

## A study on dietary habits, body satisfaction and nutritional knowledge by body image of middle school girl students in Chungbuk area

Jee-Young Yeon, Ki-Yong Shin, Hye-Young Lee, Baeg-Won Kang, Hye-Kyung Park and Soon-Kyu Lee  
Ministry of Food and Drug Safety, Korea

This study was performed to investigate the dietary habits, body satisfaction and nutritional knowledge according to body image of middle school girl students (n=284). The subjects were classified to lean, normal and fat groups according to body image. The weight, body mass index (BMI) and the score of present body image of present was significantly higher in the students who recognized their body image as 'fat'. The satisfaction of body image was significantly lower in students who recognized their body image as 'lean'. The interest of weight control and experience of weight control were significantly higher in students who recognized their body image as 'fat'. The necessity of nutrition education was high in all groups ('lean' (67.2%), 'normal' (59.0%) and 'fat' (52.8%)). The frequency of fruit juices and fried food were significantly higher in 'normal' compared to 'fat'. There was no significant difference in the frequency of snack and nutritional knowledge among three groups. Using multiple regression analysis, the score of body image was negatively associated with frequency of snack in the 'lean'. The score of body image was positively associated with identification of nutrition labeling and interest of weight control but was negatively associated with satisfaction of body image in the 'fat'. Therefore, the middle school girl students are needed correct recognition of body image and continuous and practical nutrition education in order to maintain healthy dietary habit.

lskyu@korea.kr