

عنوان مقاله:

Association of healthy foods intake with anthropometric measures in a national sample of Iranian children and adolescents: The CASPIAN- IV study

محل انتشار:

همایش بین المللی پزشکی، بهداشت عمومی و علوم زیستی (سال: 1395)

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خلاصه مقاله:

Introduction: This study aims to evaluate the association of consuming healthy foods with anthropometric measures in a national sample of Iranian children and adolescents. **Materials and methods:** This nationwide study was conducted in 2011-2012 among 13,486 students, aged 6-18 years, selected by multistage cluster sampling from 30 provinces. Weight, height, waist circumference (WC), hip circumference (HC), waist to height ratio (WHtR), as well as waist to hip ratio (WHR) were measured. Healthy foods were considered as four categories including fresh fruits, dried fruits, vegetables, and dairy products. The frequency consumption of each of these foods was recorded as daily, weekly, and seldom. **Results:** The intake of fruits was significantly associated with anthropometric indices. Moreover, a significant association was found between vegetables consumption and anthropometric indices (except for WHtR and WHR). Milk consumption was significantly associated with anthropometric indices (except for WHtR and WHR). The odds of general obesity among participants who seldom consumed dried fruits was less than those who consumed daily (OR: 0.84, 95%CI: 0.74-0.96). We did not find any significant association for the frequency of fresh fruits and vegetables consumption with obesity and abdominal obesity. **Conclusion:** Consumption of dried fruits was associated with general obesity in children and adolescents. These results highlight the effect of dietary quality and food choices .on weight control in children and adolescents

کلمات کلیدی:

Healthy food, High blood pressure, Obesity, Anthropometric measures, Children and adolescents

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