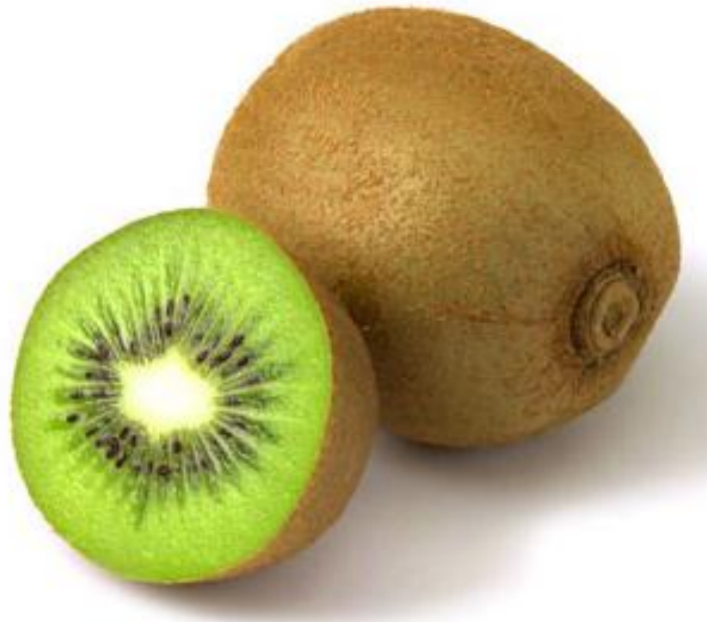


Eating and dieting behaviours in urban-rural adolescents: a cross-national study between Scotland and Canada

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Introduction

Obesity is increasing worldwide. In the UK, about one third of young people are overweight and around one sixth obese ⁽¹⁾. A third of Canadian youths are overweight or obese ⁽²⁾.

Adolescents growing up in rural and urban setting have varying lifestyles and possibly eating behaviours ^(3,4).

Methods:

HBSC 2010 data (Scotland & Canada)

Variables:

- Breakfast consumption (weekday/weekend)
- Food frequency questions (chips, crisps, sweets, soft drinks, fruits, vegetables)
- Dieting behaviour

Key Findings

Weekday breakfast eating:

- **Scotland: higher proportion of rural adolescents eat breakfast (p < 0.001)**
- **Canada: higher proportion of urban adolescents eat breakfast (p < 0.001)**
- **Higher proportion of Scottish adolescents eat breakfast (p < 0.001)**

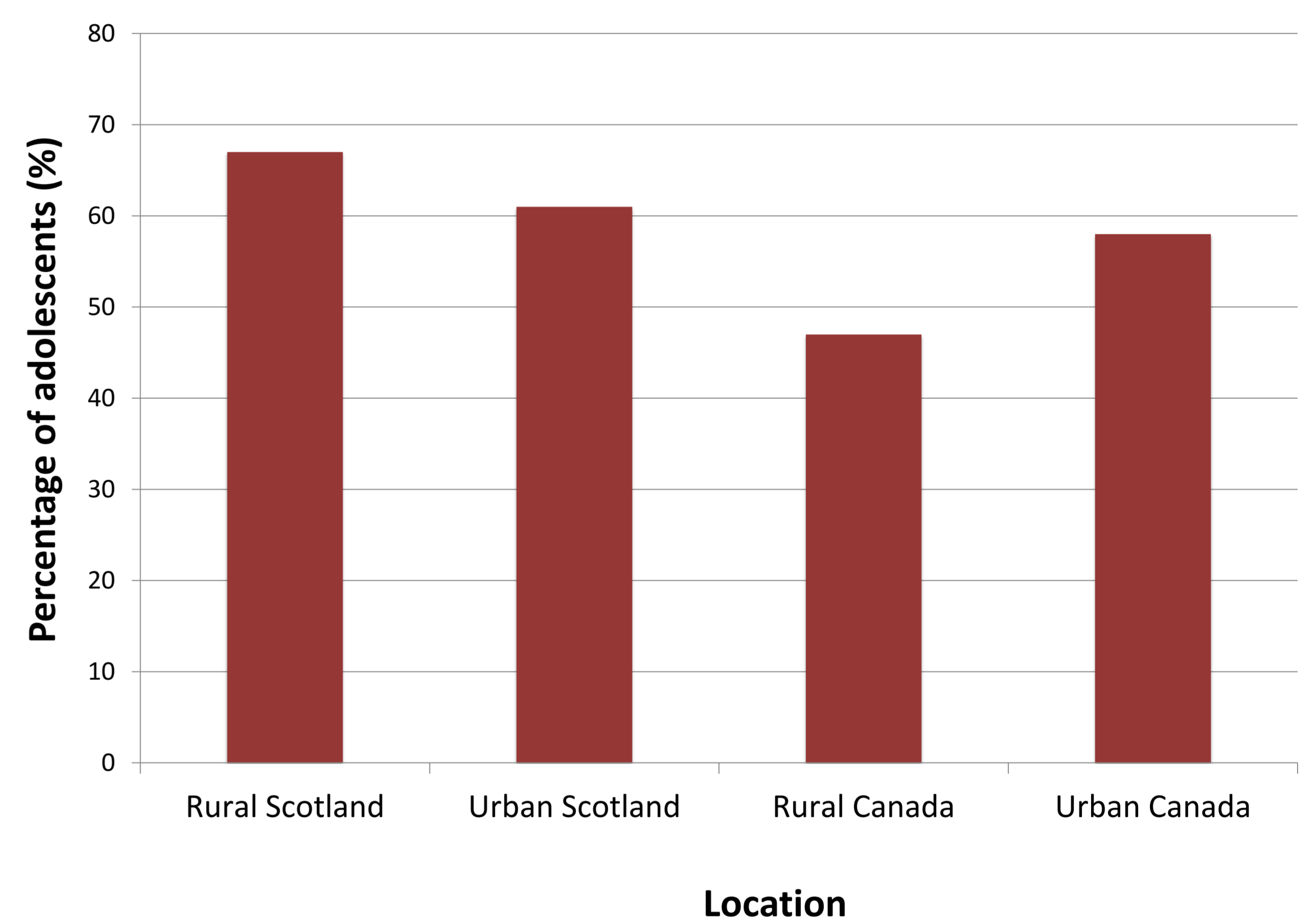
Dieting:

- **Higher prevalence of dieting among Scottish adolescents (p < 0.001)**

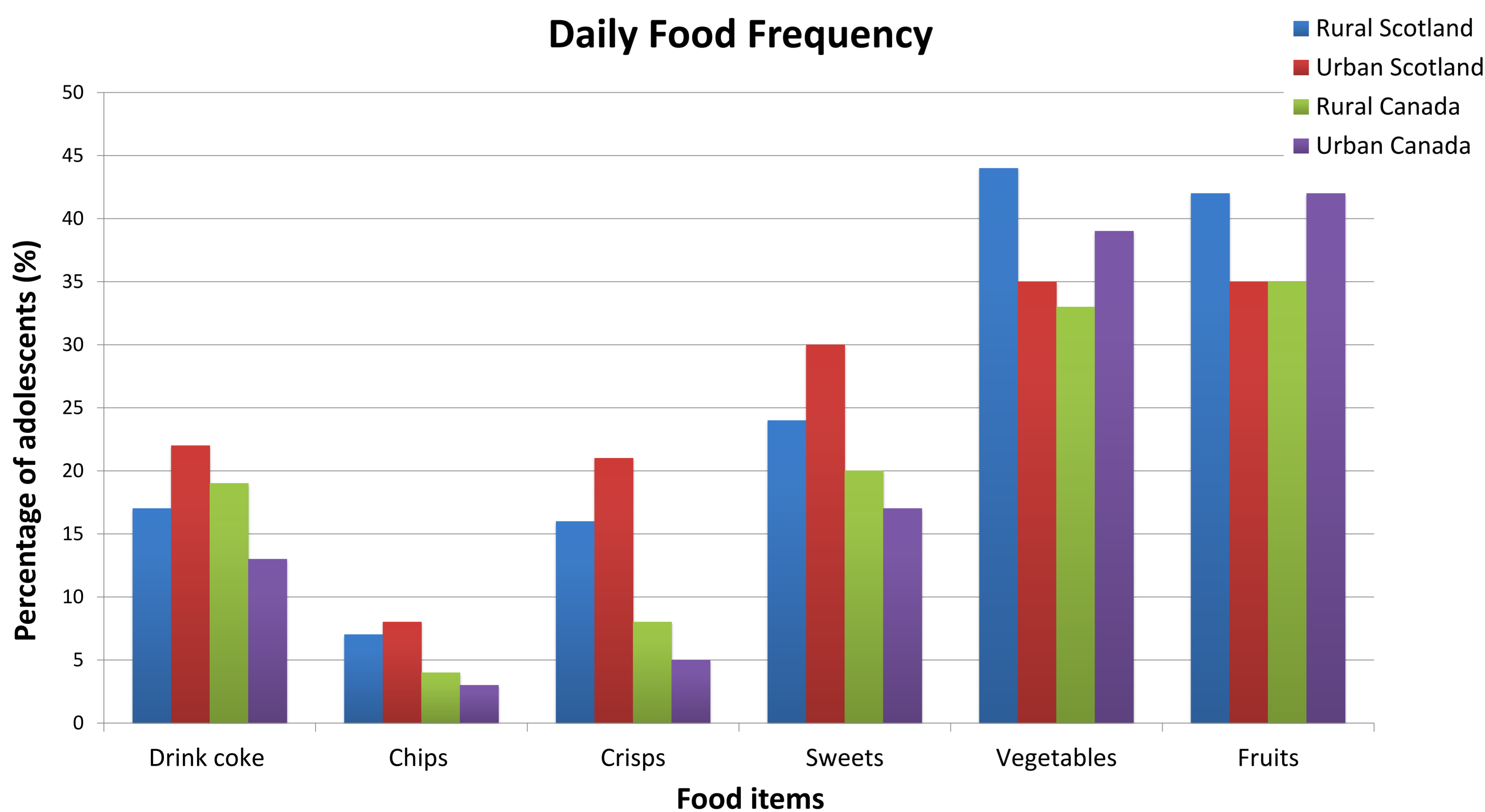
Daily Food Frequency:

- **Scotland: rural adolescents make healthier food choices (p < 0.001)**
- **Canada: urban adolescents make healthier food choices (p < 0.001)**
- **Compared with Scottish adolescents, Canadian adolescents have a lower prevalence of eating unhealthy foods e.g. coke, chips, crisps, sweets (p < 0.001)**

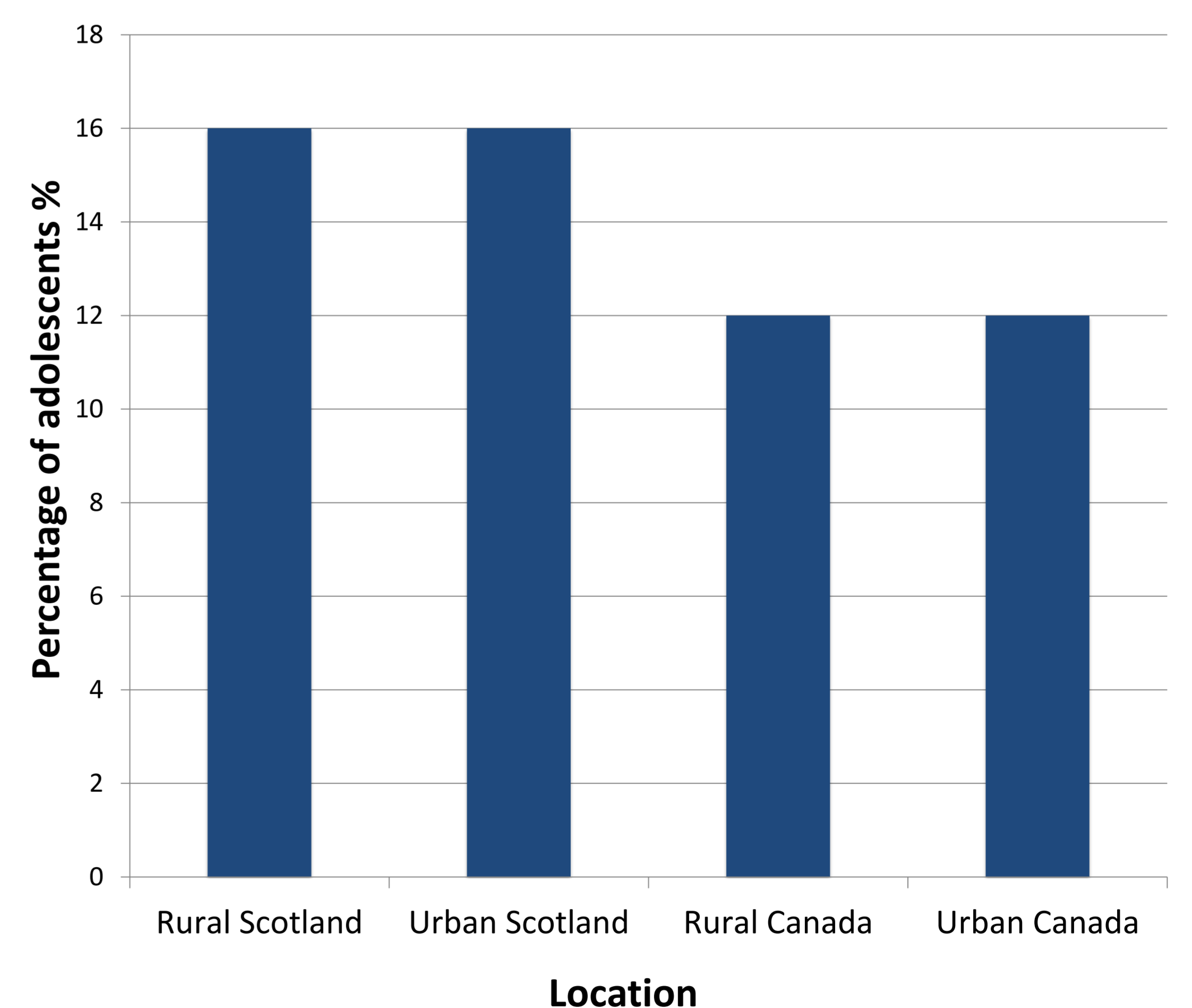
Weekday Breakfast Eaters



Daily Food Frequency



Dieting



Conclusions

In Scotland, rural adolescents have healthier eating behaviours. In Canada, urban adolescents have healthier eating behaviours. Scottish adolescents eat breakfast on weekdays more regularly than Canadians. Canadian adolescents have a lower prevalence of eating unhealthy foods. Scottish adolescents are more likely to be on a diet.

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Acknowledgements

Rakeeb Patel
Nasser Al-Naaimi