms for milk and milk beverages, $p= 0.002$ and soy milk $p= 0.000$.The knowledge level of

the three forms was on average the same with no p value less than 0.05 for any of the knowledge questions. The attitude to milk and milk beverages resulted in 91.4 % of the students drinking the milk but 65.7% not liking it and 95.2% of them was aware that milk was good for them.

Conclusion: Among the students of St. Augustine Girls' High School milk intake was highest among form 3 students for unflavoured milks and highest among form 1 students for flavoured milk. This may have resulted from the knowledge of the students on the importance of milk and calcium in the diet at such a crucial age and on perception of milk and milk beverages by the students. Some perceived it as too high in calories hence the high in intake of skimmed, reduced fat and low fat milk types at the form 3 level and others just did not like the taste.