Assessment of Healthy Diet and Physical Activity Among Students of Bule Hora University, Southern Ethiopia

Author: Kidist Gebremedhin Teklemariam

Abstract

Background: The promotion and maintenance of a healthy lifestyle remains a persistent challenge globally. As a result, the deleterious effects of chronic diseases are escalating globally. But, nevertheless healthy diet and physical activity practices are not yet assessed among university students in Ethiopia. Therefore, this study was aimed at assessing healthy diet and physical activity among Bule Hora university students from September 2020 to June 2021.

Methods: Cross-sectional study design and the study was carried out at Bule Hora University among undergraduate students. Data collected by using normalized and pre-tested questionnaire. Binary logistic regression model was used to identify factors associated with diet and physical activity. Multivariable analysis was used to determine significant predictors of healthy diet and physical activity.

Results: The practice of healthy diet and physical activity was 68.20% (poor), 31.75% (good) and 59.70% (poor), 40.3% (good), respectively. This study showed that college (AOR: 0.69, CI: [0.034-0.137], AOR: 0.20, 95% CI: [0.104-0.391]) and parent's resident (AOR: 1.331, 95% CI: [0.156-0.698]) were significant predictors of healthy diet practice of study participants, whereas gender (AOR: 3.909, 95% CI: [2.549– 5.993]) and year of education (AOR: 0.411, 95% CI: [0.204-0.826]), college (AOR: 0.358, 95% CI: [0.212-0.604]), were significantly associated with physical activity practice.

Conclusion: The study revealed that the majority of the study participants were poor in both healthy diet and physical activity practices.

Keywords: healthy diet, physical activity, university students, Bule Hora, Ethiopia