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## Short Communication: Systematic Review on Assess the Knowledge, Attitude, and Practice of Nutrition among Undergraduate Students

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### Abstract

There have been considerable changes in human lifestyle world-wide and India in the recent decades. Especially in recent years, the Indian lifestyle has rapidly been industrialized. This has caused changes in diet, types of food, cooking time; these findings might help health educators and policy makers to promote and to develop healthy dietary attitudes and practices. Interventions targeting university students seem to be necessary to expand the knowledge on healthy dietary behaviours regarding three main topics of organizing and preparing healthy meals, nutritional recommendations and food labels. According to our review, we believe that students should focus more on nutrition. Students' time in university is a golden opportunity for learning, and it has the ability to enhance students' nutrition knowledge, attitudes, and behaviours. As a result, the importance of nutrition in different university curriculum content, as well as an improvement in the learning atmosphere related to nutrition, should be emphasised on college campuses.

**Keywords:** Nutrition, Undergraduate.

### Background

Nutrition plays a very a crucial task in the treatment and prevention of acute and chronic diseases [1]. Inadequate nutrition affects both the student's health and their academic performance; college students are more likely to make bad eating decisions which can cause some significant health problems [2].

Physical activity and a healthy diet are essential part of an individual's general wellbeing and health. These, when combined, can be extremely beneficial reduce a person's a chance of having severe health problems such as, high blood pressure, high cholesterol, diabetes, heart diseases, stroke, and cancer. A daily physical activity, a healthy diet and maintaining body weight are fundamental to prevent health problems from getting worse [3] it's important to eat well and keep hydrated. A well-balanced diet keeps you well, boosts your immune system, and lowers your risk of chronic and infectious diseases. A regular diet consisting of a variety of nutritious fresh foods and unprocessed foods is recommended to provide the body with the vitamins, minerals, dietary fibre, protein, and antioxidants it needs. [4]

Good nutrition can be defined as the process of obtaining quality food necessary for health and growth. It can also be the method of consuming the right foods in the right quantities that an individual may flourish and grow properly and be healthy. Nutrition, health and wellness are inter-linked, as nutrition have a major impact on our wellbeing and happiness. What we eat has an effect on our overall wellness thus, adequate nutrition is essential to growth and development. [5]

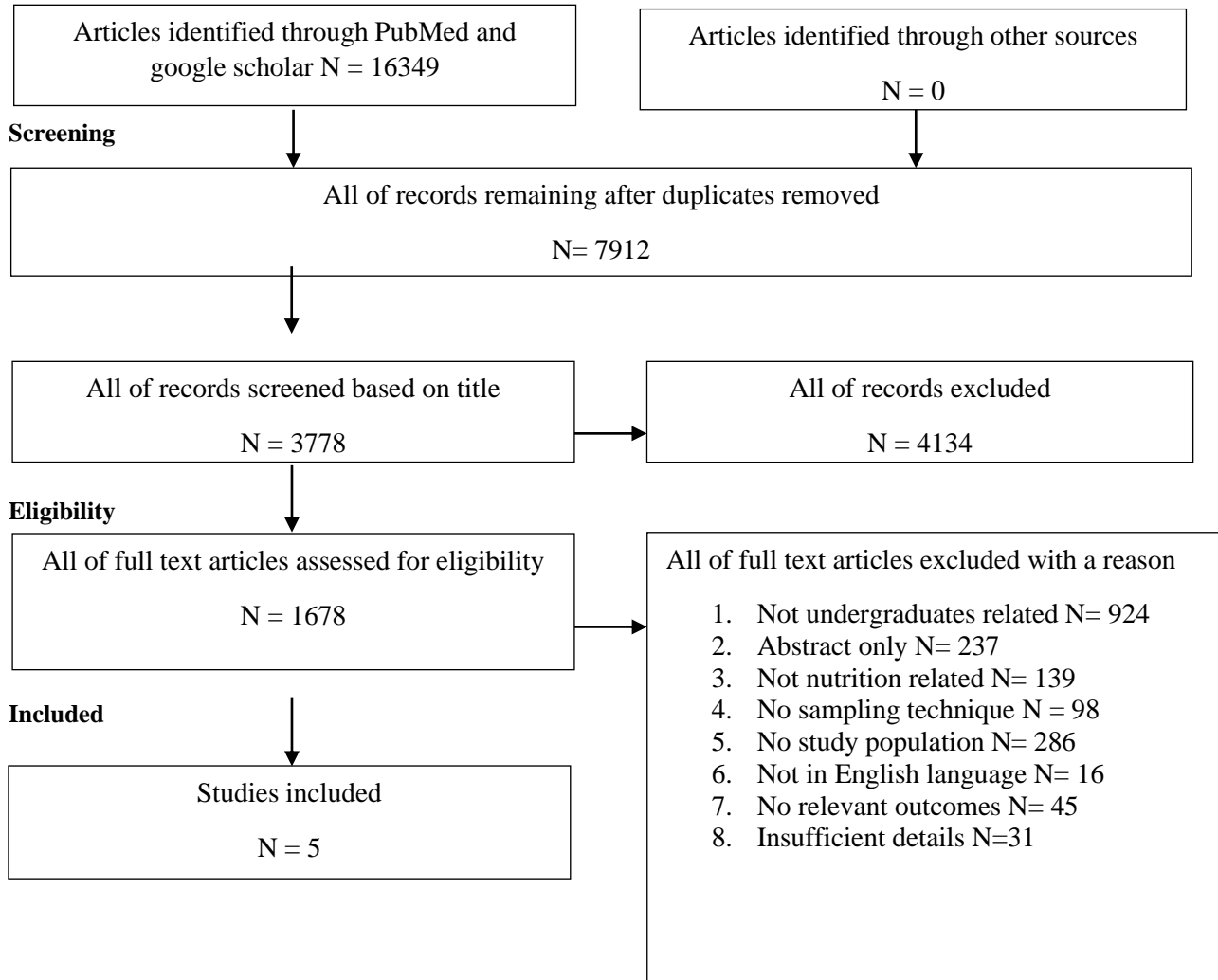
Recently, Health problems related to nutrition, like diabetes, obesity, cardiovascular diseases, and cancer, are often diagnosed, and found to have consequences for human wellbeing [1]. According to an estimate by World Health Organization (WHO), 80% of chronic non-communicable diseases are attributable to modifiable factors like diet and lifestyle, thus, it is important to improve lifestyle and food consumption by eating a well-balanced, nutritionally sound diet to combat a number of medical conditions. [6, 7]

College students are at risk of making unhealthy food decisions which can cause significant

health problems. Transitioning to college has a variety of significant changes in dietary options; the majority of undergraduate students eat at college dining halls, where

healthy food choices are minimal. Moreover, if students do not attain adequate nutrition daily, it may result a drop in academic grades or physical performance.

**PRISMA Diagram  
Identification**



**Systematic Review**

Author(s)/Year/Country	Title	Study population & sample size	Study design	Conclusions	Results
1) Susmita Ghosh et al, 2020 Bangladesh	Balanced diet related knowledge, attitude and practices (KAP) among adolescent school girls in Noakhali district, Bangladesh	Adolescent school girls from Three secondary schools in Noakhali district, Bangladesh N= 485	A descriptive cross-sectional study was conducted	Both levels of public education should provide basic dietary awareness as well as proper knowledge of a healthy diet. Interventions and interventions may be designed to enhance adolescent girls' awareness, mind-set, and, more importantly, practise at the household level, so that they can eat a healthy diet during their sexual maturation process.	According to the findings, more than half of the students did not have a clear understanding of a healthy diet, 42.8 % had a positive outlook, but the practise of eating a balanced diet was relatively poor (only 4.5%). Students in government schools had more awareness and attitudes than students in non-government schools. Furthermore, 41.1 % of students were underweight, and more than 60% of respondents'

					mothers lacked a high school diploma and were mostly unemployed housewives.
2) Xiyao Liu et al, 2020 Dublin	Knowledge, Attitude and Practices (KAP) towards Diet and Health among International Students in Dublin	International students living in Dublin N= 604	Cross sectional study was conducted in this study	International students' diets were influenced by migration, and the results were generally negative. As a result, international schools and Irish society should be mindful of international students' dietary and health status during the acculturation period. To help students prevent negative health consequences, more dietary awareness should be taught to them.	This study had an 84 %. Twenty participants were excluded due to a significant lack of demographic details, and fourteen participants were excluded because they did not respond or answered most of the questions incorrectly. Finally, 473 participants' information was collected, and these data were used in the analyses.
3) Inês Barreiros MOTA et al, 2020 Portugal	Nutrition Education in Portuguese Medical Students: Impact on the Attitudes and Knowledge	Portuguese medical students N= 310	This is an observational and longitudinal study.	Nutrition education in the first year of students can have a positive effect on attitudes and eating behaviours, nutrition awareness and value, and perceptions of dietary counselling competencies, according to the report.	Students said they had healthy eating habits and knew a lot about nutrition. At the conclusion of the report, these things had changed. Furthermore, students reported that after the intervention, they felt more secure in providing dietary counselling.
4) Nomisa P.S. Mamba et al, 2019 South Africa	Nutrition knowledge, attitudes and practices of primary school children in Tshwane Metropole, South Africa	Primary school students in Mamelodi township, Pretoria, South Africa. N= 310	Cross sectional descriptive study was conducted	The lack of understanding shown by students suggests a curriculum deficit in nutrition education. Innovative and novel approaches to improving schoolchildren's nutrition awareness are required. Parents must also be targeted in order to produce better performance.	Learners had insufficient knowledge of a healthy diet (23 %), as well as a lack of understanding of food classes. In terms of perceptions, beverages and snacks were the most popular food category (72.9%), while fruits and vegetables were the least popular (8.11%). In terms of eating habits, beverages and snacks were the most popular food category (72.6%), while fruits and vegetables were the least popular. However, 78.91 % of the students demonstrated excellent nutrition-related habits, such as preparing and consuming breakfast.
5) Ooreoluwa Fasola et al, 2018 Lagos, Nigeria	Knowledge, attitude and practice of good nutrition among women of childbearing age in Somolu Local Government, Lagos State	Women aged 15-49 years in Somolu Local Government, Lagos Nigeria N= 244	Cross sectional study was conducted in this study	The majority of the respondents had a positive outlook about healthy nutrition, but this did not translate into good dietary habits for about half of the respondents, according to the report.	Two-thirds of people (61.89 %) had outstanding nutrition awareness, and 95.08 % understood that a pregnant woman could consume more fruits and vegetables. Their experience was linked to a positive attitude toward healthy nutrition.

### Conclusion

We recommend that students pay more attention to nutrition based on our findings. Students' time in university is a golden age for learning, and it can help them develop their nutrition awareness, attitudes, and behaviours. As a result, the value of nutrition in different university curriculum content, as well as changes to the learning atmosphere associated with nutrition, should be prioritised on college campuses.

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### Availability of data and materials

Not applicable.

## Declarations

### Ethics approval and consent to participate

There's no need for ethical approval for this systematic review since no patient data will be collected.

### Competing interests

There are no potential conflicts of interest.

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