بسم الله الرحمن الرحيم

MONA MAGHRABY

شبكة المعلومات الجامعية

التوثيق الالكتروني والميكروفيلم

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جامعة عين شمس

التوثيق الإلكتروني والميكروفيلم

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MONA MAGHRABY

Assessment of Adolescent Girls' Perception Regarding their Nutritional Status

Thesis

Submitted for Partial Fulfillment of The Requirements of Master's Degree in ***Pediatric Nursing***

By

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List of Contents

List of Figures

List of Tables

List of Abbreviations

ADLs	Activities of Daily Livings
AGB	Adjustable Gastric Banding
AN	Anorexia Nervosa
ADPIE	Assessment Diagnosis Planning Implementation Evaluation
B.U.N	Blood Urea Nitrogen
BMI	Body Mass Index
BN	Bulimia Nervosa
Bp	Blood Pressure
C.B.C	Complete Blood Count
Ca++	Calcium
CBT	Cognitive Behavioral Therapy
CVS	Cardiovascular Disease
DM	Diabetes Aellitus
DNA	Deoxy -Ribonucleic Acid
ED	Eating Disorder
EDS	Environmental Endocrine Disruptors
F.S.H	Follicle Stimulating Hormone
GERD	Gastro Esophageal Reflux Disease
Hb	Hemoglobin
HIV	Human Immunodeficiency Viruses
Ht	Hematocrit
IBD	Inflammatory Bowel Disease
IDA	Iron Deficiency Anemia
IV	Intravenous
KSA	Kingdom of Saudi Arabia

L.D.L	Low Density Lipoprotein Cholesterol
L.H	Luteinizing Hormone
LMIC$_S$	Low- and Middle-Income Countries
MCV	Mean Corpuscular Volume
MENA	Middle East and North Africa
RAE	Retional Activity Equivalents
RBCs	Red Blood Cells
RDA	Recommended Dietary Allowance
RNA	Ribonucleic Acid
RYGB	Roux-en-Y Gastric Bypass
SD	Standard Deviation
SPSS	Statistical Package for Social Science
UAE	United Arab Emirates
VSG	Vertical Sleeve Gastrostomy
WBCs	White Blood Cells
WHO	World Health Organization

ABSTRACT

In Egypt, female adolescents between age 15-19 years old comprise about one tenth of the total population, the great minority of adolescents have underweight. While more than one third of adolescents have overweight and one tenth of them are obese. **Aim:** This study aimed to assess the adolescent girls' perception regarding their nutritional status. **Design:** Descriptive design was used to utlize this study. **Settings:** The study was conducted in two educational administrations at Menoufia Governate Schools which namely Shebin El-Kom and Tala that selected randomly. **Sampling:** Cluster random sample consisted of 315 students. **Tools of data collection:**Four tools were used which included: A predesigned questionnaire, Perceived stress scale, Attitude scale and Clinical assessment sheet. **Results:** The majority of preparatory and more than half of secondary students had poor knowledge about puberty and nutritional diseases respectively. More than two thirds of preparatory and secondary students had moderate stress and most of them had negative attitude towards their nutritional status. There was no correlation between secondary students' attitude towards the nutritional status and their knowledge and stress $p>0.05$. **Conclusion:** The current study concluded that the adolescent girls have poor knowledge about puberty and nutritional diseases. Moreover, more than half of girls eat unhealthy foods such as eating ice cream and chocolate per week while the rest of them eat healthy foods such as eat eggs per week. Also girls have negative attitude towards their nutritional status. In addition, There is statistically significant difference between secondary students' eating habits and their stress, meanwhile there is no statistically significant difference between preparatory students' eating habits and their stress. There is no statistically significant difference between adolescents' attitude towards their nutritional status and their stress.**Recommendations:** Educational program should be performed for adolescent girls in schools about nutrition, healthy habits and eating patterns.

Keywords: Adolescent females, Schools, Nutrition, Perception.

Introduction

Adolescence is a period of growth and development that is increasingly being recognized as a critical window for optimizing the health and well-being of current and future generations. Adolescent health is affected by childhood well-being and establishes a trajectory for maternal and adult health status **(Wrottesleya et al., 2019).**

Nutrition has a profound impact on the current and future health of adolescents (age 11–21 years). A sustainable healthy diet and healthy eating practices during adolescence have the potential to limit any nutritional deficits and linear-growth faltering generated during the first decade of life and may limit harmful behaviours contributing to the epidemic of non-communicable diseases in adulthood. Investing in adolescent health brings triple dividends: better health for adolescents now, improved well-being and productivity in their future adult life and reduced health risks for their children **(World Health Organization(WHO) ,2018).**

Optimal nutrition during adolescence is essential to supporting growth, maximizing bone density and preventing chronic diseases. Assuring optimal nutrition among adolescents requires coordinated actions across multiple sectors. Poor nutrition can have continuing consequences on an adolescent's cognitive development, resulting in decreased learning ability, poor concentration and impaired school

performance **(California Department of Public Health, 2015 ; Taha et al., 2015).**

Adolescent malnutrition includes suboptimal dietary intake of macronutrients and micronutrients improving and correcting nutritional deficiencies persisting from childhood may promote catch-up growth during the critical period of adolescence. Iron deficiency is the most common micronutrient deficiency among adolescents **(Canavan & Fawzi., 2019).**

Numerous factors influence the dietary habits and behaviours of adolescents, including brain development and understanding of matters that might affect health as well as the broader familial, socio-cultural and economic environment in which an adolescent lives, eats, studies, works and plays. Malnutrition during adolescence manifests in three broad groups of conditions: undernutrition (wasting, stunting or chronic undernutrition and thinness or underweight); micronutrient deficiency or excess (inadequate or excessive intake of vitamins or minerals); and overweight or obesity **(WHO, 2018).**

There are 1.2 billion adolescents in the world, 90% of whom live in low and middle income countries (LMICs) and adolescents make up 12% of the population in industrialized countries compared with 19% in LMICs. Over the last decades increasing prevalence rates of overweight and obesity among children and adolescents have been seen in many countries. Many of LMICs now endure the double burden of malnutrition due to the emerging issue of overweight and obesity along