

Brief Report

Relationship between Breakfast Intake and Dietary Awareness/Eating Behavior of High School Students in Sports Clubs

Haruka Shinohara^{*1*2}, Kazue Akimoto^{*3}, Saori Kataoka^{*1.*4},
Reiko Sasada^{*5} and Yoshiko Yoshioka^{*1.*4}

^{*1}Aomori University of Health and Welfare, Graduate School

^{*2}Saitama City Mihashi Junior High School (at present)

^{*3}Medical Corporation Seijin, Seijin Geriatric Health Services Facility

^{*4}Aomori University of Health and Welfare

^{*5}Iwate Prefectural University, Morioka Junior College

ABSTRACT

【Purpose】

This study aimed to streamline nutritional education into one document by focusing on side dishes and skipping breakfast to consider the sex-based relationship between food awareness and eating behavior in high school students in sports clubs.

【Methods】

A self-completed survey was administered to 3,500 students from sports clubs, of which 1,692 who provided valid responses were included in the analysis. Before the survey, those consuming breakfast on a daily basis were the “intake group” and those skipping breakfast were the “skipping group.” Further, based on breakfast composition the day before the survey, those who only ate staple food were classified into “only staple food”; those who ate side dishes, the “with side dishes” group; and those who not consuming side dishes, the “with no side dishes” group; analyses were performed for all groups.

【Results】

In all, $\geq 10\%$ students skipped breakfast, and in the skipping group, many did not consume lunch or dinner. Among those who considered diet important and paid attention to their food consumption, the intake group had significantly more male students than the skipping group ($p < 0.01$). In addition, the most common breakfast comprised staple food and main and side dishes. In the staple food only and no side dish groups, many students skipped lunch and dinner, and side dishes.

【Conclusion】

Guidance is required to monitor intake of all three meals and staple foods, main dishes, and side dishes in the meal to ensure that students obtain the necessary amount of energy and nutrients. Furthermore, because of sex-based differences in skipping breakfasts and eating behavior/dietary awareness, nutrition education to improve dietary awareness in male students and understanding factors why eating behavior is not in line with even high dietary awareness in female students, are necessary.

Keywords: Sports club, high school students, breakfast