***Report on eating pattern and dietary among various populations (project 1 in college of food, agriculture sciences and technology***

**Institution: Bells university of technology**

**Course code: Ict 311**

**Department: food science and technology**

**Group no: 1**

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**PROJECT SUMMARY**

All groups are required to choose a topic from the predefined section relevant to IBM SPSS Statistics Application. The topic should be chosen based on departmental strengths. The group is also required to produce a report in line with academic standards, referencing similar scholarly articles, journals to inform your work is encouraged. All implemented projects must then be published on GitHub with each member added as a contributor.

**Introduction**

Eating pattern and dietary quality very significantly across different populations, influenced by factors such as socioeconomic status, education level, and cultural background.

**Objectives**

The primary objectives are:

\*Maintain optimal health

\*Support growth and development

\*Enhance quality of life

\*Prevent chronic diseases

\*Promote healthy weight management

**Dietary Patterns and Health Outcomes**

Research has shown that dietary pattern play a crucial role in health and disease prevention. A healthy dietary pattern , characterized by high consumption of fruits, vegetables, whole grains, and lean protein, is associated with a reduced risk of chronic diseases, such as heart diseases, diabetes, and certain types of cancer.

**Factors Influencing dietary choices**

Several factors that Influence dietary choices

\*Socioeconomic status

\*Cultural background

\*Education level

\*Geographical location

\* Religious beliefs

\* Self efficacy

\*Personal values

**Assessing Dietary Quality**

To assess dietary quality,

\*Food frequency questionnaires (FFQs) : This is widely used to evaluate dietary patterns and assess dietary quality

\*Dietary quality indices (DQIs) : DQIs such as the healthy eating index, provide a score based assessment of dietary quality.

\*Biomarkers

**Strategies for improving eating pattern and dietary quality**

1. Nutrition education
2. Food access and affordability
3. Cultural sensitivity
4. Policy initiatives
5. Community-based intervention

**Recommendation**

1. Nutrition education and counseling
2. Improve access to healthy food option
3. Develop community-based intervention supporting healthy eating habits
4. Implement policies promoting healthy eating habit
5. Incorporate cultural sensitivity into dietary recommendation

**Conclusion.**

Eating pattern and dietary quality very significantly among different populations, influenced by socioeconomic status, education level, cultural background , and Geographical location. Understanding these factors and their impact on dietary habits is crucial for developing effective intervention to promote healthy eating habits.