

Dietary Practices, Nutrient Intake Adequacy and Associated Factors Among Adolescent Girls in Lira District-Uganda

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2024

Abstract

Background: Adolescents are required to consume 5 or more of the 10 recommended food groups in the last 24 hours to achieve minimum diversity requirement which is a measure of adequacy of nutrient intake. In Uganda 54.3% of adolescents have low dietary diversity rating, as well as poor dietary practices. This study sought to investigate nutrient intake and dietary practice among adolescent girls who are between 10-19 years in Lira district.

Methodology: This was a cross-sectional study using quantitative data collection methods including 24-hour recall and FFQ to assess dietary practices and nutrient intake of targeted 410 adolescent girls. Data analysis was conducted using Stata statistical software version 14, employing univariate, bivariate, and multivariate methods, with a 5% significance level.

Results: Overall, 74.9% of adolescents had good dietary practices, despite 76.3% skipping breakfast, 41.7% skipping lunch, and 25.1% skipping supper. They met only 35% of their recommended micronutrient intake, with significant deficiencies in Vitamin A, Folate, B vitamins, Iron, Calcium, Lipids, and Energy. Dietary practices were influenced by secondary education (aOR=0.06, 95% CI: 0.01-0.53, p=0.012), farming (aOR=5.21, 95% CI: 1.34-20.32, p=0.017), semi-urban residence (aOR=3.10, 95% CI: 1.07-8.94, p=0.036), and adolescent unemployment (aOR=0.19, 95% CI: 0.05-0.66, p=0.009).

Conclusion: The adolescent girls in Lira district have good dietary practice even if several (41.7%) skipped breakfast and 35% have poor intake of micronutrients. Interventions that promote good dietary practice and nutrient intake such as nutrition education, kitchen or home gardening should be promoted.

Keyword: Dietary Practices, Nutrient Intake Adequacy, Associated Factors, Adolescent Girls, Lira District-Uganda

