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BEHAVIOR / ADOLESCENTS

SAOVAROS MEEKUSOL : DETERMINING FACTORS OF CONSUMPTION  
BEHAVIOR AND NUTRITIONAL STATUS AMONG ADOLESCENTS IN BANGKOK  
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Malnutrition is one of the major health problems in Thailand. The cause of this problem stems partly from food consumption behavior. The purposes of this study are to study nutritional status, food consumption behavior and the governing factors which can predict the food consumption behavior, and to compare food consumption behavior with nutritional status. The subjects for the study of nutritional status comprised 4,325 adolescent students studying in grades 7-12, who were selected by multi-stage sampling; the subjects for the study of food consumption behavior were 405 adolescents randomly selected from the first selected group. The assessment of nutritional status was based on weight for height. The data were analyzed by using percentage, mean, standard deviation, stepwise multiple regression, one-way analysis of variance (ANOVA) and multiple comparison with S-method.

The results reveal that 67.93 % of the sample exhibited normal nutritional status (normal-weight for height, P10-P90), 8.42 % showed under nutritional status (under-weight for height, <P3), and 12.16 % had over nutritional status (over-weight for height, >P97). The majority 54.6% of the subjects showed the moderately agreeable food consumption behavior, and some subjects exhibited less agreeable behavior like soft drink intake. The significant governing factors in predicting the food consumption behavior were food consumption attitude, family income, nutritional information and nutritional knowledge, which could predict the behavior at 61.7 %. Adolescents of different nutritional status also showed dissimilar food consumption behavior.