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Nutrient intakes among Jordanian adolescents based on gender and Body Mass Index**Thanaa Jaraedah***Clinical Nutrition and Dietetics, Jordan*

Background: This study was conducted to examine the dietary intakes of macro- and micronutrients for Jordanian adolescents based on gender and compare their intake to the Dietary Recommended Intakes (DRIs).

Methods: A sample of 398 male and female adolescents, aged 14-18 years, was recruited from private and public schools using convenience sampling. Socio-demographic questionnaire and 3-days food record were self-reported. Bodyweight and height were measured and body mass index (BMI) was calculated for all participants.

Results: There were no significant differences between male and female adolescents regarding the intake of micro and macronutrients except for protein, insoluble fibre, saturated fat, cholesterol, omega-6, vitamin E and calcium. The intake of insoluble fibre (g/day), omega-6(g/day), and vitamin E (mg/day) was significantly higher in female adolescents (3.1 ± 0.1 , 5.6 ± 0.5 , and 3.1 ± 0.3 , respectively, $P\leq 0.05$) compared to male adolescents (2.9 ± 0.1 , 5.1 ± 0.4 , and 2.5 ± 0.2 , respectively, $P\leq 0.05$). On the other hand, the intakes of protein (g/day), saturated fat (g/day), cholesterol (mg/day), calcium (mg/day) were significantly higher in male adolescents (90.1 ± 2.3 , 31.7 ± 1.0 , 339.2 ± 18.3 , and 651.5 ± 27.8) as compared with female adolescents (79.2 ± 2.1 , 29.2 ± 1.2 , 263.6 ± 14.9 , and 555.2 ± 21.7) ($P\leq 0.05$). Comparing of the adolescents' nutrients intake to the DRIs, many nutrients were found to be below or above the recommendations. Conclusion: The study findings highlighted that there is an urgent need to establish a plan of action to combat malnutrition among adolescents in Jordan.

Biography

Thanaa Jaraedah has her expertise in evaluation and passion in community health like: schools nutrition, refugee's camps, pregnant health, her PhD thesis was about the Impact of COVID-19 Pandemic on Food and Nutrition Security and Dietary Habits among Syrian Women in Azarq and Zaatari Refugees Camps in Jordan. In addition to she worked with NGOs to help refugees.