

**PRE-PACKAGED SNACKS CONSUMPTION
BEHAVIOR AND USE OF FOOD LABEL
INFORMATION AMONG THE STUDENTS FROM
UNIVERSITY OF MEDICAL TECHNOLOGY,
YANGON**

**WAI YAN MYINT HTOO
M.B.,B.S**

**Master of Public Health (MPH)
University of Public Health, Yangon
2021**

**PRE-PACKAGED SNACKS CONSUMPTION
BEHAVIOR AND USE OF FOOD LABEL
INFORMATION AMONG THE STUDENTS FROM
UNIVERSITY OF MEDICAL TECHNOLOGY,
YANGON**

**Thesis submitted to
the Postgraduate Academic Board of Studies,
University of Public Health, Yangon
as the partial fulfillment of the requirements
for the Degree of Master of Public Health (MPH)**

WAI YAN MYINT HTOO

M.B.,B.S

2021

ABSTRACT

Snacking has become a popular eating habit on a global scale, especially among adolescents, and it is a behavioral risk factor for many diet-related NCDs with serious health consequences. The use of food label information as a measure is crucial for making healthier snack choices. This study aimed to explore pre-packaged snack consumption behavior and use of food label information in choosing pre-packaged snacks. A cross-sectional study with online survey method was done among 200 students from University of Medical Technology, Yangon between June 2020 and January 2021. Using Original Bloom's cut-off point, the practice of food label use was divided into three levels: good, fair and poor practice. The Chi-square and Fisher's exact tests were used to determine associations at 0.05 significance level. Overall, the majority of the students were female (78.5%), 18 years (49.0%), and only a few had food allergies (16.5%). Almost all participants (95.5%) were consuming pre-packaged snacks within one month, mostly bakery products, miscellaneous products and packaged/bottled drinks. According to the study, one-third of students had high knowledge and positive attitude of food labels while only 14.5% and 20.5% of students had good practice of food label use in choosing usual and newly consumed pre-packaged snacks. Good practice of food label use was significantly associated with less pocket money, presence of food allergy, high knowledge and positive attitude of food label information for newly consumed snacks while the association was significant only with presence of food allergy and high knowledge of food label information for usual consumed snacks (P value <0.05). Expiry date and manufacturing date were highly reviewed labels while nutrition information label was rarely checked by students. The main reasons of not reading food labels were brand trusty, no food allergy, small font and time consuming. Students got information about food labels mainly from social and multi-media. Based on the findings of this study, deliberate effort may be needed to raise awareness on food label information via social and multi-media, and habit of food label reading may be needed to develop among the students by enhancing their practice on food label use in choosing pre-packaged snacks.