

# ABSTRACT

## A basic survey of exercise regularity and dairy product intake in vocational high school students

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### Background

To date, there have been no officially reported studies on fitness and dietary habits in vocational high school students. In this study, we investigated exercise regularity and dairy product intake in vocational high school students.

### Methods

In all 207 vocational high school students (agricultural, technical, and commercial) living in the southern Nagano region of Japan participated. During homeroom-meetings, the students were asked to complete a questionnaire consisting of four items relating to exercise and dairy products.

### Results

Half of the 207 students were found to exercised regularly. Compared to students who did not exercise, students who exercised consumed larger amounts of dairy products (milk and cheese) , particularly milk. In elementary and junior high schools, students who exercised drank milk in addition to their daily carton of milk supplied during lunch. These results suggested a relationship between regular exercise and milk intake during the vocational high school period.

### Conclusions

Fitness education and dietary habits are considered to be of greater importance to vocational high school students, because most of whom will finish their academic careers at the end of this school.

**Key words** vocational high school, exercise, dairy product, food education, sports nutrition