Discussion and Conclusion

Name

Affiliation

Date

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Discussion

The research study compared the prevalence of eating disorders among the students from three different fields which included the DC program, non-health related program, and nutrition program. The results, as mentioned in table 3 depicted that there was no prominent difference among the eating attitude of the students from the three programs, however, the students of nutrition and DC program depicted the tendency of eating disorders, as compared to the students of non-health related programs, who did not depict any occurrence of eating disorders. Research conducted by Geitz (2016) highlighted the fact that the dietetic and nutrition students become more concerned about their weight and body mass index, which impacts their eating attitude, as well as eating disorders. The research also provides the justification of non-occurrence of eating disorders among students of non-health related programs, who are less-conscious about their body mass and weight.

The research study also compared the eating attitude test and tendency to diet scale of the students of first to the fourth year of the three-degree programs, which included DC, non-health related and nutrition programs. The comparison provided insight about the research in a great deal as it revealed that EAT score of the DC students was significant as compared to their TDS score which was not significant. On the other hand, the EAT score of the nutrition students was highly significant, and their TDS score was also not significant. The same comparison of students of non-health related was not significant in both of the cases of EAT score and TDS score. The overall point highlighted by the research is that the EAT score of the nutrition program students is more significant than that of the DC program students. The research conducted by Rocks, Pelly, Slater, and Martin (2016) provided the insight that the students enrolled in the nutrition programs experience a change, which is most of the times positive, in their eating attitudes and diet tendency, which is the main reason of the highly significant score depicted by the nutrition students. The research also supported the point of view that the nutrition programs help the students to amend their eating attitudes and diet tendency, as they learn about the nutritional needs, keeping the balance in nutritional intakes, maintaining the BMI and developing a healthy body image.

Another aspect explored by the research study was the comparison of the BMI score of the nutrition, non-health related and DC program students while categorizing them into normal, overweight and obesity. The results revealed that the nutrition students had significant normal BMI, as compared to the students of the other two groups. On the other hand, the nutrition students did not reveal any tendency of obesity, which was found at a lower rate among the students of non- health related and DC programs. The overall comparison of students of three different programs in the BMI category was not significant. The research conducted by Kolka, and Abayomi (2012) supported the study in the way that it also revealed the highly significant number of BMI score among the nutrition students; however, it also revealed the satisfaction of the students with that, as they wanted to become leaner. This also provides insight about the lack of obesity among the nutrition students, as they are more concerned about their image and health, as compared to the students of other programs.

In addition to the comparison of BMI score, the research study also compared the classification of waist circumference, in the categories of risk and non-risk, among the students of the three programs under study. The comparison highlighted that a greater ratio of the students in all the three programs of DC, nutrition, and non-health related studies, were not at risk of being obese or developing the chronic illness. However, a lower ratio of the students belonging to all three programs was at a little risk of developing obesity, which in return can increase the chances of giving rise to chronic illness. A research study was conducted by Leone, Morgan, and Ludy, in the year (2016) which also highlighted that most of the students had healthy waist circumference and depicted lesser risks of being obese.

The research study also compared the waist-hip ratio of students of the three programs, while categorizing it into low, moderate and high. The comparison highlighted the point that the greater number of students of all the programs, which included DC, nutrition, and non- health related programs depicted a low level of waist- hip ratio. However, a significantly low number of students from all the three programs depicted a high waist- hip ratio. Moreover, the average number of students also depicted a moderate level of waist- hip ratio. The overall comparison of students of three programs was not significant. The research study by Leone, Morgan, and Ludy (2016) also highlighted the point that waist- hip ratio was lower among the students, who depicted a lower ratio of waist circumference. The lower ration depicted the less chances of developing obesity and becoming prone to chronic health issues.

Another aspects explored in the research study was the comparison of the fat mass percentage among the students of DC, nutrition, and non-health related programs. The comparison revealed that more than half number of the students from all the study groups, depicted less than or equal to twenty-four percent fat mass percentage, which actually shed lights on the fitness of the students. On the other hand, a significantly less number of students also depicted a high fat mass percentage, which highlighted their poor fitness. Moreover, the students belonging to the non- health related programs showed a greater percentage of mass fat, which was greater than thirty-two, as compared to the students of other programs. The research study is supported by the study conducted by Yahia, Brown, Rapley, and Chung, (2016), which highlighted the point that the knowledge about nutrition and diet decreases the tendency of health issues, fat mass and waist circumference among the students of dietetic programs. On the other hand, the mass fat percentage, waist circumference among the non-health related students is higher as they do not have advanced knowledge about the matter and show less concern about their health, in terms of nutrition.

In addition to all of this, the research study also compared the body composition and EAT-26 among the students of the three different programs. The score obtained regarding BMI, WS, WHR and fat percentage were not significant. The research study also compared the body mass composition and the score of the tendency of diet scale, which also did not depict a significant result in terms of the measurements of BMI, WS, WHR and fat percentage. Moreover, the research study also compared the correlation of body compositions measurement along with EAT-26, and TDS scores, which highlighted that the correlation between EAT-26, and body composition measurement was not significant, however, it was little more significant in the case of TDS score and body composition measurements (Poínhos, Alves, Vieira, Pinhão, Oliveira, & Correia, 2015).

The research study conducted the comparison of undergraduate and graduate students of nutrition programs, and the results highlighted a significant association between BMI, WS, WHR, and fat percentage. On the other hand, the same comparison of the DC program students highlighted the fact that BMI, WS, fat percentage of the third and fourth year students were lower as compared to those of first and second year students. The research conducted by Kassier and Veldman (2014) also supported the point that dietetic students become more concerned about their eating attitude, health and body mass index, as they get to know the concepts in detail and try to apply it on their lives.

The research study also conducted the comparison of body composition between different year students of non-health related majors. Although, body mass index and percentage of students of all four years was significant, however, waist circumference and waist hip ratio of the student of first and second year students was lower as compared to that of students of third and fourth years. The research conducted by Kassier and Veldman (2014) highlighted the fact that the students of the non- dietetic or non-health programs were less conscious about BMI, WS, and WHR. This sheds light on the point that students of dietetic and nutrition programs become more aware of health issues and become concerned about their eating attitude and eating disorders (Ashton, 2017).

Conclusion

The research study provided the insight that the students of the DC program and nutrition related programs are more concerned about their nutrition, fitness and health circumstances as compared to the students of the non-health related programs. Moreover, the students of the nutrition related programs get the chance of improving their knowledge, becoming more aware of the nutritional needs, the impact of body mass on the health and other diet matter, which helps them to maintain a balance in their nutrition plans, ultimately depicting fitness in their health and lifestyles as well. On the other hand, the students of non-health related programs are less concerned about their nutritional needs and fitness matter, which also results in their poor health, leading to obesity and developing risks of chronic diseases.

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