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MOVING FROM PARENTAL HOME AS RISK FACTOR FOR THE NUTRITION BEHAVIOR OF YOUNG ADULTS

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During life, there are many points at which the nutrition behavior changes. The reasons for a change can be manifold and occur at different times, as at status passages. Especially young people experience many status passages and are furthermore faced with many challenges like finding their identity, building up a system of moral and develop an own future perspective. The replacement of the parents is often obtained by moving out of the parental home and is associated with many changes for the adolescents, like changes in the personal nutrition. With the move from the parental home an own lifestyle and nutritional style must be developed. Because young adults have many new freedoms and opportunities to try out and the focus is not always on the nutrition, the main criteria the nutrition must comply with are fast, easy, delicious and cheap. The consumption of fast food and convenience food, for example, is particularly attractive for adolescents, as it is a distinction from the adult culture of eating, which is characterized by rules such as eating on a table and with cutlery. The young adults must achieve autonomy and furthermore develop themselves personally. This also includes the nutritional style, which is developed through the (un) conscious examination of the eating patterns of adults. In this work the focus is on gender-specific concepts and the practice of nutritional behavior in adolescence and young adulthood. Within the framework of the interdisciplinary research cluster enable, that develops strategies for a healthier nutrition in different stages of life, two focus groups with young women and men between the age of 18 and 25 and guided narrative interviews describe the personally perceived changes in nutrition behavior and provide information on the criteria that determine these changes.

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