

Relationship between nutrition-related knowledge and nutrition behavior of students in Czech Republic

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Objectives: The purpose of this study was to determine the relationship between dietary habits and healthy nutrition knowledge of high school students in Czech Republic. This study was also aimed to design a Nutrition Education Program for the second-grade students of primary schools in Czech Republic inspired by The Nutrition Education Program developed by Nebraska Extension of University of Nebraska – Lincoln, a part of USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program.

Methods: A validated Nutritional survey and Nutritional knowledge quiz were designed. The validity of both methods was tested using analytical analysis of all survey and test items and examining internal consistency. It was examined 1,028 grade nine students from 25 different high schools between the age range of 14-16 years within the school year 2015/2016. The study included 504 girls with an average age of 14.74 years, an average height of 166.2 cm (5 ft 4 in), and an average weight of 56.32 kg (124.16 lb) and 524 boys with an average age of 14.83 years, an average height of 174.76 cm (5 ft 7 in), and an average weight of 64.84 kg (142.95 lb).

Results: Pearson's correlation coefficient between nutrition related knowledge and nutritional habits of examined respondents (0.327 at the reached level of significance of the p test was less than 0.001) confirmed the relatively high association of variables (the null hypothesis was rejected at 0.01% significance level). Study shows that 14% of respondents never eat breakfast, 20% of respondents never drink pure

water, 25% of the participants consume fruits in a very limited quantities and there is at least one student consuming energy drinks or alcoholic drinks on a daily basis in every average examined school class. The least successful quiz item (properly identified only by 34% of respondents) was the question examining the knowledge of the current national nutrition guide – the Food Pyramid content.

Conclusions: The relatively high association between nutrition-related knowledge and nutrition behavior of Czech students was examined. A comprehensive curriculum for teachers and the kit of educational and didactic materials for Czech middle schools and high schools appears to be an effective way to health strengthening of children and adolescents in Czech Republic.

Speaker Biography

Jana Kočí is a young researcher, and was a PhD student (major in Education) of Charles University in Prague and a professor of Charles University in Prague and Palestra University, Czech Republic. She completed her studies with honors for outstanding achievements, and was honored as a talented young researcher by the EFSA European Food Safety Authority committee at the International conference in 2015, and has studied and undergone series of internships at the American University where she participated at the international research project for many years. She has been publishing regularly in European and American Journals in the field of nutrition and wellbeing.

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