Frequency of consumption pattern of beverages among civil servants in Ogun state

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Beverage consumption is commonly found among the elites in the society. This study aimed to determine the frequency of beverage consumption among the civil servants in the state. A cross sectional study was carried out among randomly selected five hundred civil servants in Abeokuta Ogun state. Anthropometric measurement was used to determine the nutritional status. The blood pressure was measured using sphygmomanometer. A validated structured questionnaire was used to obtain information on the beverage consumption. The result of the anthropometric measurements study showed that 11% of the subjects were obese while 45% were overweight. Only four percent of the subjects have hypertension. The result of the frequency of consumption of beverages revealed there were significant differences between male and female (p<0.005). The study showed that there is strong correlation between beverage consumption and development of chronic non communicable diseases.

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Attitudes, knowledge, perceptions and experiences of elite South African athletes and coaches about the implementation of sound nutrition practices

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Aim: To determine the knowledge and attitudes of South African elite athletes and coaches and describe their perceptions regarding sport nutrition principles and experiences during the implementation of recommended nutrition principles and practices.

Research Design: A mixed method approach was used for the primary purpose of exploration and description. A phenomenological approach was used in the qualitative research domain. The quantitative domain used a cross sectional descriptive approach.

Sample: A convenience purpose sampling technique was used to include elite athletes and coaches based on similar characteristics of partaking or coaching in a specific sport code at a certain level.

Methodology: A flexible semi-structured interview guide was used during focus group discussions in the qualitative domain. Data analysis used thematic analysis to identify common threads across focus groups. Quantitative data collection was done through a standardized knowledge-attitude questionnaire. Descriptive statistics were used for data analysis. Ethical approval was obtained from the Faculty of Health Sciences Research Ethics Committee, University of Pretoria (number 53/20140).

Main Findings: Participants had a low nutrition knowledge (athletes’ mean of 43.4% and coaches mean of 47.3% correct knowledge scores). Participants had an overall positive response on attitude statements. Main themes identified in focus group discussions included the perceived value of sport nutrition, nutrition information sources, experiences regarding nutrition messages and behavior change, facilitators and barriers in the implementation of dietary practices and practical advice. Participants identified the need for further education on various nutrition components, emphasizing performance enhancement, weight loss and food choices. Recommendations were made regarding the development of an education program and the implementation thereof.

Conclusion: It seems apparent that athletes need assistance to implement nutrition knowledge principles into sustained dietary intakes. Coaches should be equipped to assist athletes to achieve optimal nutrition practices.

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