

Original Article

The Impact of Education on Nutritional Behavior Change among Clients of Sardar- Jangal Health Center in 2012

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Abstract

Background and Objective: Nutrition is one of the effective factors in the protection of health and the prevention of disease. Therefore, determination of the relationship between nutrition choices and health of people is emphasized. The aim of this study is to determine the effectiveness of education and nutrition consultation on changing the unhealthy nutritional habits, and improving healthy nutrition behavior among the clients of Sardar-Jangal health center in 2012.

Materials and Methods: This interventional study was performed with the participation clients of Sardar Jangal health center in 2012. The sample size was 1500 and the sampling method was census. Data was gathered through a questionnaire and interview. The questionnaire included information regarding age, sex, education, employment and nutritional status. The scores between 9-11, 5-8 and less than 5, respectively, were considered as favorable, relatively favorable and unfavorable nutritional status. The participants with relatively favorable and unfavorable status were referred to nutrition education and consultation classes. At the end of the consultation classes, their nutritional status were assessed again. The data was analyzed through SPSS 21, using T-Test.

Results: In the study, 1500 clients of Sardar Jangal health center participated. The sample included 383 (25.6%) male and 1117 (74.4%) female. The mean age of male and female was 38.3 ± 21.1 and 36.9 ± 17.4 respectively. Before participating in the nutrition education and consultation classes, the nutrition status of 343 (30.7%) of females was favorable whilst for 775 (69.3%), the nutritional status was unfavorable. Among 114 (29.8%) of males it was favorable and amongst 268 (70.2%) it was unfavorable. Between the mentioned clients, the nutrition status of 144 (20.1%) females and 28 (12.7%) males improved after nutritional consultation ($P < 0.001$).

Conclusion: The results showed nutritional education and consultation are effective in improving the nutritional behavior and modifying the incorrect nutritional behavior.

Keywords: Nutrition, Education, Behavior change, Nutrition consultation, Nutritional status