



Applicant Information

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Abstract Details

Title:

Consumption of Sugar Sweetened Beverages among school children in the Hohoe Municipality

Category:

Health promotion with nutrition and hygiene

Authors:

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Objectives:

Excess sugar in one's diet is a major contributor to serious health conditions such as weight gain and obesity, type 2 diabetes, and heart-related diseases. Our study examined the consumption of Sugar Sweetened Beverages (SSBs), factors that influence preference of SSBs and the common source of SSBs among primary school children in the Hohoe municipality.

Method:

We conducted a cross-sectional study in 16 schools in the Hohoe municipality. Data was collected among 449 school children using a structured questionnaire deployed on Kobo Toolbox, exported to Excel and analyzed using STATA Version 17. Descriptive statistics and logistic regression were performed to identify consumption rate, SSBs source and factors influencing preference.

Results:

SSB consumption level was found to be high (60.8%). Most (69.0%) had less preference for SSBs while (31.0%) showed high preference for SSBs. Those influenced by their peers were (63.0%) more likely to have preference for SSBs compared to their counterparts who were not influenced by peers (aOR=1.63; 95% CI: 1.03-2.57). School children in upper primary (aOR=0.51; 95% CI:0.49-0.95), urban settings (aOR=0.57; 95% CI: 0.36-0.89) and public schools (aOR=0.57; 95% CI:0.36-0.89) were less likely to have preference for SSBs compared to their counterpart reference groups. The source of SSBs for most of the respondents was the home (59.7%).

Conclusion:

There is a high consumption of SSBs among school children in the Hohoe Municipality. Peer influence contributes to SSBs preference. There is the need to intensify school and community-level health education on SSBs to address high consumption among school children.

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