

**Food Environment, Nutrient Adequacy, Physical Activities Among Young Adult Aged 18-29 Years In Ibadan North Local Government, Ibadan Oyo State**

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**Being a MSc Post-field Presentation to the Department of Human Nutrition & Dietetics,  
Faculty of Biological Sciences, Lead City University, Ibadan, Oyo State, Nigeria**

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**Certification**

This is to certify **Mayowa Fortune ALADE** with Matriculation Number **LCU/PG/005075** made this seminar titled “Food Environment, Nutrient Adequacy, Physical Activities Among Young Adults Aged 18-29 Years In Ibadan North Local Government, Ibadan. Oyo State” in the Department of Human Nutrition and Dietetics, Faculty of Biological Sciences, Lead City University, Ibadan, Oyo State. for the award of a Master of Science (MSc) Degree in Human Nutrition and Dietetics and this has not been previously submitted.

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## **Dedication**

This research work is dedicated to the Almighty God, the Giver and Sustainer of Life.

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## Abstract

Home Food environment contributes to the nutritional status and nutritional adequacy of young adults in ways such as; Home Food Environment: Factors like access to healthy foods, parental feeding practices, and family mealtimes all influence dietary choices and habits. A home environment stocked with nutritious options and positive mealtime routines can promote a balanced diet and optimize a nutritional wellbeing and School Food Environment: The availability of healthy choices in school cafeterias, along with nutrition education programs, can significantly impact students' dietary intake and knowledge. Previous studies in Nigeria attempted to establish a statistical association between food and nutrition security (mainly using anthropometric indicators, total calorie intake, or household dietary diversity) and potential determinants. This study adopted a community- based descriptive cross-sectional design involving 18-29 year old young adults in the selected local government in Ibadan. Oyo State. Using a self-administered questionnaire and HDDS. To obtain information and dietary consumption pattern. Overall there was severe inadequacy of calories (51.1%), Protein (51.9%) but carbohydrate was adequate in about one-quarter of the respondents (27.2%). there was a severe inadequacy of Vitamin C (94.3%), Vitamin B<sub>1</sub> (41.8%), Vitamin B<sub>2</sub> (58.4%), Vitamin B<sub>3</sub> (51.4%), Vitamin B<sub>6</sub> (81.5%), Folates (69.3%) and Vitamin B<sub>12</sub> (97.0%), yet, about half of the respondents consumed excess Vitamin A (47.3%). There was a weak positive correlation between Body Mass Index and street food vendors availability within 1km distance ( $r=0.119;p=0.022$ ). There was also a negative correlation between Body Mass Index and Patronizing street food vendors ( $r=0.111;p=0.034$ ). This study demonstrated more than half of the respondents had normal body mass index (57.9%) while prevalence of underweight, overweight and obesity among the respondents was 8.2%, 22.6% and 11.4%, respectively in the selected local government. Hence, Vitamins should be taken in good amount among young adults.

**Keywords:** Home Food Environment, Dietary Intake, Nutrition Awareness, Affordability.

**Word Count:** 297

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## List of Acronyms

<b>Abbreviation</b>	<b>Meaning</b>
<b>KAP</b>	Knowledge, Attitude and Practice.
<b>NCDs</b>	Non-Communicable Diseases
<b>LMICs</b>	Low-Middle Income Countries
<b>SSBs</b>	Sugar Sweetened Beverages
<b>F&amp;V</b>	Fruits and Vegetable
<b>FFVP</b>	Fresh Fruits and Vegetable Program
<b>HLPE</b>	High Level Panel of Experts
<b>HICs</b>	High Income Countries
<b>FAO</b>	Food and Agriculture Organisation
<b>WHO</b>	World Health Organisation
<b>GIS</b>	Geographic Information System
<b>CVD</b>	Cardiovascular Disease
<b>SIREN</b>	Stroke Investigative Research and Educational Network
<b>HR</b>	Heart Rate

<b>IPAQ</b>	International Physical Activity Questionnaire
<b>BRFSS</b>	Behavioural Risk Factor Surveillance System
<b>RMR</b>	Resting Metabolic Rate
<b>EPOC</b>	Excess Post Exercise Oxygen Consumption
<b>NEAT</b>	Non-Exercise Activity Thermogenesis
<b>NICE</b>	National Institute for Clinical Excellence

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