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Nutritional status and food consumption of adults people in Somsa-ad Sub-district, Kuchinarai District, Kalasin Province

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Abstract

This cross-sectional descriptive study research aimed to study nutritional status, food consumption (practice with The nine principles of nutrition) and study the relationship between personal data and nutritional status, food consumption (practice with The nine principles of nutrition) and nutritional status of adults people in Somsa-ad sub district, Kuchinarai district, Kalasin province. 281 samples from stratified sampling collected by questionnaire through examination content validity by 3 experts, and test the reliability by using Cronbach's alpha coefficient. The reliability was 0.91, data were analyzed using descriptive statistics including frequency distribution, percentage, mean and standard deviation. Inferential statistics are Chi-Square Test and Fisher's Exact Test. The results showed that. Body Mass Index (BMI) was normal 47.69 percent, overweight and had a risk 23.49 percent, female had a Waist Circumference (WC) exceeded standard criteria 43.36 percent, male had a WC 34.06 percent, Waist to Height Ratio (WHtR) exceeded standard criteria is mostly male 56.52 percent. Practice with The nine principles of nutrition, average level of performance was good (score 1.52-2.27) 87.19 percent. Average level of food consumption (practice with the nine principles of nutrition) of 5 food groups was moderate level (score 0.76-1.51) 60.85 percent. Relationships between sex and age with BMI were statistically significant at level 0.05 (p-value=0.014 and <0.001 respectively) age, occupation, underlying disease, food supplier and exercise related to WC were statistically significant at level 0.05 (p-value<0.001, 0.018, 0.025, 0.028 and 0.028 respectively) age, occupation and underlying disease related to WHtR were statistically significant at level 0.05 (p-value<0.001, 0.004 and 0.003 respectively) and relationship between practice with the food consumption (Practice with The nine principles of nutrition) and WHtR were statistically significant at level 0.05 (p-value=0.050)

Keywords: Nutritional status, Body mass index (BMI), Waist circumference (WC), Waist to height ratio (WHtR), Adult people