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**Healthy Eating Index
Among Population In Bethlehem District**

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Healthy Eating Index
Among Population In Bethlehem District

BY

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ENDORSEMENT

Public Health School Deanship of post Graduate Studies.

Healthy Eating Index Among
Population In Bethlehem District

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Al - Quds University

2004

Dedication

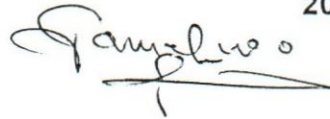
To my father, my wife , my children and
my Colleagues in Emergency Department
at Makassed Islamic Charitable Hospital.

Declaration

No portion of the work referred in this thesis has been submitted to an application for another degree or qualification of this or any other university or institute of learning.

Jamal Al – Wahadneh

2003

A handwritten signature in black ink, appearing to read 'Jamal Al-Wahadneh', with a horizontal line underneath.

Abstract

Healthy Eating Index

To ascertain over all diet quality, the **Healthy Eating Index** (H.E.I) was developed based on a ten component system which comprises of five food groups, four nutrients, and a measure of variety of food intake. Each one of the ten components has score, ranging from 0 – 10, so the total possible index score is 100.

This study was conducted between Feb and March, 2003 in Bethlehem district among specific age group (18 – 64 years).

During the 1st three months of the year 2003, samples were randomly selected, 96% of them responded well to the tools used in the study.

Results indicated:

- 79% of the participants need to improve their diet habits.
- 14% showed good diet.
- 7% reported poor diet

The study highlighted the importance to improve awareness of dietary intake which improve their HEI.

GENDER:

Female gender showed difference in HEI scores than male. Their scores were 69.7% and 69.1% respectively.

INCOME:

- Subjects who have an income of ≤ 423 \$ / month reported 68.8% of HEI.
- Subjects who have an income of (1282 – 2847 \$) / month reported 69.9% of HEI score.

EDUCATION:

- Subjects with only primary education reported 64.6% of HEI.
- While those with college and higher education scored 70.2% of HEI.

AGE GROUPS:

- 18 – 24 year group reported 66.7% of HEI score.
- 55 – 64 year group reported 70.3% of HEI score.

The study recommended the need to improve the dietary nutrients, depending on the recommended number of food servings per day. Also to increase the nutritional education and awareness to improve food consumption patterns which reduce risks of chronic diseases.

Our research needs to be directed at developing measures to assess over all dietary quality. While a number of analytical instruments have been developed which evaluate specific dietary components, such as fat and cholesterol, few instruments have been developed to assess the over all quality of a diet.

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Introduction

It is the best interest of all societies to maintain the health of its people as a public good to be utilized by the nation to drive their developmental goals and objectives. It is only with a healthy society that a nation can progress and prosper. Recently, reports have indicated that diet and lack of physical activity are significant contributing factors for most of the leading causes of death in the world, such as (Cardiovascular diseases, certain types of cancer, stroke and diabetes), (U.S.D.A. 1994 – 96.) It has been also well documented that a healthy diet reduces the risk of such diseases, Dietary Guidelines for Americans, and National Research Council's report on Diet, and Health (1989).

A study using a healthy diet indicator, based on the World Health Organization Dietary Recommendations, found that mortality was lowest in people with the healthiest diets. (Center for nutrition policy and promotion, "CNPP" 1994)

The Healthy Eating index, serves as a performance measure for the success of nutrition intervention efforts to improve dietary habits.

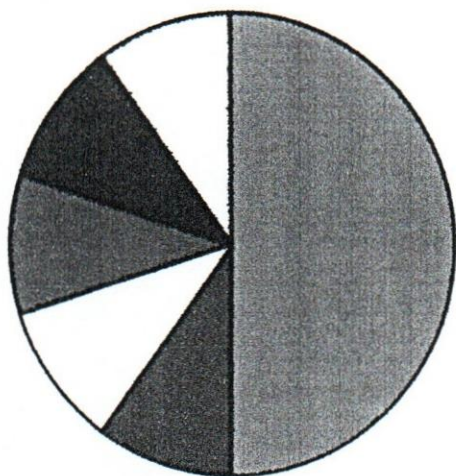
To assess the dietary status of the population sample, the researcher used the healthy eating index, an important new tool for measuring the individual's food consumption patterns which allows monitoring of changes in one's dietary intake quality.

The Healthy Eating Index was developed by the USDA center for nutrition policy and promotion (CNPP).

The Healthy Eating Index is a summary measure of the overall people's diet:

See graph: 1

GRAPH: 1



- food guide pyramid:
grains, vegetables, fruits,
milk, meat foods
- total fat

- saturated fat

- cholesterol

- sodium

- variety

Each component of the index has a maximum score of 10 and a minimum score of zero. Intermediate scores were computed proportionately. The maximum over all score for 10 components combined is 100. High components scores indicate intakes close to recommended ranges or amount. Low component score indicate less compliance with recommended ranges or amount. An HEI score over 80 implies a "good" diet, an HEI score between 51 and 80 implies a diet that "needs improvement", and H.E.I score less than 51 implies a "poor" diet. **U.S.D.A, Dec, 2002.**