



FACULTY OF CLINICAL SCIENCES
COLLEGE OF MEDICINE, UNIVERSITY OF LAGOS



13th Annual Scientific Conference & Gathering

THEME

**Environmental Virology,
Exposomics and Epigenetics**

VENUE

Old Great Hall, College of Medicine,
University of Lagos, Idi Araba,
Lagos State

DATE

WEDNESDAY 8TH JUNE 2016

TIME

8.00 am - 5.00pm

• PROGRAMME & BOOK OF ABSTRACTS •

FCS/UG/16/37

KNOWLEDGE AND CONSUMPTION OF FRUITS AND VEGETABLES AMONG SECONDARY SCHOOL STUDENTS OF OBELE COMMUNITY JUNIOR HIGH SCHOOL, SURULERE, LAGOS STATE, NIGERIA

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Background and Objectives : The incidence of non-communicable diseases (NCDs) is increasing in developing countries, largely due to life style and dietary changes. Adolescents are a nutritionally vulnerable age group. Poor eating habits are often observed in adolescents. Individuals who develop healthy eating habits early on in life are more likely to maintain them into adulthood, and have a reduced risk of developing NCDs. This study aimed to assess the knowledge and consumption pattern of fruits and vegetables among junior secondary school students.

Methodology: This was a descriptive cross-sectional study of 220 respondents selected using a multistage sampling technique. An interview-administered questionnaire was used to collect data, which was analyzed using Epi Info 7 statistical software.

Results: 84.99% of the respondents displayed good knowledge of the nutritional and health values of fruits and vegetables. However, the consumption of fruits and vegetables was appropriate in only 11.42% of the respondents having 4-5 portions of fruits and vegetables daily. Parental intake, encouragement and supervision; as well as availability and accessibility to fruits and vegetables at home were motivators for appropriate consumption.

Conclusions: Efforts should be made by the students themselves, the family, the school, all and sundry in the community to effect change soon so that these adolescents maintain healthy eating habits into adulthood, and hence prevent the occurrence of nutrition-related NCDs later on in life.