

# Nutritional knowledge and calcium intake on health professionals

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## I. Introduction

Calcium intake plays an important role in the maintenance and development of bone mineral density and in the prevention of some diseases like osteoporosis and kidney calculi.<sup>1,2</sup> Adequate lifelong calcium intake is essential in optimizing bone health.<sup>2</sup>

Nutrition knowledge is one of the key factors to improve eating behavior.<sup>3</sup> Studies have found a positive association between nutritional knowledge (NK) and eating behavior.<sup>4</sup> It is demonstrated that a better knowledge leads to better eating habits.<sup>4,5</sup>

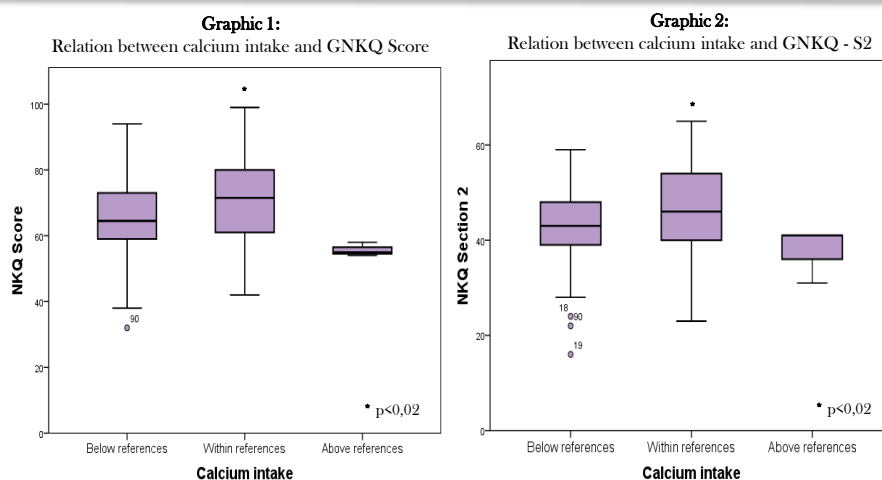
There are no studies on the relation between NK and calcium intake.

## II. Aim

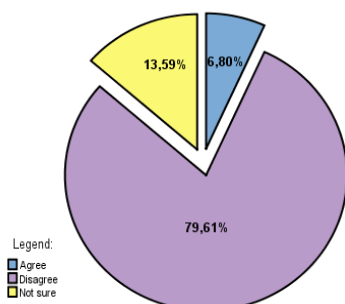
► Verify if calcium intake on health professionals is influenced by their nutritional knowledge.

## IV. Results

Individuals that had a calcium intake within DRI's had a significantly higher GNKQ Total Score (mean rank = 58,09;  $p=0,016$ ) and GNKQ Section 2 Score (mean rank = 57,75;  $p=0,035$ )



**Graphic 3:** There is more calcium in a glass of whole milk than a glass of skimmed milk?



**Table 1:** Descriptive analysis of the sample

	Total	Male	Female
n (%)	103 (100%)	25 (18%)	78 (56%)
NKQ Total Score Mean ± SD	67,95 ± 13,55	68,48 ± 10,345	67,78 ± 14,476
NKQ Section 2 Score Mean ± SD	44,42 ± 9,77	45,40 ± 6,770	44,10 ± 10,568
Calcium Mean ± SD	1231,18 ± 515,13	1106,43 ± 497,19	1271,16 ± 517,48
Dietitian/ Nutritionist n (%)	12 (12%)	1 (8%)	11 (92%)
Nurse n (%)	59 (59%)	14 (24%)	45 (76%)
Pharmacist n (%)	9 (9%)	3 (33%)	6 (67%)
Physician n (%)	6 (6%)	4 (67%)	2 (33%)
Neurophysiologist technician n (%)	14 (14%)	3 (21%)	11 (79%)

## V. Conclusion

Professionals that presented calcium intake within the recommended values, had a higher score in GNKQ Total Score and in the Section 2. These are coherent results, as the 2<sup>nd</sup> section is the one where knowledge about the content of calcium in dairy products is assessed.

Past and actual studies show a significant relation between NK and dietary habits. The same seems to happen with the mineral calcium. It appears that NK influences calcium DRI's compliance on health professionals.

Further researches are suggested once this is a pioneer study on the subject - nutritional knowledge and calcium intake.

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