

Lifestyle and dietary habits of high school going students in north-eastern part of Bangladesh

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Abbreviated abstract:

There is a saying 'We Are What We Eat' and adulthood health depends on adolescent health. A semi-structured questionnaire has been developed for the cross-sectional study and data were collected randomly from the students. We found that most of the high schools going students are taking protein types food and vegetables maximum times per week. It is observed that students were highly intended to do job to help their families during the COVID-19 pandemic.

Related publications:

- OhidUllah, M. *et al.* (2014). *International Journal of Scientific & Engineering Research*, 5(12), 263-270.
- Janssen, I. A. N. *et al.* (2004). *Journal of Adolescent health*, 35(5), 360–367.



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Problem, Data, Previous Works

- Students of High school mainly refer to teenagers and this period is the interim phase from childhood to adulthood which is the most important part of human life known as adolescence [Lean M (2010)]. Lifestyle indicates someone's way of living which effects that person's health through lifestyle factors such as physical activity, watching TV, using mobile and internet, eating habits, substance abuse (e.g., alcohol and tobacco), and sleep time [Serdula *et al.* (1993)]. A study depicts that three things – changing eating habits, changing combination of time and reduction in duration of exercise in student's lifestyle may significantly effect on students' tension [Cappuccio*et al.* (2008)].
- We [OhidUllah, M.*et al.* (2014)] also conducted a cross-sectional study on obesity and food habits of primary school going children in Sylhet city. However, to the best of our knowledge none study has been conducted to know the lifestyle and dietary patterns of high school going students in North-eastern part of Bangladesh, therefore it is necessary to conduct a study to detect the dietary patterns and lifestyle of adolescent in Sylhet division.
- Data were randomly collected from the two district of Sylhet division named Sylhet and Habiganj in Bangladesh during October 2020 to April 2021.



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Methodology

- Primary data have been collected randomly from high school going students from the Sylhet division. As the schools didn't open because of pandemic, we collected some data via online, some data by visiting the households and the areas of the selected schools. We have collected data from total 305 students.
- The questionnaire (semi-structured) consist demographic (age, sex, number of siblings etc.), socio-economic characteristics (own house or rented house, how they come to school, existence of private tutor or coaching etc.), lifestyle characteristics (smoking, sedentary activities, physical activities etc.) and frequency of dietary intake of several food items (focusing balanced diet) daily/weekly/monthly dietary habits. For example, frequency of drinking milk- options: none or 1 glass/month, 1 glass/week, 2-6 glasses/week, 1 glass/day, 2-3 glasses/day.
- A semi-structured questionnaire has been developed for the cross-sectional study and data were collected randomly from the students. Descriptive analysis, logistic regression model and factor analysis were used to analyze the data. We used SPSS software for data analysis.



Results and Conclusions

- Most of the students fairly follow lifestyle and dietary habits. Students whose fathers have better educational qualification were 40.80% more likely to follow a dietary pattern.
- Most of the high school going students were taking protein type foods (communality=0.669) and vegetables (communality=0.604) maximum times per week.
- Students were highly intended to do job (communality=0.823) to help their families during the COVID-19 pandemic.
- Some important factors like increasing sleeping hours, watching mobile/laptop, connecting social media etc.
- Taken together, we may conclude that the study will be useful to make awareness in the society about the healthy lifestyle and food habits. Proper nutritional and health related programs should be arranged in the high schools that provide healthy lifestyle and food habits for improving public health sector in Bangladesh.

