

Environmental Quality, Dietary Pattern and Nutritional Status of School-Aged Children in Eti-Osa Local Government Area of Lagos State, Nigeria

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Abstract : School-aged children in Eti-Osa Local Government Area, Lagos State, were surveyed to determine their food habits, environmental exposures and nutritional status. The method used in this study was a descriptive survey. A systematic questionnaire and anthropometric measurement scales were utilized to compile the data. Information about the children's environment, diets, and demographics were collected using a questionnaire. The children's Body Mass Index (BMI) was calculated using anthropometric measuring scales. The sample size of 400 people was determined by a multi-stage sampling procedure. Chi-square test mean, and Analysis of Variance were used to examine the data. The study's findings suggested that the quality of the children's natural environments was fairly satisfactory. The youngsters had an unhealthy diet consisting mostly of high-calorie items, including fufu/yam/Eba/pounded yam, biscuits, bread, vegetables, soups, meat, and sweetened drinks. The incidence of malnutrition among school-aged children varied dramatically. The children's environmental quality, eating pattern, and nutritional status were also significantly related to one another ($p < 0.005$). The research came to the conclusion that historic structures should be updated with current technology to promote healthy growth in children, and it suggests that this be done as a matter of strategy.

Keywords : environmental quality, dietary pattern, nutritional status, school-aged children., dietary pattern, school-aged children, nutritional status

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