

OVERWEIGHT AND JUNK SNACKING AMONG THE FEMALE STUDENTS IN HIGHER INSTITUTIONS OF LEARNING. A CASE STUDY AT MILD MAY INSTITUTE OF HEALTH SCIENCES.

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Abstract

Background

This study aims to investigate overweight and junk snacking among female students in higher institutes of learning.

Methodology

A case study research design was used because the findings of one case can be generalized to other related phenomena. The researcher therefore used both qualitative and quantitative research methods for collecting and analyzing data to describe and interpret it into information. The target population of the study was thirty (114) respondents from which a study sample is selected. The study population consisted of both staff and female students at Mildmay institute of Health Sciences.

Results

62% of the respondents were female and 38% were male, thereby indicating that the respondents who were approached females were more than males since they were most category who depend on junk foods. The study findings revealed that they have never had any competitive game in their lives this was supported by 65% of the respondents, 31% reported that they have ever had a competitive game and finally 4% reported that they do not remember whether they had a competitive game or not. This implies that most of them did not have competitive games and they should engage in physical exercises to cover come overweight.

Conclusion

Physical exercises in form of games have helped many students to improve on health because it makes them to avoid of the diseases related to overweight. Playing of games enable students and other categories of people to avoid overweight related challenges like obesity.

Recommendations

The study recommends that providing Healthy Food Options has to be done: Service providers should ensure that healthy food options are readily available in school cafeterias, vending machines, and snack bars. Increase the availability of fresh fruits, vegetables, whole grains, and lean protein sources.

Keywords: *Overweight, Junk, Snacking, Female Students, Higher institutions of learning, Mildmay Institute of Health Sciences.*

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Introduction

Snacking is the meal eaten by a person which is separate from the main meals known these include breakfast, lunch and Dinner. So, the other meals eaten in between the main meals are the snacks. The research is based on investigating

on the implications of over nutrition where we start investing on the baseline causes of over nutrition (Al-Daghri & Aljohani, 2016). Snacking rates among young individuals, particularly university students, have been studied globally. Snacking is frequently linked to negative

health outcomes and poor dietary habits, and has thus been considered a contributing factor in overweight or obese individuals. The effects of snacking are difficult to study owing to the diverse strategies used to study snacking and the various definitions of snacking that have been employed in prior research (Al-Daghri & Aljohani, 2016). Female students in institutions of higher learning represent the youthful age population of a community, and are prone to unhealthy eating habits and foods by 70% during their college years which might affect their wellbeing and increase the risk of obesity, lower vegetable and/or fruit intake along with physical inactivity and increasing television viewing hours (Mandoura & Al-Raddadi, 2017). Because of the established health risks and substantial increases in prevalence, obesity has become a major global health challenge (Al-Daghri & Aljohani, 2016). Regardless of the possible link between snack intake and obesity, the frequency of snacking among female students has not been thoroughly examined. Therefore, this study aims to investigate the overweight and junk snacking among the female students in higher institute of learning.

Methodology

Research Design

Research design refers to the overall strategy utilized to carry out research that defines a succinct and logical plan to tackle established research question (Kombo, 2018). The study used a case study research design. A case study research design was used because the findings of one case can be generalized to other related phenomena. The researcher therefore used both qualitative and quantitative research methods for collecting and analyzing data to describe and interpret it into information. According to (Kombo, 2018) qualitative data is mostly non-numerical and usually descriptive or nominal in nature. Qualitative approaches address the 'how' and 'why' of a program and tend to use unstructured methods of data collection to fully examine the topic while the quantitative

approach fills the gaps that were left out by qualitative approach.

Population of the study

Population refers to an entire group of individuals, events, or objects having a common observable characteristic (Kampen, 2018). The target population of the study was thirty (114) respondents from which a study sample is selected. The study population consisted of both staff and female students at Mild may institute of health sciences.

Sample size and sampling strategies

According to Kampen, (2018) sampling is the procedure a researcher uses to gather people, places or things to study. It is a process of selecting a number of individuals or objects from a population such that the selected group contains elements representative of the characteristics found in the entire group. In this case, simple random sampling and purposive sampling techniques will be used.

Sample size

The sample of 114 respondents were selected from the target population using Morgan table (Appendix I). The researcher used simple random sampling technique to select seventy-eight (78) female students from lab and clinical school and purposive sampling to select thirty-six (36) female students from the school of applied school. The selected sample groups helped the researcher to obtain the required data to suit the purpose of the study in a timely manner.

A sample size determination of 114 respondents were selected from the population of 160 students

This sample size

$N = \frac{N}{1 + N(e)^2}$ Where

n= is the required sample size N= the total number of population.

e= is the level of precision

e=0.05

$n = \frac{160}{1 + 160(0.05)^2} = 114$ respondents

Table 1 Showing the sampling technique and sample size

category	Population	Sample size	Sampling technique
Lab. And clinical school	120	78	randomly
Applied science school	40	36	randomly

Sampling procedure

The study used both simple random and purposive sampling technique.

Purposive sampling

Refers to a sampling technique in which researcher relies on his or her own judgment when choosing members of population to participate in the study (Young, 2018). It is used to select certain individuals from a population for a study.

Purposive sampling method was used to select staff who took part in the study. The researcher used purposive sampling method because it is inexpensive and it also allowed the researcher to collect data much faster because the study sample was readily available (Kombo, 2018).

In the same vain, purposive sampling was used because it is convenient, saves time with appointments and cheaper in times of financing since the target respondents are commonly of key informants such as staff at Mildmay institute of health sciences (Kombo, 2018).

However, there is a possibility that the participants lacked time to attend to the research process due to fear of unknown reasons, job security among others.

Simple random sampling

Simple random sampling is defined as a sampling technique where every item in the population has an even chance and likelihood of being selected (Young, 2018). This was done in such a way that each individual in the target population has an equal chance of being selected hence helping the researcher to obtain equivalent representative groups that are essentially the same on all variables thought by the researcher to be influencing the dependent variable.

In order to obtain a simple random sample, the researcher must have a sampling frame. In a sampling frame, a listing of each member of the target population was drawn. The participants that will be included in the sampling frame was chosen randomly from the list.

Additionally, simple random sampling was selected for use, because it gave every user a chance to be selected for the study (Wright, 2018). However, it is expensive and tiresome.

Data collection methods, tools and techniques

The data collection process required proper organization, validation and editing of instruments before being used in the field. The study used both qualitative and quantitative research techniques. Interviews and questionnaire were the data collection methods to be used. The purpose was to find out the different views that enable a more accurate

assessment overweight and junk snacking among female students in higher institute of learning at Mildmay institute of health sciences

Data collection methods

Interview

An interview guide is a list of questions the researcher intends to ask in an interview depending on how structured the interview is (Wright, 2018). This method was the main source of data collection and although the interviews are seemingly time consuming and rather expensive, they hold advantages in many aspects as they generally help to minimize non-responses and rephrasing of questions (Wright, 2018). The interview guide consisted of open ended questions which needed in-depth explanation from the respondents. The researcher rephrased the questions in a way that can be interpreted by respondents. The interview guide was an important tool in helping the researcher to phrase the questions in a manner that even the illiterate respondents who were able to take part in the study can understand the importance of the study.

Questionnaire

A questionnaire is a research method where a researcher designs a document which consists of a set of questions or other types of prompts that aims to collect information from a respondent (Robinson, 2018). A research questionnaire is typically a mix of close-ended questions and open-ended questions. These questions are set to give respondents chance to mention their burning issues about the topic. This method was appropriate because it saves time and money and respondents are given chance to answer questions at their convenient time, it also eliminated interview bias (Robinson, 2018).

Data collection tools

Interview guide

An interview guide is a list of questions the researcher intends to ask in an interview depending on how structured the interview is (Wright, 2018). The interview guide consisted of open ended questions which needed in-depth explanation from the respondents. The researcher rephrased the questions which the respondents find ambiguous. The interview guide was important tool in helping the researcher to phrase the questions in a manner that even the illiterate respondents understand the variables in the study. The researcher recorded the responses in a note book.

Questionnaire

A questionnaire is a research instrument that consists of a set of questions that aims to collect information from a respondent (Robinson, 2018). The questionnaire was the main instrument used in the study. The questionnaire consisted of structured / close – ended questions. The researcher administered the questionnaires to the female students at the institute. This tool is appropriate because it saves time and money and respondents are given chance to answer questions at their convenient time, it also eliminates interview bias. Female students filled in questionnaires during data collection since they are the larger group.

Data Quality Control Validity

The term validity means the degree to which scientific explanations of a phenomenon that is, findings of the study, match with the realities of the world (Bhat, 2019). In other words, the validity of the study described the soundness of the results or conclusions reached from the study. To ensure validity, the researcher developed data collection instruments under the guidance of the supervisor. This helped to identify ambiguous questions in the instruments and be able to realign them to the set objectives.

Reliability

Reliability is defined as the probability that a product, system, or service performed its intended function adequately for a specified period of time, or operated in a defined environment without failure (Kombo, 2018). This examined the credibility of the data or accuracy collected during research or it examines how trustworthy the source is as a true reflection of what happened, actually in other words internal criticism asks if the event happened as described. Reliability in a study will be important because they strengthened confidence in the data collected and trust in the successful application and use of the research results. Reliability was used to ensure that findings are credible to the research. The finding was reliable because it was repeated in similar situations and similar results were obtained.

Data analysis Qualitative data analysis

The raw data from the questionnaire was, cleaned, sorted and then exported into SPSS (version20) data analysis package which was analyzed

Qualitatively using the descriptive statistics like frequency count and then presented into comprehensive tables and charts showing the responses.

Qualitative data analysis

All collected data was sorted by checking for any error, grouped into themes and analyzed as postulated in the research objectives patterns and connection within and between categories were identified and data was interpreted by comprising explanations and substituting them using the respondent's open responses

Ethical Considerations

Submission of research proposal

The researcher submitted a research proposal under the guidance of the research supervisor to the Department. On approval of the research proposal, the researcher was issued with an introductory letter addressed management of Mildmay institute of health sciences, seeking for permission to carry out research.

Confidentiality

The researcher obtained consent from the respondents and ensure extreme respect, professionalism, privacy, anonymity and confidentiality while handling the research activity. Benefits of the study were explained to all participants to instill confidence and opening up. The researcher ensured that there is voluntary participation of respondents in this research. The researcher also ensured that the use of offensive, discriminatory, or other unacceptable language is avoided in the formulation of the questionnaire and interview questions. From the field the researcher continued with the sorting and analyzing the data and finally presentation of the research findings and the final writing of the dissertation.

Informed consent

In conducting the study, explanations about the research aims were made clear to the respondents, so as to obtain their informed consent. As such, the respondents participated in the study voluntarily and mention of their names were avoided. Therefore, anonymity of the respondents will be assured and the data provided will be treated with utmost confidentiality.

Results

Response rate of respondents

Demographic Data

The researcher gave out research questionnaires to 114 respondents but only 100 questionnaires were collected back. Making a response rate of 87.7%.

Gender

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The respondents will be asked to indicate their gender and the results are shown below.

Table 2: The gender composition of the respondents

Gender	Frequency	Percent (%)
Female	62	62
Male	38	38
Total	100	100

Source: Primary data, 2023

Table 2 show the results which were obtained where 62% of the respondents were female and 38% were male, thereby indicating that the respondents who were approached females were more than males since they were most category who depend on junk foods.

The age composition of the study respondents was also an important factor to assess assessment of junk snacking and overweight of students going children aged 18 years and above in Mildmay institute of health sciences Lweza, Wakiso district. This was so because different age groups were assumed to understand the study variables differently yet considered crucial to the study.

Age of the respondents

Table 3: Showing age of respondents

Age	Frequency	Percentage (%)
18	11	11
Above 18	89	89
Total	139	100

Source: Primary data, 2023

The study findings in Table 3 show that most of the students from the institute were above 18 years of age as were represented by 89% of the total population. However, 11% of the respondents were 18 years. This implies that the study was of importance since the study was targeting respondents of 18 years and above.

Religion of the respondents

Respondents were asked to indicate their region and this was given as below

Table 4: Showing religion of the Respondents

Religion	Frequency	Percentage (%)
Anglican	18	18
Muslim	14	14
Adventists	13	13
Catholic	32	32
Born again	23	23
Total	100	100

Source: Primary data, 2023

The table.4, shows that most of the respondents were Catholics with 32%, followed by born again with 23%, 18% were Anglicans, 14% were Muslims and 13% were Adventists. The study considered both all regions so the researcher was able to get unbiased information.

Table 5: Showing where respondents get break fast

Responses	Frequency	Percentage (%)
Dining hall	39	39
Canteen	21	21
Restaurants	18	18
Home	32	32
Total	100	100

Source: Primary data, 2023

The study findings revealed that majority of the respondents get breakfast from the dining hall with 39% of the total respondents, it was followed by 32% who get from home, 21% of the respondents get from canteen and finally 18% of the respondents get from restaurants. The majority get it from dining hall implying that they are able to get breakfast that does not contribute to overweight since all institutions give diets that promotes good health

Table 6: Showing where respondents stay

Age	Frequency	Percentage (%)
Resident	61	61
Non resident	39	39
Total	139	100

Source: primary data, 2023

The study findings revealed that most of the respondents were residents and this was supported by 61% of the respondents and 39% were nonresidents. This implies that majority of the respondents were residents and they do not depend on junk foods that promote obesity.

Marital status of the respondents

Respondents were asked to indicate their marital status.

Table 7: Showing Marital Status of the Respondents

Marital status	Frequency	Percentage (%)
Single	64	64
Married	29	29
Divorced	7	7
Total	100	100

Source: Primary data, 2023

The figure shows that most of the respondents were single with 64%, followed by married respondents with 29% and finally 7% who were divorced. This implies that most respondents were single since most of the residents were still studying.

Table 8: Showing nationality of the respondents

Age	Frequency	Percentage (%)
Ugandan	83	83
Non Ugandan	17	17
Total	100	100

Source: primary data, 2023

The study findings revealed that most of the respondents were Ugandans as represented by 83% of the total respondents. And 17% of the respondents were non Ugandans. The study considered both nationals and non-nationals implying that information was from reliable sources.

Physical Exercise.

Table 9: Showing kind of games respondents enjoy

Responses	Frequency	Percentage (%)
Indoor games	25	25
Outdoor games	75	75
Total	100	100

Source: Primary data, 2023

Figure 8 shows that most of the respondents enjoy outdoor games with 75%, 25% enjoy outdoor games. This implies that most respondents enjoy outdoor games meaning they have variety of games they play to minimize on overweight.

Table 10 showing how often respondents play the games

Responses	Frequency	Percentage (%)
Often	34	34
Occasionally	42	42
Once in a while	24	24
Total	100	100

Source: Primary data, 2023

Figure 10, shows that most of the respondents' play the games occasionally with 42%, 34% play games often and finally 24% play once in a while. This implies that most respondents play games occasionally implying that at least fifty percent of the total respondents are able to do physical exercise that has helped them health and be able to reduce on overweight

Table 11: Showing kind of games respondents play.

Responses	Frequency	Percentage (%)
Football	45	45
Netball	22	22
Rugby	9	9
Hockey	8	8
None of the games	18	18
Total	100	100

Source: Primary data, 2023

The figure 11, shows that most of the respondents play football with 45%, 22% play netball, 9% play rugby, 8% hockey and finally 18% play none of the games. This implies that most respondents play both foot and netball and are able to make enough physical exercise.

Table 12: Showing time respondents go for sports

Responses	Frequency	Percentage (%)
Morning	32	32
Afternoon	18	18
Evening	40	40
None	10	10
Total	100	100

Source: Primary data, 2023

The figure 12, shows that most of the respondents go for sports in evening time, 32% go for sports during morning, 18% do engage in sports during afternoon and none go for sports at none of the time. Most of the respondents go for sports in the evening implying respondents go for sports in the evening after work and are able to reduce on their weight.

Table 13: Showing whether respondents had a competitive game in their lives.

Responses	Frequency	Percentage (%)
Yes	31	31
No	65	65
I don't remember	4	4
Total	100	100

Source: Primary data, 2023

The study findings revealed that they have never had any competitive game in their lives this was supported by 65% of the respondents, 31% reported that they have ever had a competitive game and finally 4% reported that the do not remember whether they had a competitive game or not. This implies that most of them did not have competitive games and they should engage in physical exercises to cover come overweight.

Table 14: Showing whether respondents believe exercises have an impact on weight management

Marital status	Frequency	Percentage (%)
Yes	54	54
No	46	46
I don't remember	-	-
Total	100	100

Source: Primary data, 2023

The study findings revealed that majority of the respondents reported that they believe exercises have impact on weight management. This was supported by 54% of the total respondents and 46% reported that they do not believe that exercise has an impact on weight management implying that making physical exercises enables to reduce on overweight among students in institutions of higher learning

Snacking practices

Table 15: Showing whether respondents are usually influenced by your peers in what they eat

Responses	Frequency	Percentage (%)
Yes	37	37
No	63	63
Total	100	100

Source: Primary data, 2023

The study results show that majority of the respondents 63% reported that they are never influenced by peers in what they eat and 37% of the respondents reported that they are influenced by their peers in what they eat. This implies that majority of the students eat by their choice and this has enabled them to overcome the issue of overweight however some are still influenced by their peers.

Table 16: Showing whether respondent's food advertisements on media influence what they eat.

Responses	Frequency	Percentage (%)
Yes	55	55
No	45	45
Total	100	100

Source: Primary data, 2023

The study findings revealed that majority of the respondents reported that they are influenced by the food advertisement on what they eat by 55% of the total respondents and 45% reported they are not influenced by media. Implying that food advertisements have play a role in promoting of junk foods that leads to overweight.

Table 17: Showing the kind of snacks do you enjoy eating

Responses	Frequency	Percentage (%)
Fried	43	43
Baked	32	32
Raw foods	25	25
Total	100	100

Source: Primary data, 2023

The study findings revealed that majority of the respondents take fried snack this was represented by 43% of the respondents, 32% of the respondents reported that they eat baked snacks and 25% of the respondents eat raw foods. This implies that majority students in higher institutions of learning they eat fried snacks and this may contribute to overweight amongst them.

Table 18: How often do you eat snacks?

Responses	Frequency	Percentage (%)
More than 7times a weeks	21	21
2-6 times a week	37	37
Once a week	42	42
Total	100	100

Source: Primary data, 2023

The study findings revealed that majority of the respondents eat snacks once a week this was supported by 42% of the respondents, 37% of the respondents reported that they eat snacks 2-6 times a week and finally 21% of the respondents reported that they eat snacks 7times a week.

Perception on knowledge

Table 19: Level of education

Responses	Frequency	Percentage (%)
Primary	11	11
Secondary	39	39
Tertiary	34	34
University	16	16
Total	100	100

Source: Primary data, 2023

The study findings revealed that majority of the respondents reported that their parents ended in secondary schools with 39% of the total respondents, 34% of the respondents ended in tertiary education, 16% had attained bachelor's degree, and finally 11% had attained primary level of education.

Table 20: Kind of food eaten by respondents at home

Responses	Frequency	Percentage (%)
Posho	35	35
Rice	15	15
Cassava	24	24
Matooke	26	26
Total	100	100

Source: Primary data, 2023

The study shows the kind of food eaten at home and this was supported by majority of the respondents eat Posho in their homes and this was supported by 35% of the respondents, 26% eat matooke, 24% eat cassava and 15% eat rice.

Discussion

Physical Exercise.

The study findings revealed that most of the respondents enjoy outdoor games. This implies that most respondents enjoy outdoor games meaning they have variety of games they play to minimize on overweight. Outdoor games enable people to have various and enough exercises to reduce on overweight. This is in line with Lim, Omar (2017) who contends that outdoor games enable female learners to have enough physical exercises since the environment favor to do any kind of the games.

The study findings showed that most of the respondents play the games occasionally. This implies that most respondents play games and this has helped them to improve on their health and to reduce on overweight. Physical exercises in form of games have helped many students to improve on health because it makes

them to avoid of the diseases related to overweight. This study concurs with Dunstan, Salmon & Owen. (2008) states that playing of games enable students and other categories of people to avoid overweight related challenges like obesity since exercises kills some of the calories in the body.

The study findings show that most of the respondents play netball. This implies that most respondents play both netball and are able to make enough physical exercise. Net ball is one of the games played by ladies in most of the localities and institutions of learning and this has maintained normal body weights among learners. Playing games is very vital for health purposes.

The results show that most of the respondents go for sports in evening time. Most of the respondents go for sports in the evening implying respondents go for sports in the evening after work and are able to reduce on their weight. Evening is the best time for having physical exercises' since it allows the body to release some of the wastes in form of sweat. Sports in evening hours enables the learners to flex their bodies and this has helped them to reduce on excess fats in their bodies. This is in agreement with Michal, J. (2020) who contends that many people tend to have physical exercises

in the evening because it is the convenient time for most of the people for example the corporate and learners. They get time after work and school respectively and this has helped them to reduce on the excess fats in their bodies hence improving on health by maintaining normal body weight.

The study findings revealed that they have never had any competitive game in their lives this was supported by majority of the respondents. This implies that most of them did not have competitive games and they should engage in physical exercises to cover come overweight.

The study findings revealed that majority of the respondents reported that they believe exercises have impact on weight management. This was supported by majority of the respondents implying that making physical exercises enables to reduce on overweight among students in institutions of higher learning. This concur with Michal, (2020) who states that physical exercises have helped many learners and other groups of people to reduce on the excess fats and this has helped them to maintain their body weight.

Snacking practices

The study results show that majority of the respondents that they are influenced by their peers in what they eat. This implies that majority of the students eat by their choice and this has enabled them to overcome the issue of overweight however some are still influenced by their peers. Peers have falsely encouraged their peers to eat what they eat since they want to also fit in the society. This is in line with Carmo & da Silva (2014) who contends that many female learners tend to eat what they eat because of their peers. Peers encourages other colleagues to make wrong choices on what they eat and this has increased on the uptake of the junk foods since female students in higher institutions of learning do not like preparing food instead they feed on junk foods.

The study findings revealed that majority of the respondents reported that they are influenced by the food advertisement on what they eat. Implying that food advertisements have played a role in promoting the uptake of junk foods that leads to overweight. Advertisements on various media platforms have encouraged many to go for junk foods for example twitter, Facebook, televisions among others. This is in line with Allom & Mullan. (2014) who contends that media platforms like Facebook and televisions have continuously advertised nice food adverts for junk foods for example chicken and this has encouraged many female students to go for junk snacks.

The study findings revealed that majority of the respondents take fried snack this was represented by the respondents reported that they eat baked snacks. This implies that

majority students in higher institutions of learning they eat fried snacks and this may contribute to overweight amongst them. This concurs with Allom & Mullan. (2014) who contends that most of female students in various institution of learning concentrate on fries for example chips as their daily meals and this has contributed to overweight.

Perception on knowledge

The study findings revealed that majority of the respondents reported that their parents ended in secondary schools. The study findings revealed that majority of the respondents reported that the level of education of parents affects what they eat and this was supported by the majority agreed and this implies that education of parents affects what they eat in homes. This concur with Alhyas & McKay (2011) contends that parents' education has influenced the uptake of various foods female students eat. Those from humble background are unable to access the junk foods and those from rich families are able to access the junk foods. This means that female students from humble background have naturally managed to manage their weight by eating indigenous goods and those from educated families tend to have money and they go for fries hence encouraging overweight due to the uptake of junk foods since they are mostly accessed by educated and those with money.

The study findings revealed that majority of the respondents reported that the parents' occupation what we feed on. This implies that parents with jobs are able to access some fries at home and this can contribute to overweight among their school going children. Parent's occupation influences what female students eat.

The study findings revealed that majority of the respondents reported that lack of money is one of the serious factors that contribute to the way people eat at home. This implies that female students who were included, their way of eating is affected by lack of money. This concur with Alhyas & McKay. (2011) who contends that families with incomes are the best customers of the junk snacks since those with no money depend on indigenous foods like yams, posho, beans, ground nuts which are promote good health.

Conclusion

The study findings also revealed that majority of respondents had BMI of between 25.0 kg/m² to 28.5 to implying that the majority of the respondents had health weight. Majority of female students have normal weight and they should continue with food eating practices to maintain their health weight.

The study findings showed that most of the respondents play the games occasionally. This implies that most respondents play games and this has helped them to improve on their health and to reduce on overweight. Physical exercises in form of games have helped many students to improve on health because it makes them to avoid of the diseases related to overweight. Playing of games enable students and other categories of people to avoid overweight related challenges like obesity.

The study results show that majority of the respondents that they are influenced by their peers in what they eat. This implies that majority of the students eat by their choice and this has enabled them to overcome the issue of overweight however some are still influenced by their peers. Many female learners tend to eat what they eat because of their peers. Peers encourages other colleagues to make wrong choices on what they eat and this has increased on the uptake of the junk foods since female students in higher institutions of learning do not like preparing food instead they feed on junk foods.

The study findings revealed that majority of the respondents reported that lack of money is one of the serious factors that contribute to the way people eat at home. This implies that female students who were included, their way of eating is affected by lack of money. Families with incomes are the best customers of the junk snacks since those with no money depend on indigenous foods like yams, posho, beans, ground nuts which promote good health and maintain normal weight.

Recommendation

The study recommends that promoting Nutritional Education has to be done in institutions: Implement comprehensive nutritional education programs that focus on healthy eating habits, portion control, and the importance of a balanced diet. Offer workshops, seminars, and interactive activities to educate female students about the nutritional value of different food groups and the negative effects of excessive junk snacking.

The study recommends that providing Healthy Food Options has to be done: Service providers should ensure that healthy food options are readily available in school cafeterias, vending machines, and snack bars. Increase the availability of fresh fruits, vegetables, whole grains, and lean protein sources. Limit the availability of sugary drinks, high-fat snacks, and processed foods. Promote these

healthier choices through attractive displays, signage, and nutritional information.

The study recommends that creating supportive environments has to be done to reduce on the uptake of junk snacking: Foster a supportive environment that encourages healthy lifestyles. Establish wellness committees or student-led groups to organize physical activities, such as sports, dance, or fitness classes. Encourage female students to participate in these activities to promote regular exercise and help combat sedentary behaviors. Additionally, create designated areas for relaxation and stress reduction, as emotional eating can contribute to unhealthy snacking habits.

The study recommends that involving parents and guardians can reduce on overweight and junk snacking: Engage parents and guardians in promoting healthy eating habits and reducing junk snacking. Organize informational sessions or workshops specifically geared towards parents, providing guidance on healthy meal planning, cooking techniques, and strategies for creating a supportive home environment. Institutions of learning should encourage parents to pack nutritious lunches and snacks for their children and discourage the purchase of unhealthy snacks.

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Conflict of interest

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Author Biography


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