

Effect of Nutrition Education on Factors Influencing Food Choices in Relation to Prevention of Stomach Cancer among Undergraduates in South-West, Nigeria

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ABSTRACT Nutrition education intervention on factors influencing food choices was examined, aimed at preventing stomach cancer. Participants comprised of 398 undergraduates from 2 universities randomly classified into control and experimental groups. Intervention comprised of 8 weeks' lecture on making healthy food choices (one hour weekly). Data was collected using self-developed and self-administered questionnaires before and after the intervention. Nutrition education significantly affected the perception of factors influencing food choices in the participants ($p < 0.05$). The experimental group recorded a higher mean score of 40.23, $p = 0.00$ and the control group's mean score was 37.58, $p = 0.42$. Socio-economic and media factors significantly influenced the participants' food choices ($p < 0.05$). The experimental group recorded higher mean scores in all variables tested; implying a better understanding of the factors of food choices in relation to stomach cancer. Nutrition education is efficacious in modifying food choices which may protect against stomach cancer.