

Nutritional Knowledge, Attitudes and Practices among University Students in Turkey and the US

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KEYWORDS Academic Achievement. Comparative Study. Insufficient Nutrition. Nutritional Attitude Inventory. Unbalanced Nutrition

ABSTRACT The aim of this study is to explore the differences in nutritional knowledge, attitudes and practices of students attending the Faculty of Education of Gazi University, Turkey and of the students at St. Cloud State University, USA regarding culture. In all, 1674 subjects, aged 16-27 participated in the study voluntarily. The data was collected by means of a demographic information form and Nutritional Attitude Inventory. Independent samples t-test and Pearson correlation tests were used. The Cronbach's Alpha values for the *nutritional knowledge*, *nutritional attitude* and *nutritional practice* subscales computed as 0.73, 0.76 and 0.72, respectively. Kaiser-Meyer-Olkin coefficient (.84) and Bartlett's test of sphericity ($\chi^2=17296.304$), ($p<0.00$) were conducted to assess the adequacy of the data for factor analysis. In conclusion, the nutritional attitude subscale had a moderate correlation with nutritional practice and nutritional knowledge subscales, while there was a weak significant correlation between the nutritional practice and nutritional knowledge subscales regarding the nutritional inventory of students from two different countries.