

## OBESITY AND WEIGHT MANAGEMENT

**Thanaa Jaraedah***Clinical Nutrition and Dietetics, Jordan*

This study was conducted to examine the dietary intakes of macro- and micronutrients for Jordanian adolescents based on gender and compare their intake to the Dietary Recommended Intakes (DRIs).

A sample of 398 male and female adolescents, aged 14-18 years, was recruited from private and public schools using convenience sampling. Socio-demographic questionnaire and 3-days food record were self-reported. Bodyweight and height were measured and body mass index (BMI) was calculated for all participants.

There were no significant differences between male and female adolescents regarding the intake of micro and macronutrients except for protein, insoluble fibre, saturated fat, cholesterol, omega-6, vitamin E and calcium. The intake of insoluble fibre (g/day), omega-6(g/day), and vitamin E (mg/day) was significantly higher in female adolescents ( $3.1\pm 0.1$ ,  $5.6\pm 0.5$ , and  $3.1\pm 0.3$ , respectively,  $P < 0.05$ ) compared to male adolescents ( $2.9\pm 0.1$ ,  $5.1\pm 0.4$ , and  $2.5\pm 0.2$ , respectively,  $P < 0.05$ ). On the other hand, the intakes of protein (g/day), saturated fat (g/day), cholesterol (mg/day), calcium (mg/day) were significantly higher in male adolescents ( $90.1\pm 2.3$ ,  $31.7\pm 1.0$ ,  $339.2\pm 18.3$ , and  $651.5\pm 27.8$ ) as compared with female adolescents ( $79.2\pm 2.1$ ,  $29.2\pm 1.2$ ,  $263.6\pm 14.9$ , and  $555.2\pm 21.7$ ) ( $P < 0.05$ ). Comparing of the adolescents' nutrients intake to the DRIs, many nutrients were found to be below or above the recommendations. Conclusion: The study findings highlighted that there is an urgent need to establish a plan of action to combat malnutrition among adolescents in Jordan.

Thanaa Jaraedah has her expertise in evaluation and passion in community health like: schools nutrition, refugee's camps, pregnant health, her PhD thesis was about the Impact of COVID-19 Pandemic on Food and Nutrition Security and Dietary Habits among Syrian Women in Azraq and Zaatari Refugees Camps in Jordan. In addition to she worked with NGOs to help refugees.