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Differences between college student athletes and registered dietitian training college students in foods and eating behavior

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要旨

(Aims) The purpose of this study is to determine whether there are any differences in the diet and dietary behavior, using the Dutch Eating Behavior Questionnaire (DEBQ), between A students who study sports and B students who study nutrition.

(Methods) We conducted a dietary survey and DEBQ in July 2019, dividing the subjects according to their majors and gender. We conducted chi-square tests for the nominal scales and variance analysis for the group differences in the population mean, followed by multiple comparisons. (Results) There were a total of 332 participants: 84 men and 83 women from A and 85 men and 80 women from B. 100% of the responses were valid. Results of the dietary survey showed that men from A consumed meat and soy products more frequently ($p<0.01$) and men and women from A consumed dairy products more frequently ($p<0.001$). In multiple comparisons, the scale for restrained eating is higher in women than in men, suggesting that women routinely tolerated eating more than men ($F=3,328=7.699$, $p<0.001$). On the scale for emotional eating, women from B scored higher, suggesting a greater change in their food intake due to emotions as compared to other groups ($F=3,328=8.638$, $p<0.001$). (Conclusion) It is interesting to note that differences were found, especially regarding protein food, and that women from A scored similarly to men on the scale for emotional eating in the DEBQ.

Keywords: DEBQ, College Athletes, Nutrition Degree Students