



THE CEYLON MEDICAL JOURNAL

Established 1887

The Official Publication of the
Sri Lanka Medical Association
Volume 62, Supplement 1 July 2017
Quarterly ISSN 0009-0875

Editors Emeritus

Chris G Urugoda MD, FRCP
Colvin Goonaratna FRCP, PhD
Janaka de Silva DPhil, FRCP
Anuruddha Abeygunasekera MS, FRCS

Editors

Varuni de Silva MBBS, MD
A Pathmeswaran MBBS, MD

Section Editors

B J C Perera MD, FRCPCH
Shalini Sri Ranganathan MD, PhD

Assistant Editors

Carukshi Arambepola MBBS, MD
Samath Dharmaratne MSc, MD
Tiran Dias MD, MRCOG
Ranil Fernando FRCS, PhD
Malik Goonewardene MS, FRCOG
Renuka Jayatissa MD, MSc
Sarath Lekamwasam MD, PhD
Senaka Rajapakse MD, FRCP
Udaya K Ranawaka MD, FRCP
Sisira Siribaddana MD, FRCP

International Advisory Board

S Arulkumaran FRCOG, PhD
London, UK

Zulfiqar Ahmed Bhutta FRCPCH, PhD
Karachi, Pakistan

Andrew Dawson FRACP
Sydney, Australia

Barbara Gastel MD, MPH
Texas, USA

Kalle Hoppu MD, PhD
London, UK

David Laloo MD, FRCP
Liverpool, UK

Ian Pearce BMBS, FRCS
Manchester, UK

Peush Sahni MS, PhD
New Delhi, India

Anita KM Zaidi MMBS, SM
Karachi, Pakistan

Online Manager

Rikax Sheriff MBBS, MSc

Sri Lanka Medical Association

130th Anniversary International Medical Congress

13th-16th July 2017

Hotel Galadari, Colombo, Sri Lanka

DR. Sajith Edirisinghe (MBBS)
SLMC Reg- 29771

Lecturer

Department of Anatomy
Faculty of Medical Sciences
University of Sri Jayewardenepura

Special Supplement of the
Ceylon Medical Journal

Volume 62, Supplement 1, July 2017



THE CEYLON MEDICAL JOURNAL

Established 1887

Volume 62 Supplement 1, July 2017

Sri Lanka Medical Association

130th Anniversary International Medical Congress

Abstracts

Oral Presentations	List of Presentations	Page 1-10
	Abstracts	Page 32-100
Poster Presentations	List of Presentations	Page 11-31
	Abstracts	Page 101-271

PP 092

Barriers for healthy eating among adolescents in Galle as perceived by school teachers

Madhushanthi HJH¹, Wimalasekera SW², Goonewardena CSE³, Amarasekara AATD⁴, Lenora J⁵

¹Allied Health Science Degree Programme, Faculty of Medicine, University of Ruhuna, Sri Lanka

²Department of Physiology, University of Sri Jayewardenepura, Sri Lanka

³Department of Community Medicine, University of Sri Jayewardenepura, Sri Lanka

⁴Department of Allied Health Sciences, University of Sri Jayewardenepura, Sri Lanka

⁵Department of Physiology, Faculty of Medicine, University of Ruhuna, Sri Lanka

Introduction & Objectives:

The pattern of diseases in Sri Lanka has changed from endemic deficiencies to NCDs. Within the past few decades with rapid urbanization, food habits too have changed in the country. School teachers have close contact with children next to parents. The purpose of this study was to explore the perceptions of school teachers on barriers for healthy eating among female adolescents in Galle, Sri Lanka.

Methods:

A descriptive qualitative design was used. Four focus group discussions were carried out with school teachers (n=22) in the Galle educational zone. Data were analysed by qualitative content analysis.

Results:

Categories identified were; poor availability of healthy food, low socio economic status of parents, deficiency in provision of knowledge about food and nutrition; and individual food preferences. Poor availability of healthy food, extensive exposure to fast food, increased snacking behaviour, were emphasized by the teachers. A decline in the quality of food with the use of agro-chemicals was highlighted. Teachers' perceived parental employment and low socioeconomic status remarkably influenced an adolescent's food habits. Deficiency in the school curriculum such as lack of emphasis on food and nutrition aspects for adolescents was perceived as another barrier to healthy eating. Identified individual food preferences were taste, convenience, cost, appearance and the time available to eat.

Conclusion:

Findings of the study indicate interesting perspectives of teachers on adolescents' healthy eating. These factors need to be considered in health policy planning and in educational reform to decrease prevalence of NCD in the country.