



Dietary behaviour of NEET-youth in Vienna and Lower Austria

E. Höld¹, C. Winkler¹, K. Klausburg¹, P. Rust²

¹Institute of Health Sciences, Department of Health Sciences, St. Pölten, Austria

²University of Vienna, Department of Nutritional Sciences, Vienna, Austria

Background and Aims

15.4% of all young people in Europe belong to the socioeconomically disadvantaged group of NEET-youth (= Not in Education, Employment or Training). Little is known about their dietary behaviour. However, the WHO-HBSC-surveys showed unfavourable dietary behaviour if adolescents live under lower socioeconomic circumstances. Therefore, the health promotion project GAAS targets on analysing and improving dietary behaviour among NEET-youth.

Methods

The project GAAS (2015-2018) is conducted in Vienna and Lower Austria by two youth organizations, the University of Vienna and St. Pölten University of Applied Sciences. 53 questionnaires focusing on dietary behaviour were part of the projects needs analysis. Outcomes are compared with the age-specific Austrian results of the WHO-HBSC-survey 2014 (Ramelow et al., 2015).

Tab. 1: Sample description of the GAAS-project and the WHO-HBSC-survey 2014 (Ramelow et al., 2015)

	GAAS (n=53)	HBSC (n=2896)
gender (%)		
female	39.6	58.7
male	60.4	41.3
age (years)	17.9±1.7	15 to 17
Family Affluence Scale (%)		
low	41.5	4.0
average	48.8	34.0
high	9.8	62.0
immigration background (%)	52.8	12.0

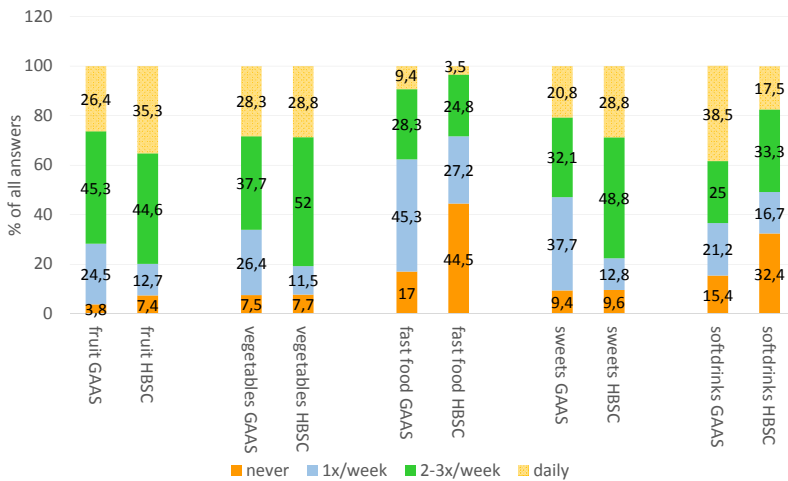


Fig. 1: Dietary behavior of GAAS and WHO-HBSC-survey 2014 participants (Ramelow et al., 2014)

Results

Compared with HBSC-data, the majority of GAAS-participants were male and lived in low/average affluent families with an immigration background. GAAS-participants mentioned a lower daily consumption of fruit, a higher everyday intake of fast food and soft drinks than HBSC-youth. Moreover and not analysed by HBSC, 28.3% of the interviewees consumed energy drinks every day while only 66% consumed water on a daily basis. However, NEET-youth reported to eat less sweets than HBSC and a comparable amount of vegetables.

Conclusions

The project GAAS collected unique data concerning dietary behaviour of NEET-youth. Compared with HBSC-average, most of the projects participants had a poor eating behaviour. Especially the high consumption of soft- and energy drinks is a matter of concern. These results underline adverse interrelations of socioeconomic disadvantages and health already in younger people.

Reference: Ramelow, D., Teutsch, F., Hofmann, F., Felder-Puig, R., Ludwig Boltzmann Institut Health Promotion Research (2015). Gesundheit und Gesundheitsverhalten von österreichischen Schülerinnen und Schülern. Ergebnisse der WHO-HBSC-Survey 2014. Retrieved http://www.bmgf.gv.at/cms/home/attachments/9/7/0/CH1444/CMS1427118828092/gesundheit_und_gesundheitsverhalten_oester_schuelerinnen_who-hbcs-survey_2014.pdf.