

[P4-13]**Dietary Behaviors, Self-Perception of Health and Body Image, Hematological Index and Nutrient Intake of Adolescents in Incheon**Sun Hee Cheong, Kyung Ja Chang, Soon Ki Kim¹

Department of Food and Nutrition, College of Human Ecology, Inha University, Incheon, Korea,

¹Department of Pediatrics, Inha University Hospital, Incheon, Korea

The purpose of this study was to investigate dietary behaviors, self-perception of health and body image, hematological index and nutrient intake of adolescents. The subjects were 659 boys(352 middle school students, 307 high school students) and 584 girls(256 middle school students, 328 high school students) in Incheon. This cross-sectional survey was conducted by a self-administered questionnaire. Fasting blood samples were obtained and analyzed for hemoglobin, hematocrit, serum ferritin, triglyceride, total cholesterol and HDL-cholesterol. Nutrient intakes collected from 3 day-recalls were analyzed by the Computer Aided Nutritional Analysis Program. Statistical analysis was conducted using SPSS 10.0 program. The results are summarized as follows: Average age, height, weight and body fat(%) of male middle school students were 13.8 years, 163.5cm, 55.9kg, 16.9% and those of male high school students were 16.5 years, 171.6cm, 64.2kg, 20.0%, respectively. Average age, height, weight and body fat(%) of female middle school students were 13.7 years, 157.1cm, 51.5kg, 27.4% and those of female high school students were 16.6 years, 159.5cm, 56.7kg, 31.6%, respectively. Most students have had dietary problems such as unbalanced meals, overeating, skipping meals, and salty and spicy meals. More than 75% of male and female students in middle and high schools skipped meals. The main reason for skipping meals was 'no appetite' in middle school students and 'lack of time' in high school students. Female middle school students perceived their health status significantly better compared to female high school students($p<0.001$). As for perception of body image, female high school students perceived themselves significantly fatter compared to female middle school students($p<0.05$). In opposition to male students, most of the female middle and high school students were concerned with body image and weight control. Average total cholesterol level of female middle school students was significantly higher compared to female high school students($p<0.01$). Nutrient intakes of the male and female students except phosphorus were lower than the Korean RDA. Especially, calcium and iron intakes of male and female students were under the 65% of the Korean RDA. Therefore, proper nutrition education is required for Korean adolescents to encourage desirable food habits and improve their nutritional status.