



Food Choices, Eating Habits & Physical Activity Among Palestinian college -aged people Case study : An- Najah National University Students





presentation outline

- *Background
- *Research question •
- *Theoretical framework
- *Results
- *Demand Equation
- *conclusion
- *Limitations
- *Recommendations





Why college students ???

- * are the ideal places to find large number of young people , from both sex , different background .
- * college students pass through important transitional stage of their lives.
- * These people will be responsible within few years of raising , educating , and directing other sectors of the society , and the coming generations.





Why people choose unhealthy food ?

- *lack of knowledge about healthy choices they can choose .
- * Lack of financial resources to purchase healthy , and diverse food .
- * They are too busy to prepare healthy meals.





Purpose of study

**To explore eating habits, food choices,
& physical activity of An- Najah
university students , and factors that
affect them**





Research question

Do sex, major of study, economic status, and place of living, year of study affect the food choices, eating habits, & physical activity of An-Najah National University students?



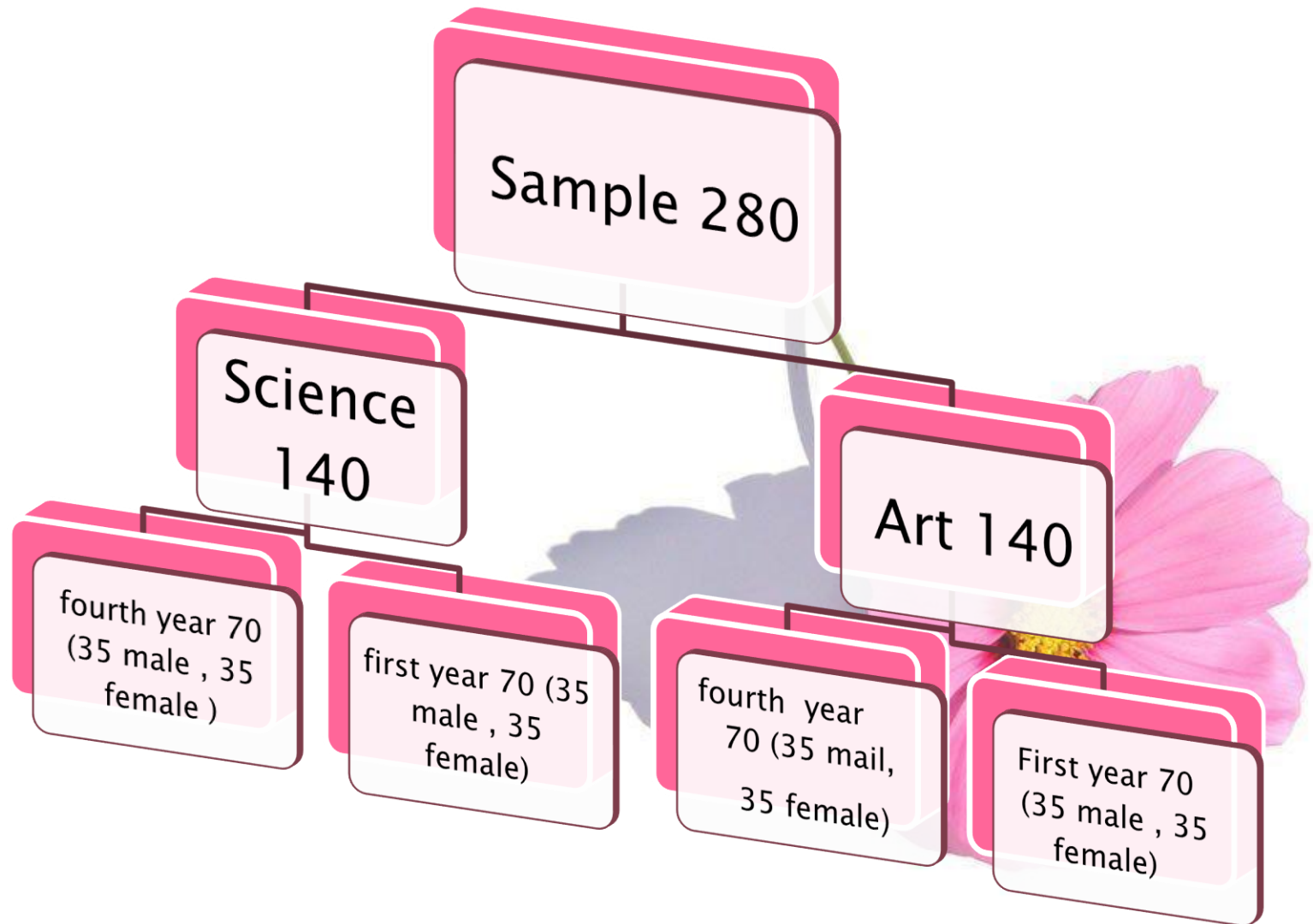


Theoretical Framework

- *The study is cross sectional .**
 - *it takes place in the field so it is non contrived.**
 - *minimum level of interference.**
 - *unit of data collection is individual**
 - * the analysis is on group level .**
 - *the type of investigation is Co relational .**
 - *the study is quantitative, descriptive, exploratory one**
- 



The sample





Inclusion criteria:

Eligible participant is a full time student at An-Najah National University, male or female, either from Art or science colleges, in the first year of study (freshman) or in forth year of study





Exclusion Criteria:

**students with chronic disease & health
condition which require special diets
were excluded**





Variables:

***independent variables :** sex , major of study , year of study , type of accommodation , place of living , income , mother education , average hour spent in campus.

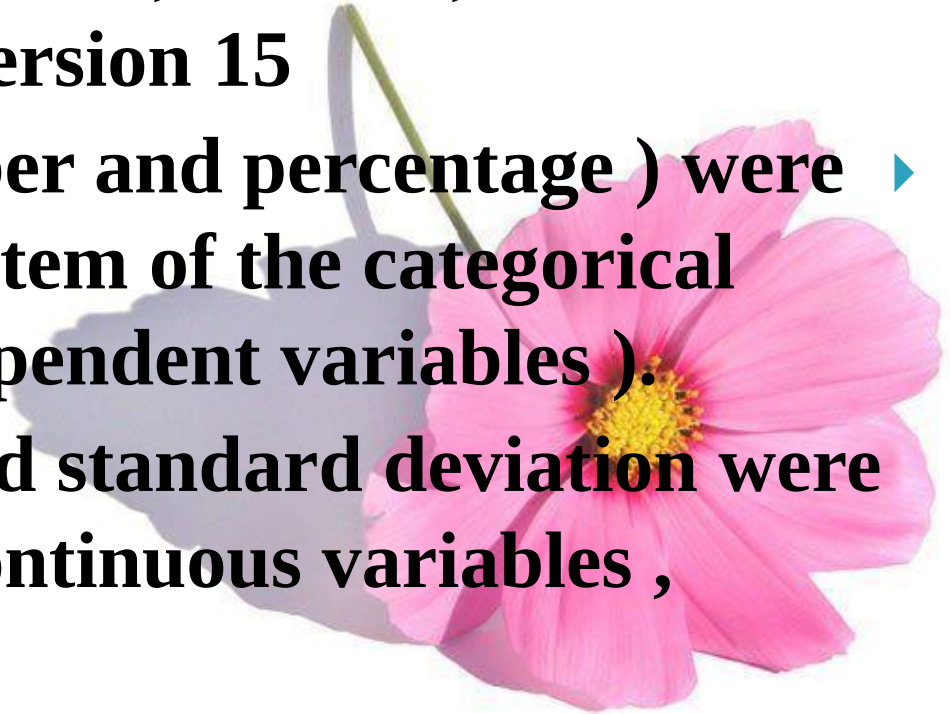
Dependent variables : eating habits , food choices , physical activity , satisfaction from cafeteria services .





Data collection and analysis

- *A questionnaire was administered to each of 280 participants**
- *Data collected, entered, cleaned, coded & analyzed by SPSS version 15**
- *Frequency (number and percentage) were calculated for each item of the categorical independent and dependent variables).**
- *Mean , Range , and standard deviation were calculated for the continuous variables ,**





RESULTS

*males report practicing physical activity more frequently ($P=0.000$) , and for longer time ($P=0.000$) than females.

when choosing food males give significant less scores for food taste than females ($P=0.036$) .

students with allergy give significant less scores to hunger($P=0.002$) , and habit($P=0.009$) in comparison with students who do not have Allergy,



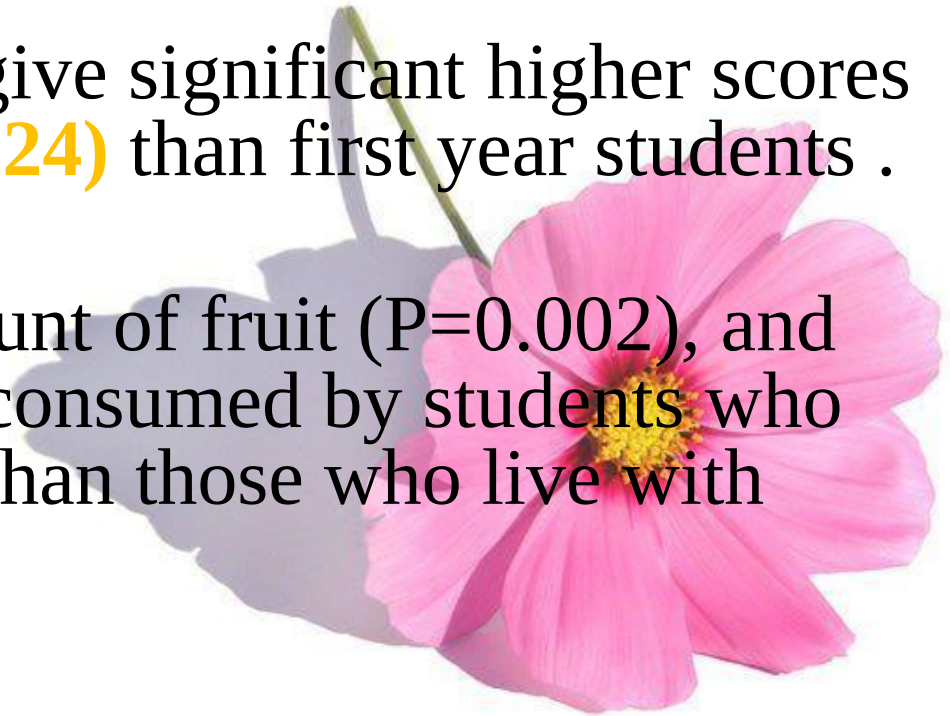


RESULTS

*Students of humanitarian faculty report to be influenced to a significant higher extent of their friends choices ($P=0.002$) than science students.

*forth year students give significant higher scores for promotion ($P=0.024$) than first year students .

*significant less amount of fruit ($P=0.002$), and legumes($p=0.008$)is consumed by students who live in rental houses than those who live with their families.





Deriving Demand Equation

Food related factors : Freshness , taste , price , appearance , nutritional value , fill stomach , label , fat amount , sugar amount , promotion , availability

Consumer related factors :

Sex , major of study , year of study , status , preferences socioeconomic



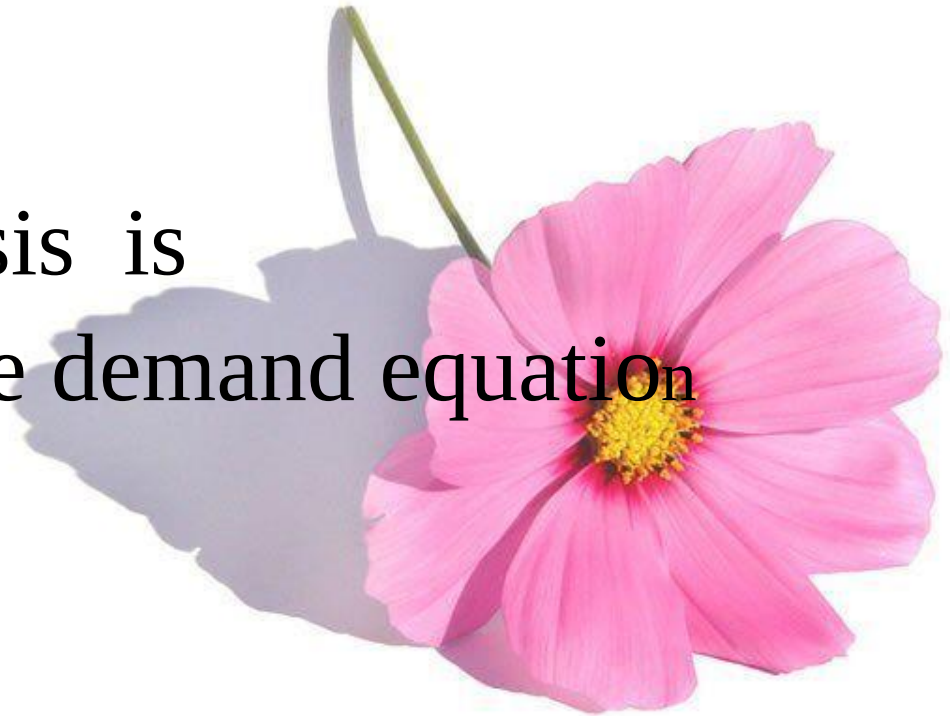


Environmental related factors :

Place of living (Urban , Rural , Camp)

Type of accommodation : with family , in rental houses.

regression analysis is
used to derive the demand equation





Demand equation for the whole sample

$$\begin{aligned} D(\text{for the whole sample}) = & 2.355 + .401(\text{age}) - \text{ } \blacktriangleright \\ & .612(\text{sex}) + .626(\text{year}) - 1.146(\text{collage}) - \\ & x1(\text{place}) + x2(\text{accommodation}) + x3(\text{marital} \\ & \text{status}) - .015(\text{expenditure on food}) - \\ & .216(\text{fresh}) - .420(\text{delicious}) - \\ & .182(\text{price}) + .250 + .132(\text{nutritional value}) - \\ & .009(\text{fill stomach}) - .251(\text{label}) + .068(\text{fat}) - \\ & .155(\text{sugar}) - .016(\text{promotion}) + .074(\text{friends} \\ & \text{effect}) - .104(\text{availability}) + .070(\text{habit}) - \\ & .013(\text{hunger}) - .595(\text{mother education}) \end{aligned}$$





Demand for females

D (for females) = 19.433 + .934(**age**) + 2.078(**first year**) - 2.118(**science collage**) - x1 (**place**) + x2(**accommodation**) - x3(**marital**) - .042(**expenditure on food**) + .017(**freshness**) - 1.274(**delicious**) - .595(**price**) + .599(**external appearance**) - .122(**nutritional value**) + .050(**fill stomach**) - .335(**label**) - .123(**fat**) - .159(**sugar**) + .165(**promotion**) + .182(**friends**) - .150(**availability**) - .371(**habit**) + .379(**hunger**) - 1.420(**mother education**)





Demand for males

D(for males) = $-9.662 + .467(\text{age}) + 1.251(\text{year1}) -$ ▶
 $1.527(\text{science collage}) - (x1)\text{place}$
 $+ (x2)\text{accommodation} + (x3)\text{ marital} -$
 $.010(\text{expenditure on food}) - .047(\text{smoking})$
 $- .862(\text{freshness}) + .057(\text{delicious})$ ▶
 $- .477(\text{price}) + .237(\text{external appearance}) -$ ▶
 $.022(\text{nutritional value}) - .068(\text{fill stomach}) -$
 $.151(\text{label}) + .404(\text{fat}) + .016(\text{sugar}) + .054(\text{promoti}$
on) $- .007(\text{friends}) -$
 $.227(\text{availability}) + .332(\text{habit}) -$
 $.033(\text{hunger}) + .261(\text{mother education})$





conclusion

*** This study spotlight the determinants of eating habits, food choices, and physical activities of An- Najah University students.**

*** indicate the need for health promotion programmes , and interventions activity .**





Recommendations

- * Attention should be given to students with allergy to food .**
- * Health education program , and suitable places for practicing physical activity.**
- * A nutritionist services should be taken into consideration**
- * further studies needed to explore this area of research deeply**

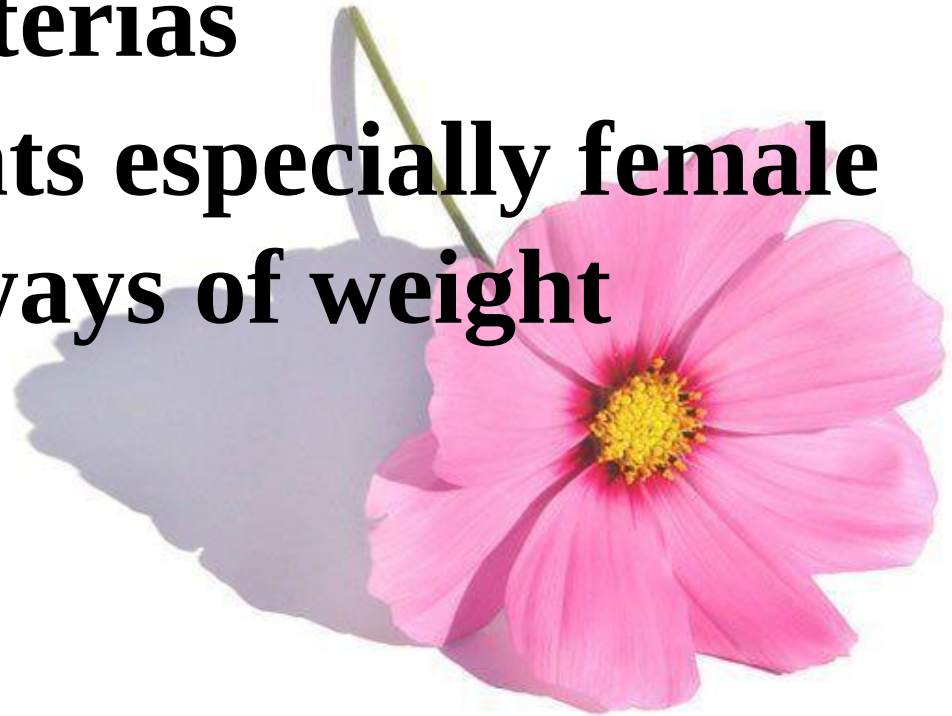




Recommendations

***Support (subside) healthy food in university cafeterias**

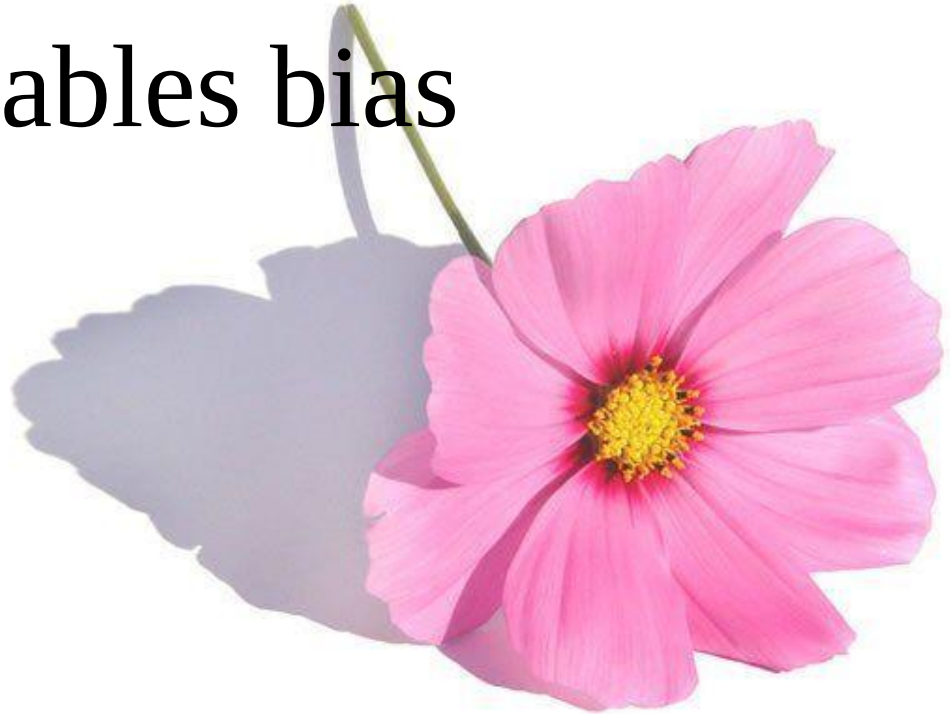
***Direct students especially female about proper ways of weight control**





Limitations of study

- * Sample size
- * Cross sectional design.
- * Omitted variables bias





Many Thanks

