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# The Impact of Nutrition and Physical Activity Education on the Knowledge, Attitude, and Behavior of Muslim Youth from Various Ethnic Backgrounds


Hana L. Jaber

University of Nebraska - Lincoln, hana.jaber@huskers.unl.edu

Zainab Rida

University of Nebraska-Lincoln, zainab.rida@nebraska.gov

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# The Impact of Nutrition and Physical Activity Education on the Knowledge, Attitude, and Behavior of Muslim Youth from Various Ethnic Backgrounds

Hana Jaber, Zainab Rida Ph.D, RD, LMNT; Department of Nutrition and Health Sciences, University of Nebraska-Lincoln

## Statement of Purpose

The purpose of this study is to determine the impact of nutrition and physical activity education on Muslim youth in Lincoln. This study will assess the improvement of nutrition related knowledge, attitude, and behavior that lead to healthy lifestyles in Muslim youth from different ethnic backgrounds.



## Significance of Research

The Islamic Foundation of Lincoln is a growing population with various ethnic identities. Due to these various backgrounds, communication differences may hinder their education. Although there are programs developed for many minority groups, the Muslim population does not have any data obtained on it.

Lincoln's Muslim group is rapidly growing. 29.2% of the ELL population of LPS identify as Muslim. Approximately 75% of Muslims who live in Lincoln are immigrants. This population contains a large amount of refugees. These various languages and cultures show how imperative it is to target the Islamic Foundation of Lincoln. There is a gap in the literature in addressing the nutrition and physical activity related knowledge, attitude, and behavior of Muslim youth.

## Research Questions

1. Do the various ethnic backgrounds of the Islamic Foundation of Lincoln's school age children affect nutrition knowledge, attitude, and behavior?
2. Are the knowledge, attitude, and behavior of Muslim youth enhanced through the nutrition and physical activity education program?

## Methods

Nutrition education will be provided from the USDA/Team Nutrition MyPlate curriculum. The curriculum will include both nutrition and physical activity education.

This study targets children who participate at the Islamic Foundation of Lincoln every Sunday. A convenience sample of fourteen (n=14) students attended the nutrition education program during the summer of 2016. The participants were both male and female, and ages ranged from 7 to 14. Three lessons were provided to the participants. The length of each lesson was 30 minutes. Students received nutrition and physical activity lessons. A control group was used to monitor change. The control group did not receive nutrition and physical activity lessons. Seven (n=7) students were in the control group and their ages ranged from 7 to 14.

## Data Collection Tool

The survey used in this study was developed by the Nutrition Education Program. Modifications were made to relate to specific cultural differences. The survey has four sections; demographics, knowledge (8 questions), behavior (18 questions), and lastly, questions related to MyPlate (7 questions).

## Data Analysis

The questionnaires will be coded and the data will be entered into Excel and transferred to use in the Statistical Package for the Social Sciences (SPSS) program. Using these methods of analysis, it will be determined if there were any significant changes from the intervention.

## Projected Results

### After three weeks of the intervention:

- Increase knowledge regarding the benefits of eating fruits and vegetables
- Increase knowledge regarding the benefits of drinking milk
- Increase knowledge regarding the benefits of consuming whole grains
- Increase knowledge regarding physical activity and screen time

### After one month of the intervention:

- Increase consumption of fruits, vegetables, milk, and whole grains
- Increase physical activity
- Decrease screen time

## Acknowledgment

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