

# COMPORTEMENT ALIMENTAIRE ET ÉTAT NUTRITIONNEL DES ADOLESCENTS FRANÇAIS<sup>1</sup>

F. ROVILLÉ-SAUSSE

Introduction: puberty is one period of transformation during which the increase of size and weight is fastest of the life (except the 0–1 year period). This development requires a considerable energy contribution and makes the human body very vulnerable to any food imbalance. It is also a period of hormonal changes which have an influence on the growth, increase the appetite and modify the body composition. In the boy as in the girl, an insufficient supply in quantity or quality can delay the sexual development and decelerate the growth and osseous maturation. In addition, food imbalance forms part of the factors of major risk to develop a cardiovascular disease, which constitutes a priority of public health. The objective of this research was to study the changes (improvement) of food behavior in a group of teenagers who had taken part during several months, with their professor of life sciences, with a research task on the food and health.

Method: in 2006, an investigation was carried out in a college of the Paris area, near 130 teenagers from 12 to 16 years. Each girl and each boy were weighed and measured in order to determine their nutritional state by the body mass index (BMI). Each young person made the Kidmed test, in order to evaluate the weekly food behavior. From a questionnaire of 16 items whose values are added, one can make a classification of the diet in three groups: very bad quality, need for improvement, optimal diet. Lastly, a food consumption survey of "recall of the last 24 hours" type was carried out, in order to evaluate the daily nutritional intakes (individual and average), and to compare them with the advised nutritional contributions (ANC).

Results: with the Kidmed test, the answers of the girls and boys were not significantly different. On the other hand, there was a difference related to the age (better scores among the teenagers <14 years) and to the BMI (better scores among the teenagers in overweight). The evaluation of the daily nutritional intakes shows an unbalanced food. It thus seems that the work of investigation undertaken with their professor of life sciences was profitable since they have a good knowledge of the concept of healthy food. But the change of behavior will be progressive.

## INTRODUCTION

La puberté est une période de transformations durant laquelle le développement staturo-pondéral est le plus rapide de la vie (excepté la période de 0–1 an). Chez

---

<sup>1</sup> Recherche soutenue par le Programme International de Coopération Scientifique franco-roumain PICS n°4341