



Prompt Report: Results of baseline survey

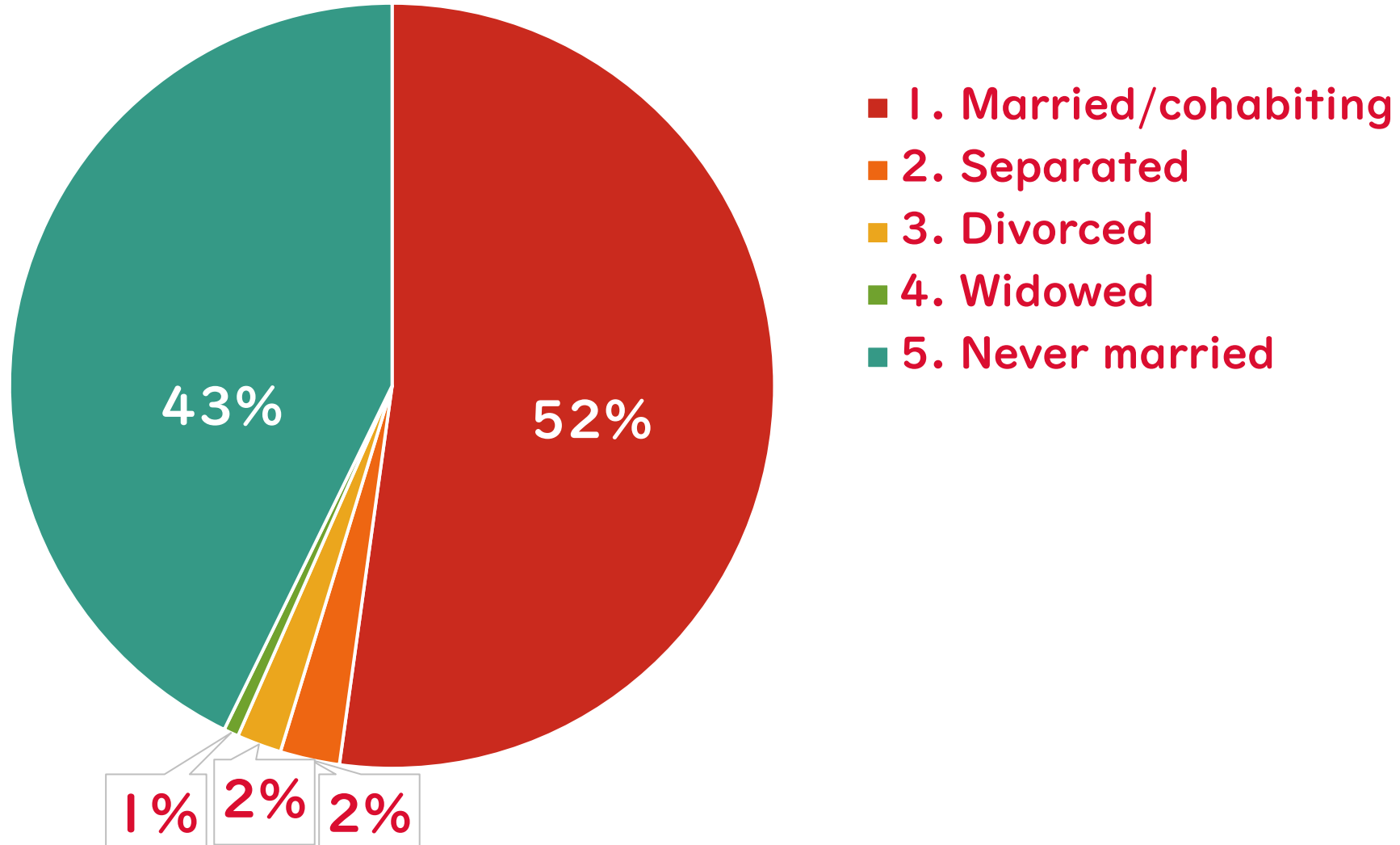
Nutrition Improvement Project in Myanmar

Average of Age among participants

	Number	Age(years)		
		Average		SD
Participants	159	34.6	±	9.3
Male	69	36.4	±	9.0
Female	90	33.2	±	9.3

4) What is your current marital status?

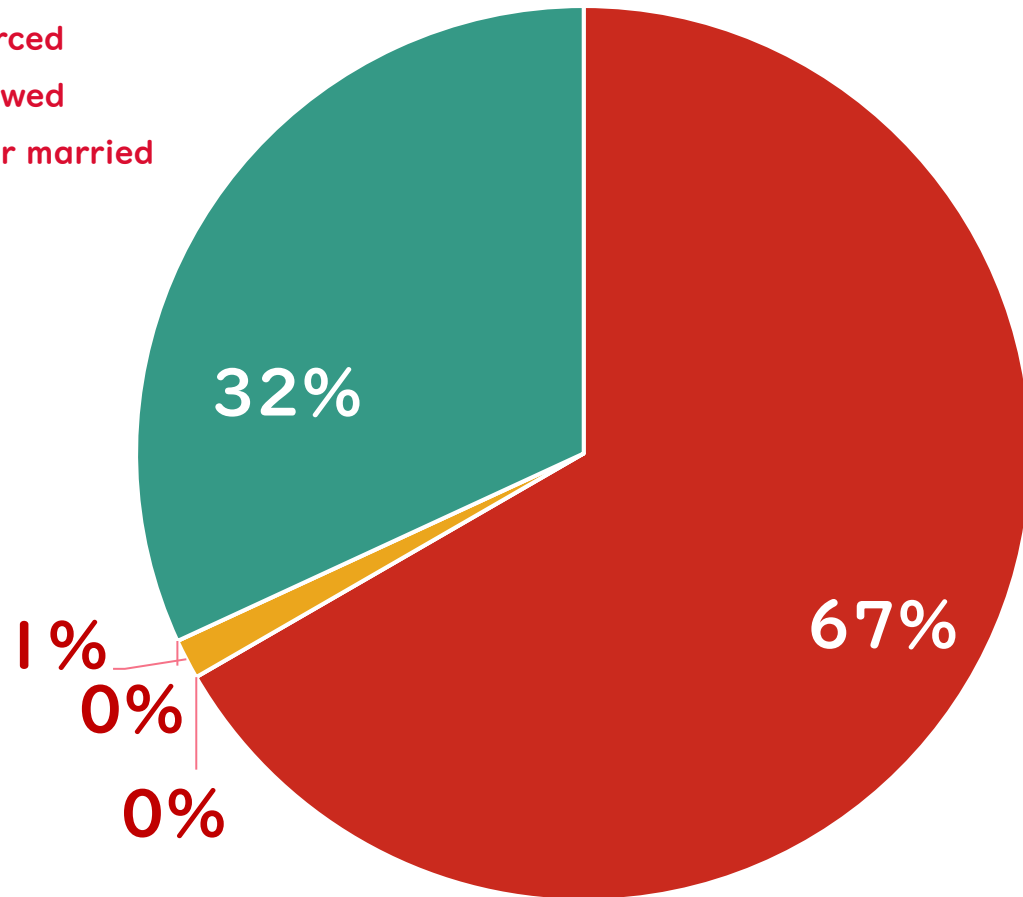
Participants(ALL)



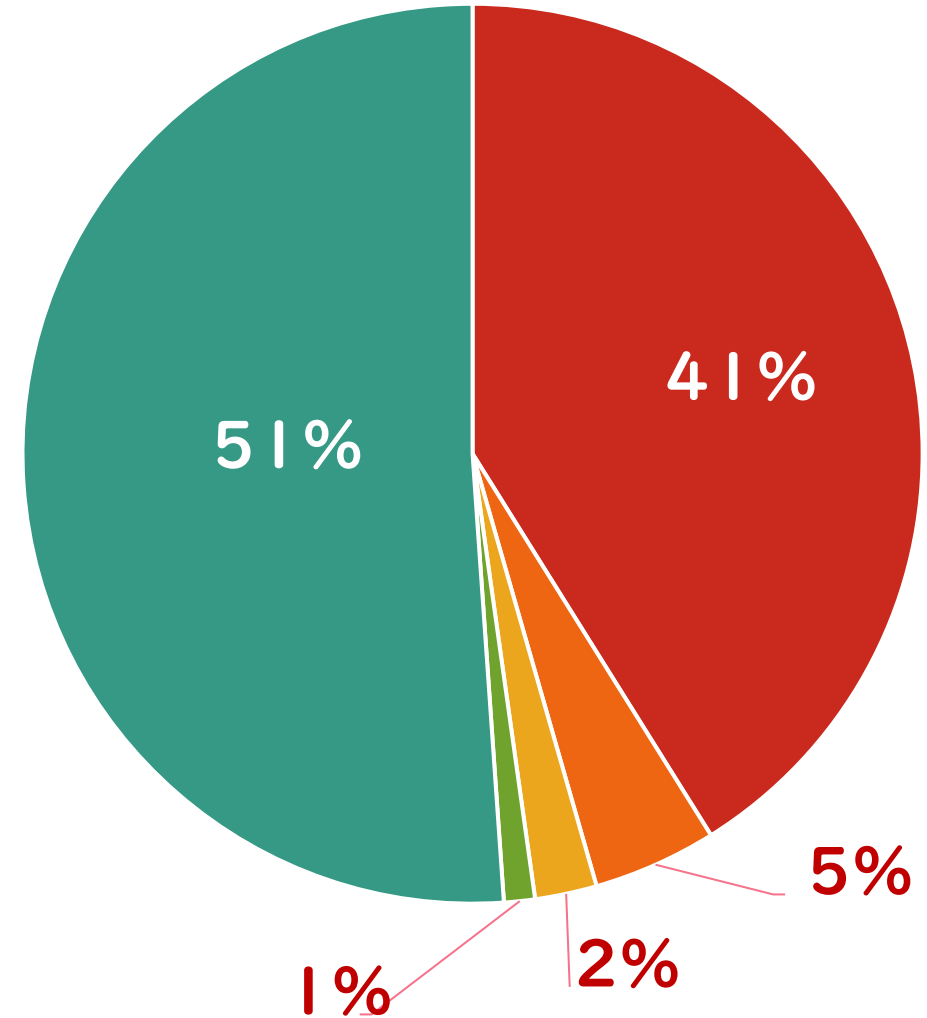
4) What is your current marital status?

- Married/Cohabiting
- Separated
- Divorced
- Widowed
- Never married

Participants(Male)



Participants(Female)



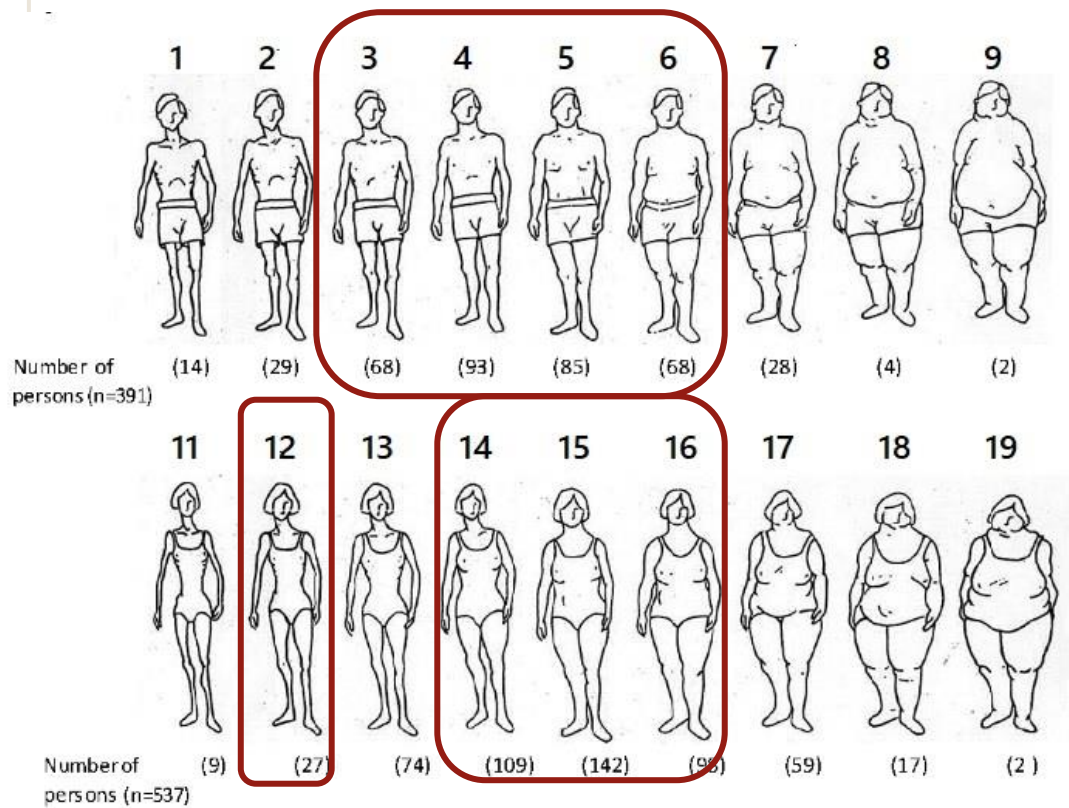
5) How many children do you have?

	Participants (ALL)		Participants (Male)		Participants (Female)	
	Number	(%)	Number	(%)	Number	(%)
1. none	107	67.3	40	58.0	67	74.4
2. one	37	23.3	21	30.4	16	17.8
3. two	12	7.5	7	10.1	5	5.6
4. three	3	1.9	1	1.4	2	2.2
5. four or more	0	0.0	0	0.0	0	0.0
Total	159	100	69	100	90	100

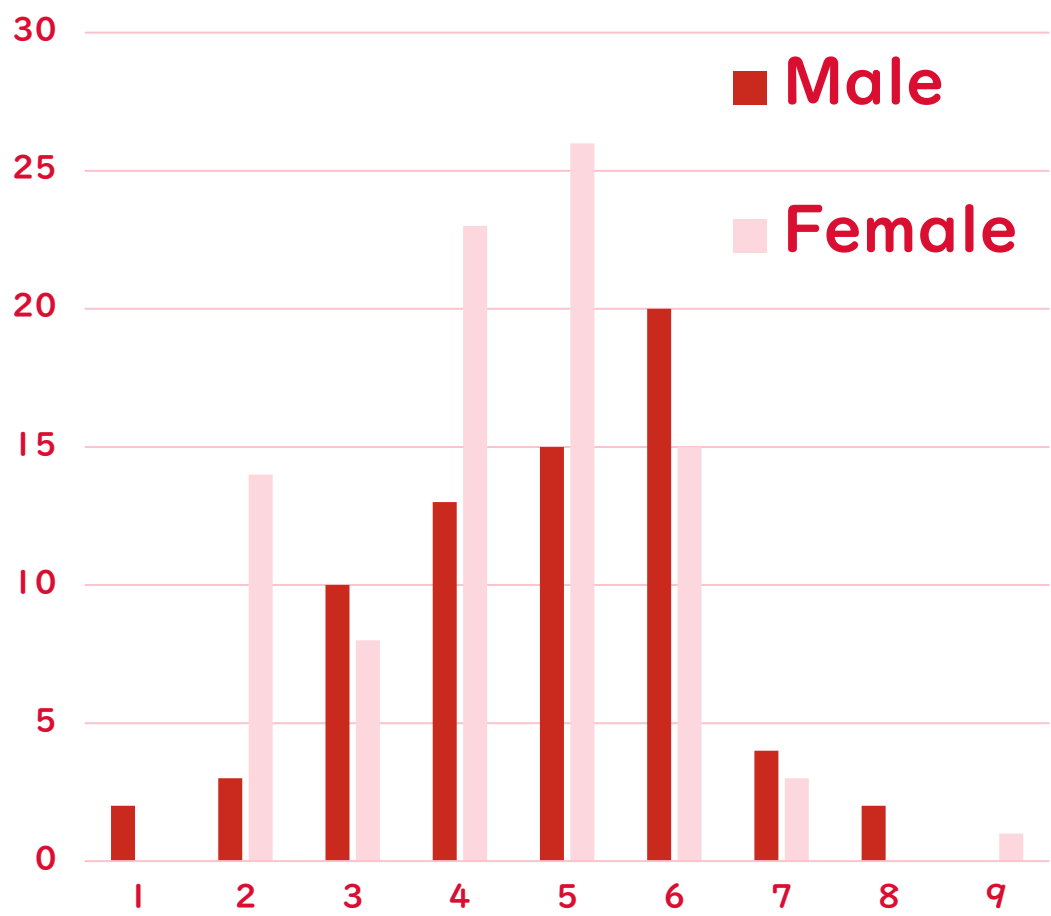
6) What is the highest grade or level of school that you have completed?

	Participants (ALL)		Participants (Male)		Participants (Female)	
	Number	(%)	Number	(%)	Number	(%)
1.No Education	4	2.5	4	5.8	0	0.0
2. Primary school	1	0.6	0	0.0	1	1.1
3. Secondary school	0	0.0	0	0.0	0	0.0
4. High school	68	42.8	32	46.4	36	40.0
5. Bachelor degree	80	50.3	30	43.5	50	55.6
6. Master degree or more	6	3.8	3	4.3	3	3.3
	159	100	69	100	90	100

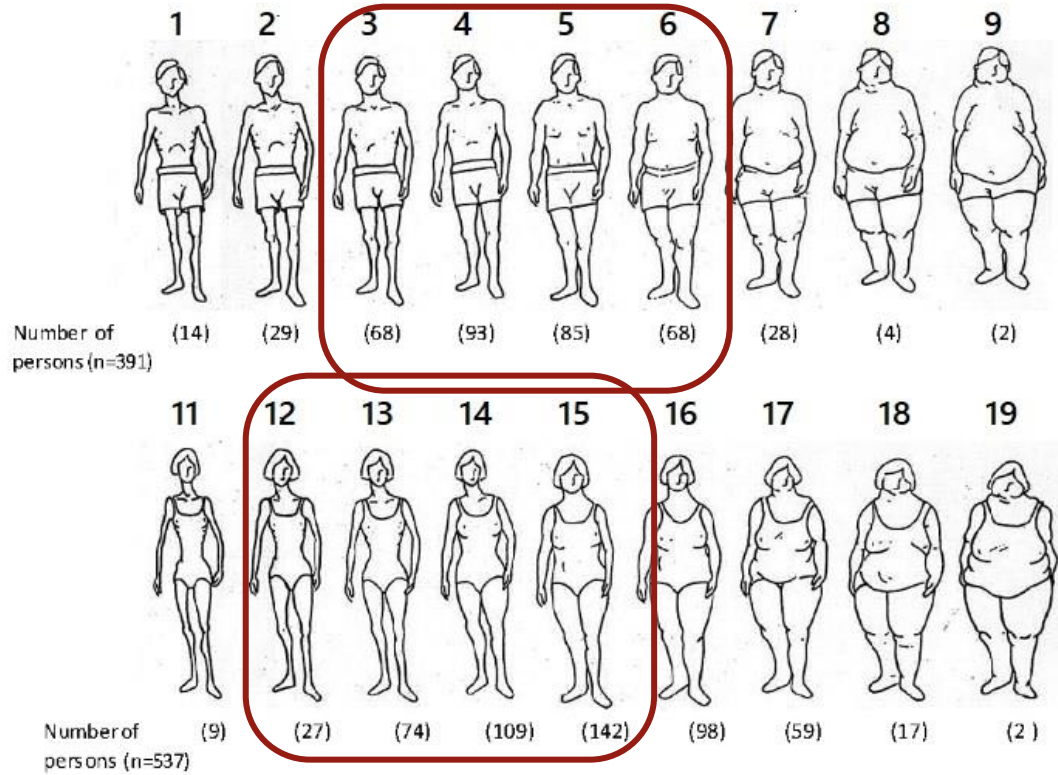
7) the closest image to your "current" body



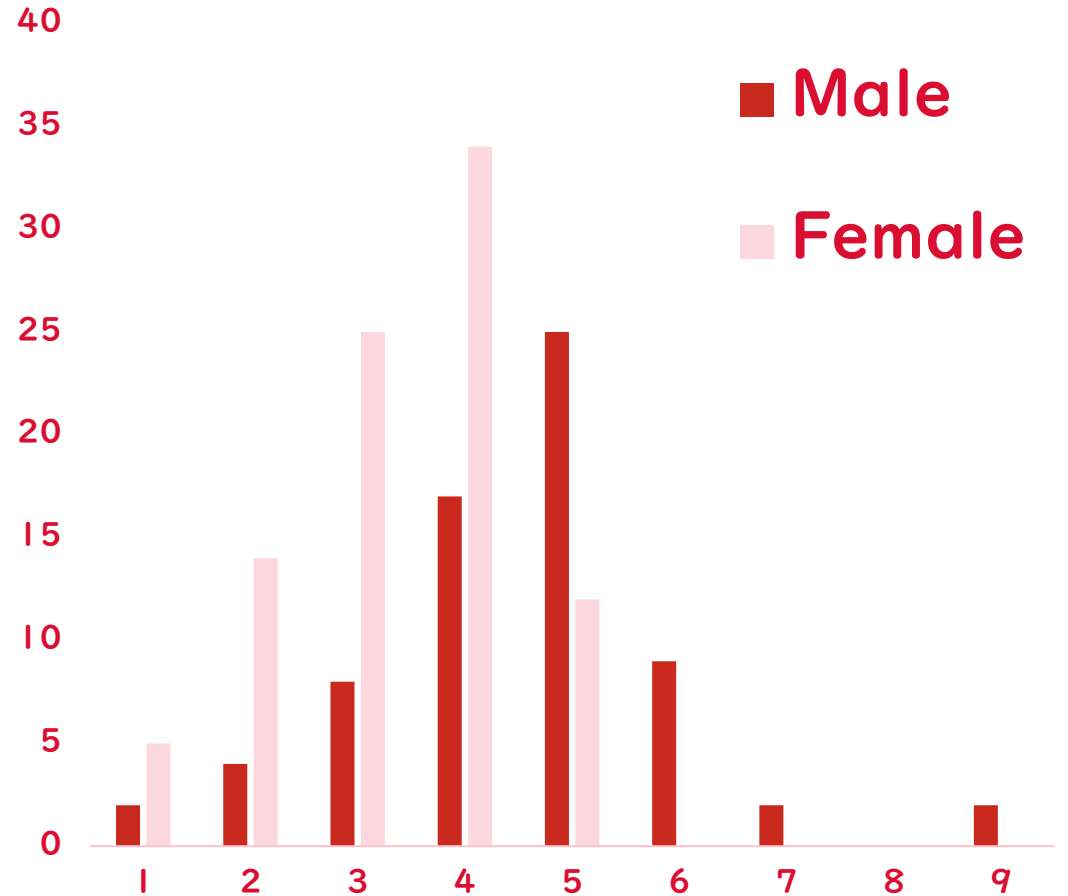
<https://www.jmaj.jp/detail.php?id=10.31662/jmaj.2019-0042>



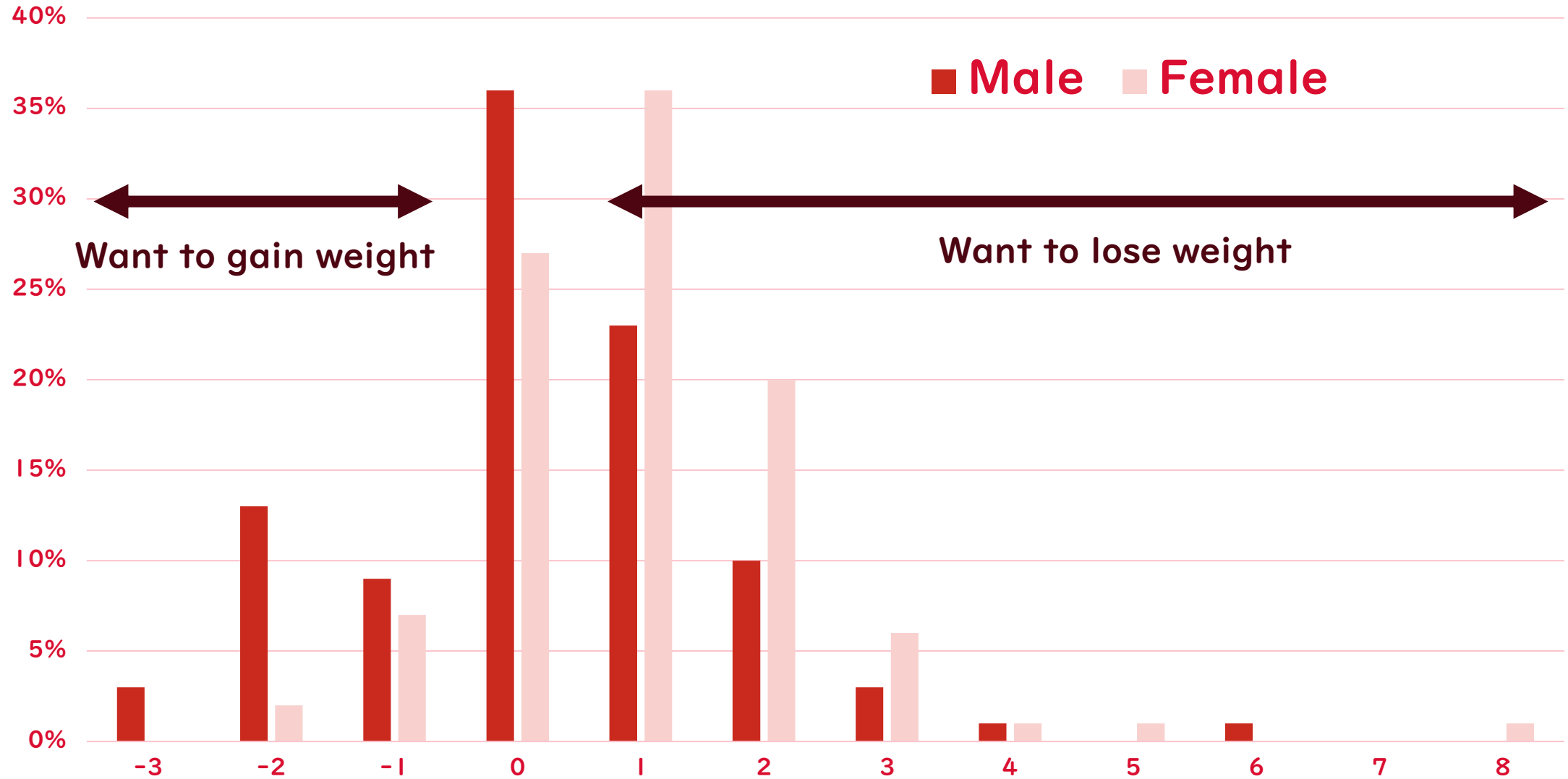
8) the closest image to your "ideal" body



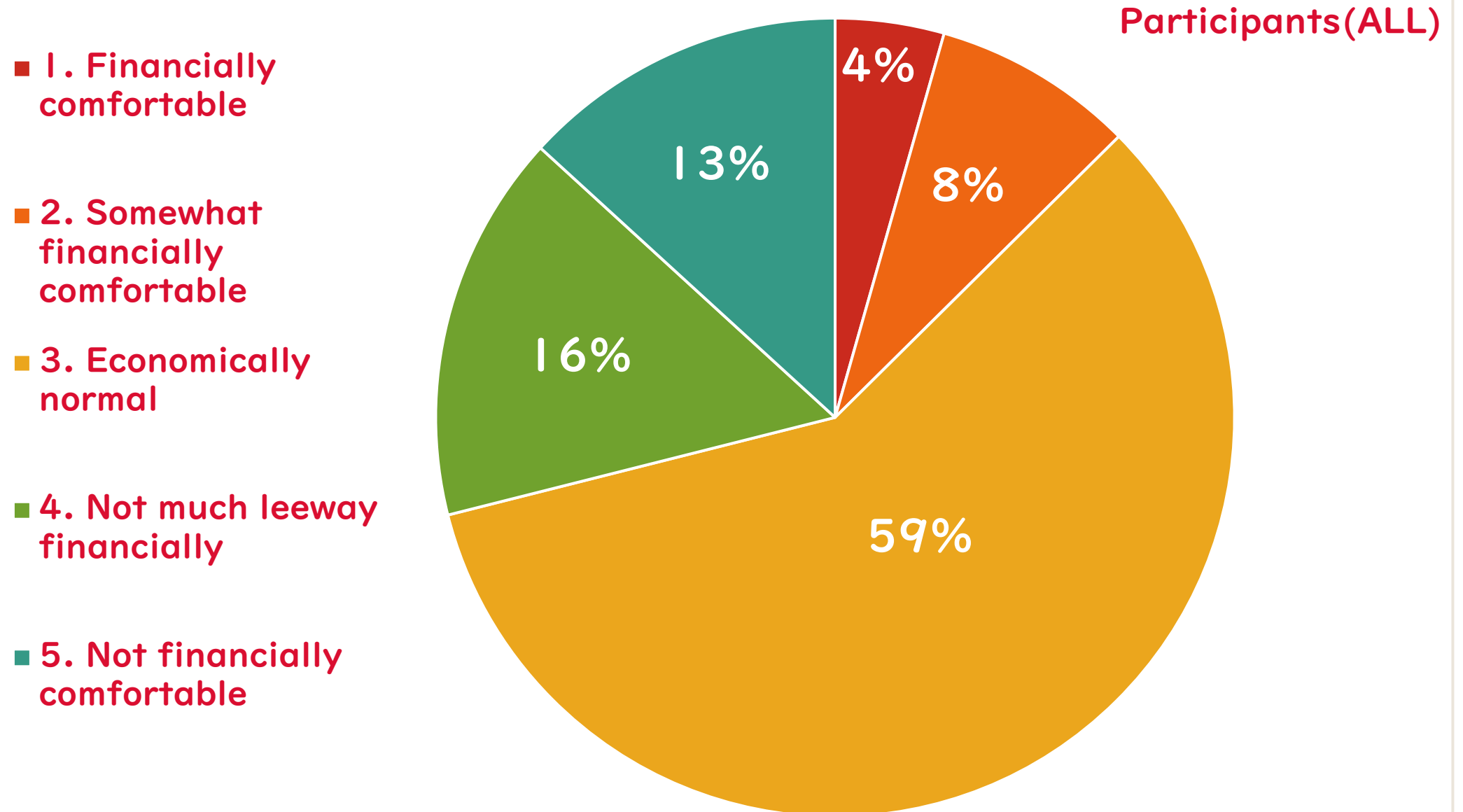
<https://www.jmaj.jp/detail.php?id=10.31662/jmaj.2019-0042>



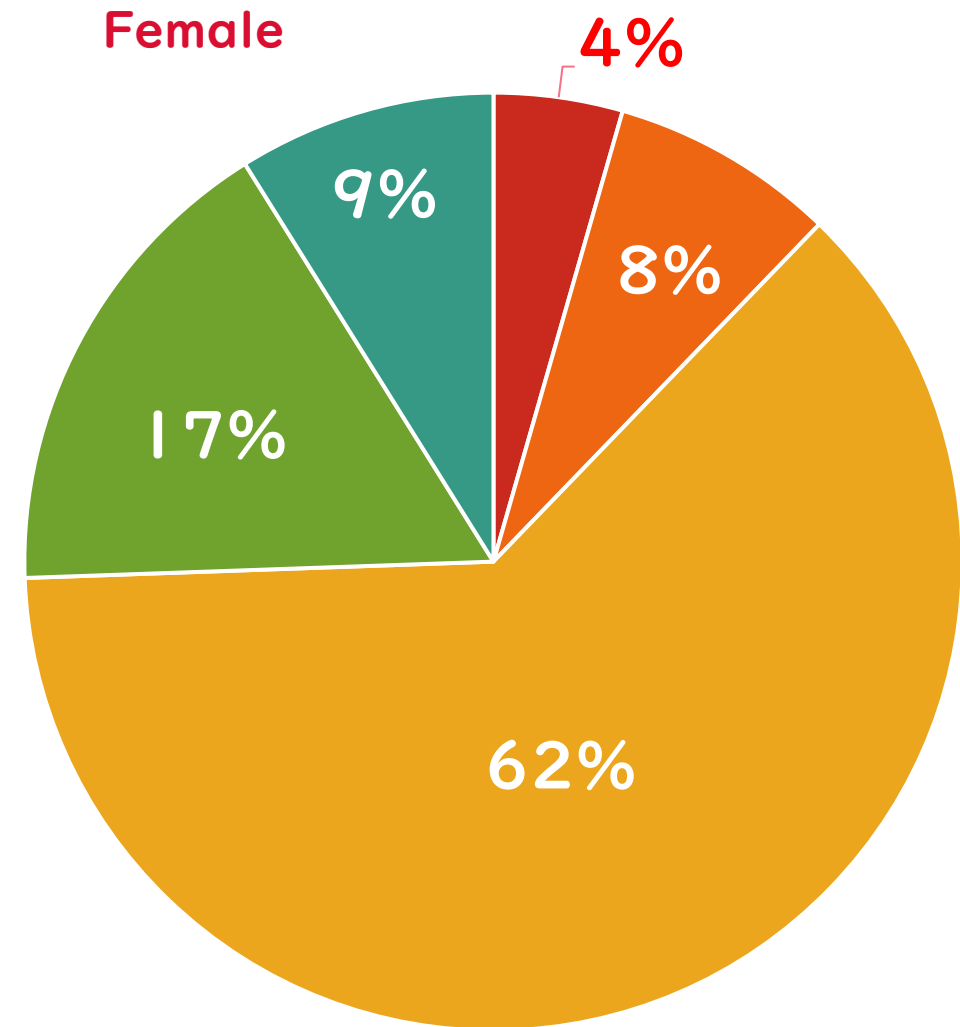
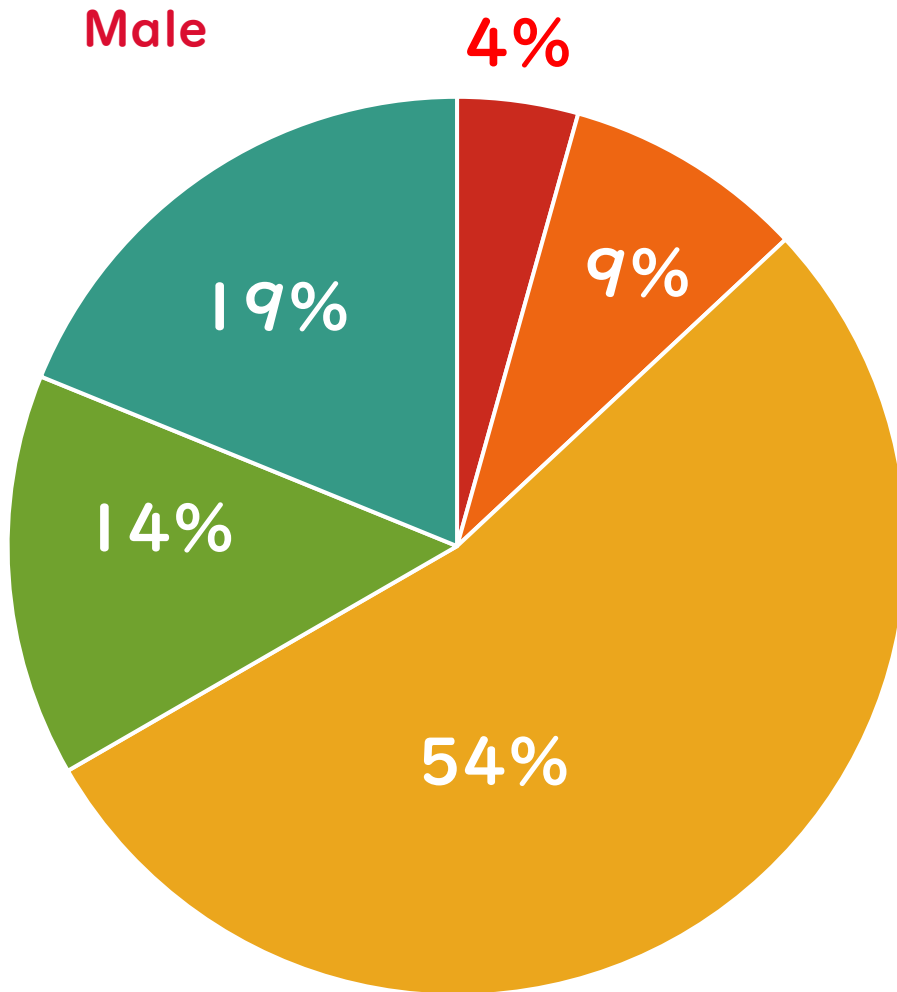
Differences between "Current" and "Ideal" body images



9) Subjective Economic Situation



9) Subjective Economic Situation



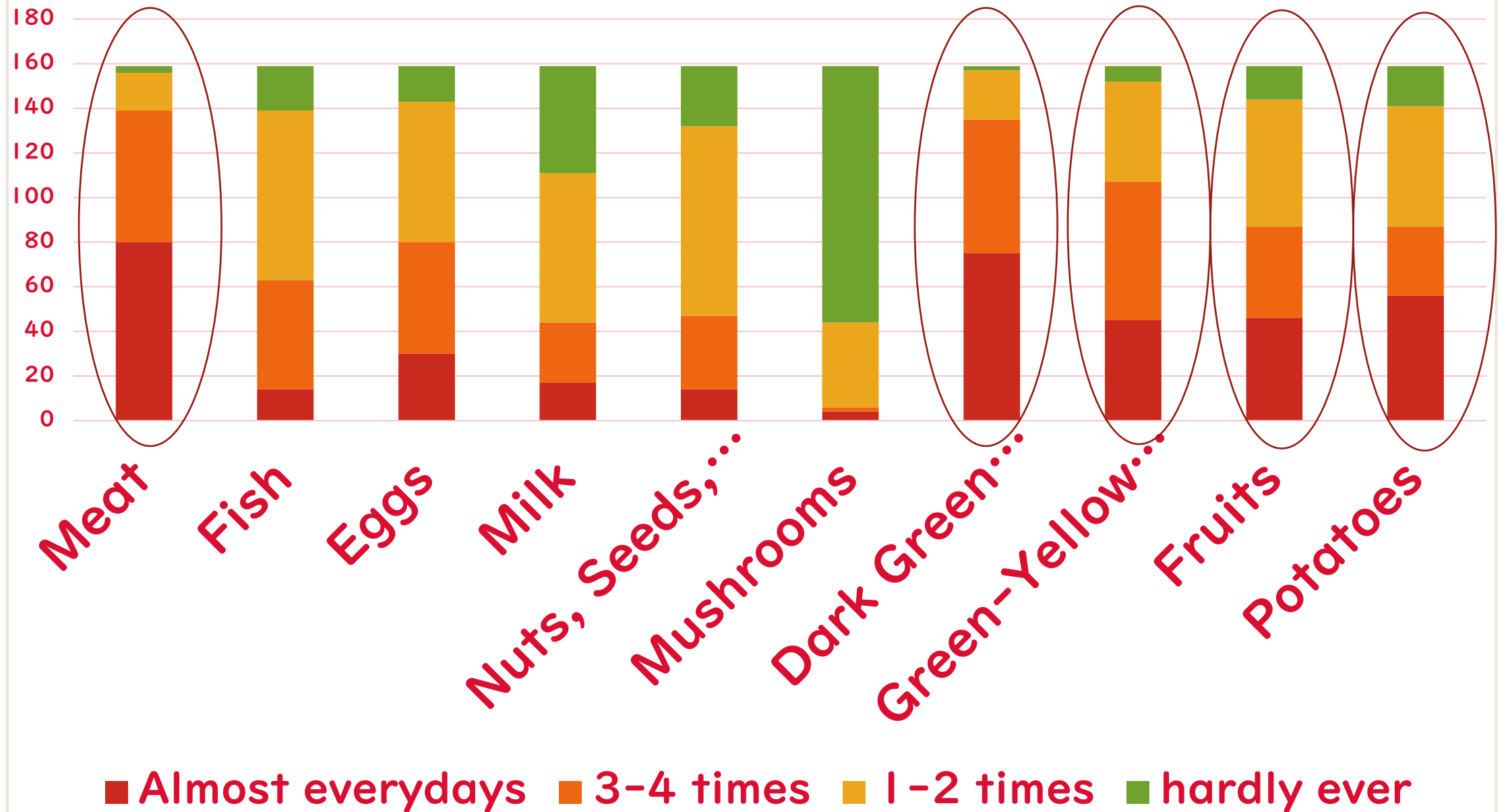
- 1. Financially comfortable
- 2. Somewhat financially comfortable
- 3. Economically normal

- 4. Not much leeway financially
- 5. Not financially comfortable

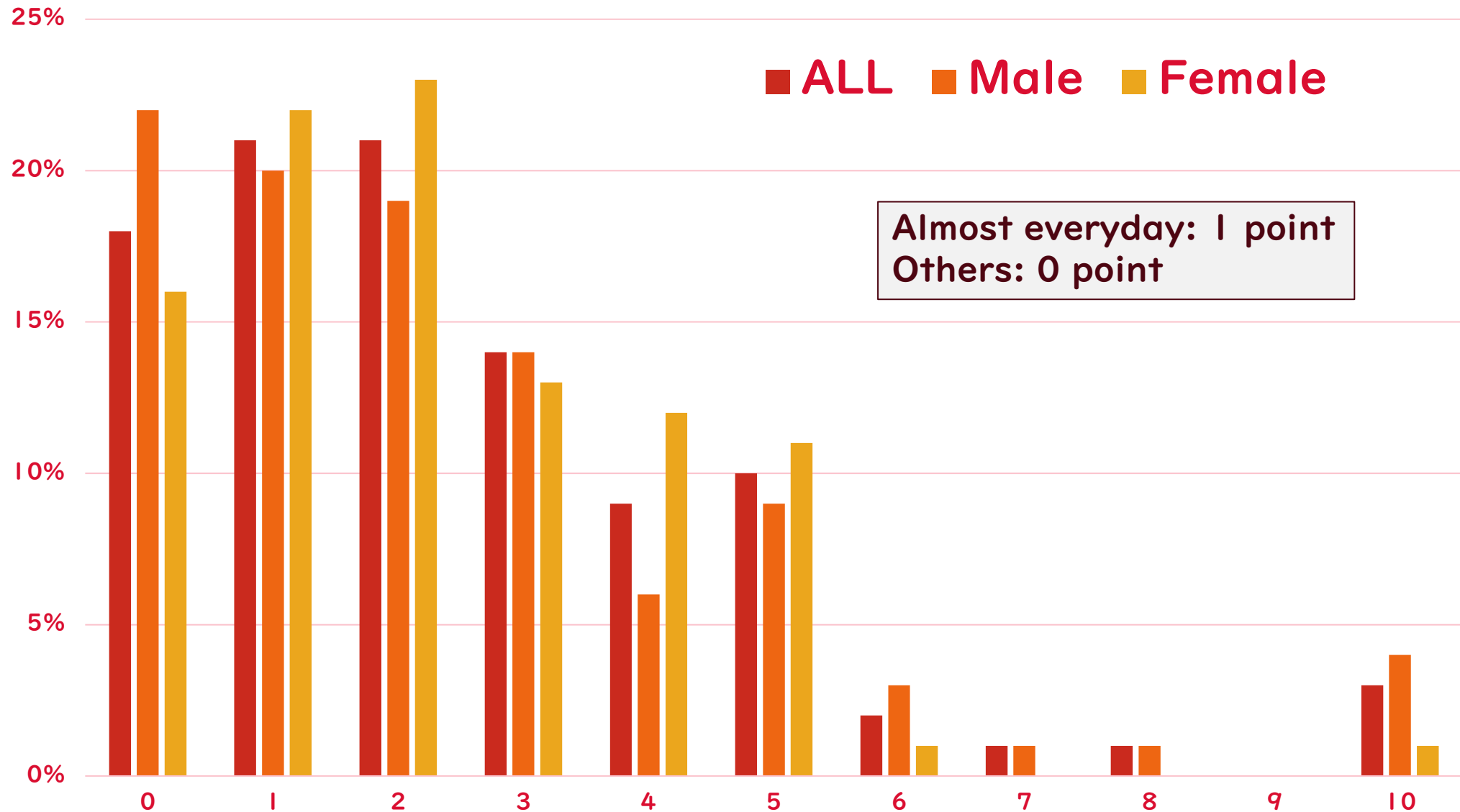
10) Number of Family members

	Participants (ALL)		Participants (Male)		Participants (Female)	
	Number	(%)	Number	(%)	Number	(%)
1	15	9.4	4	5.8	11	12.2
2	27	17.0	13	18.8	14	15.6
3	29	18.2	12	17.4	17	18.9
4	36	22.6	15	21.7	21	23.3
5 or more	52	32.7	25	36.2	27	30.0
Total	159	100	69	100	90	100

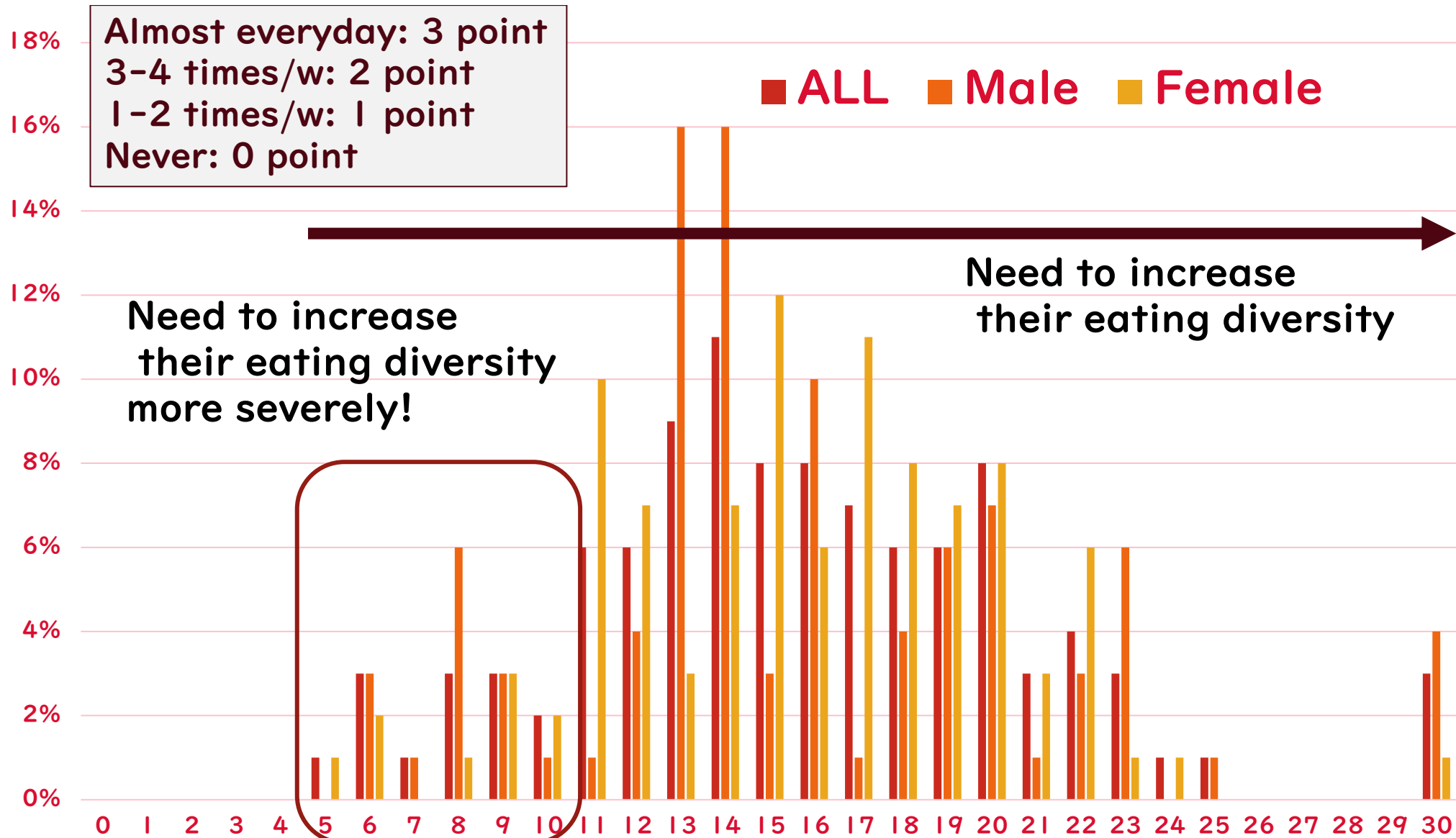
Frequency of food group intakes



Dietary Variety Score : DVS



Food Frequency Score : FFS



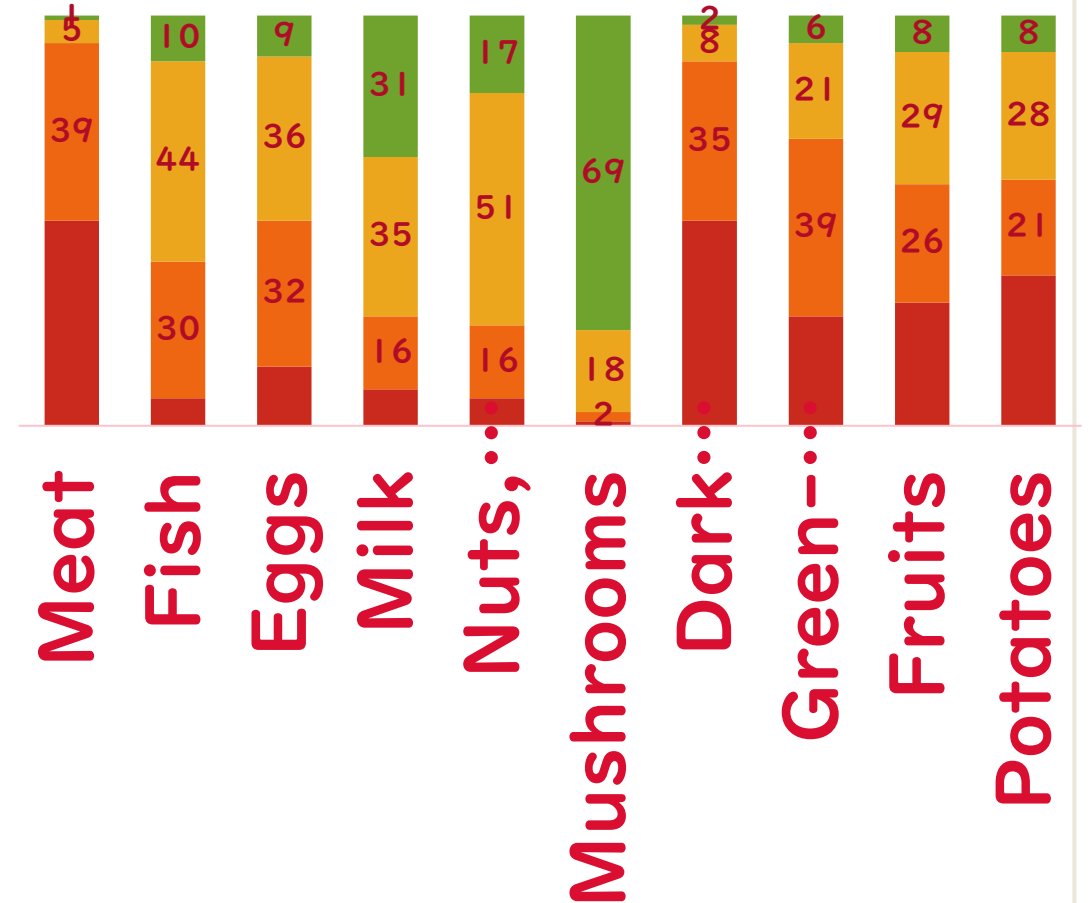
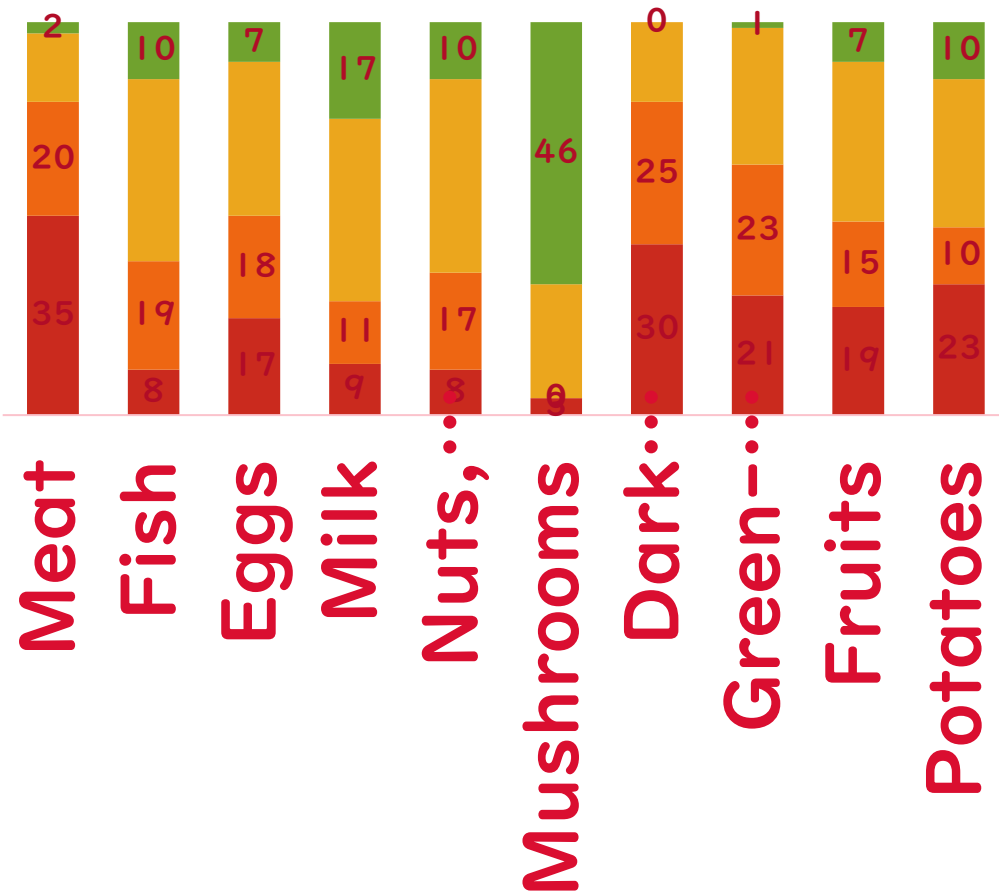
Frequency of food group intakes

Male

Female

■ Almost everyday ■ 3-4 times
■ 1-2 times ■ hardly ever

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■ 1-2 times ■ hardly ever



1 3)The Transtheoretical Model (Stages of Change) Eating habit

Participants(ALL)

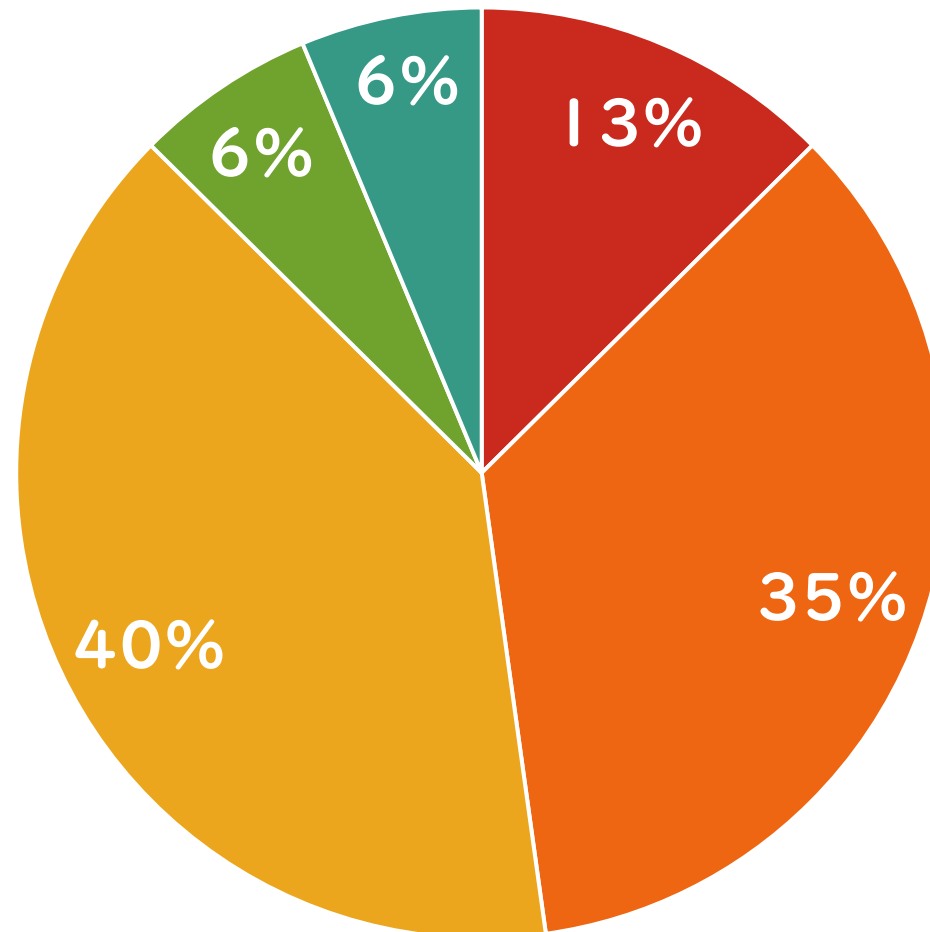
■ Precontemplation

■ Contemplation

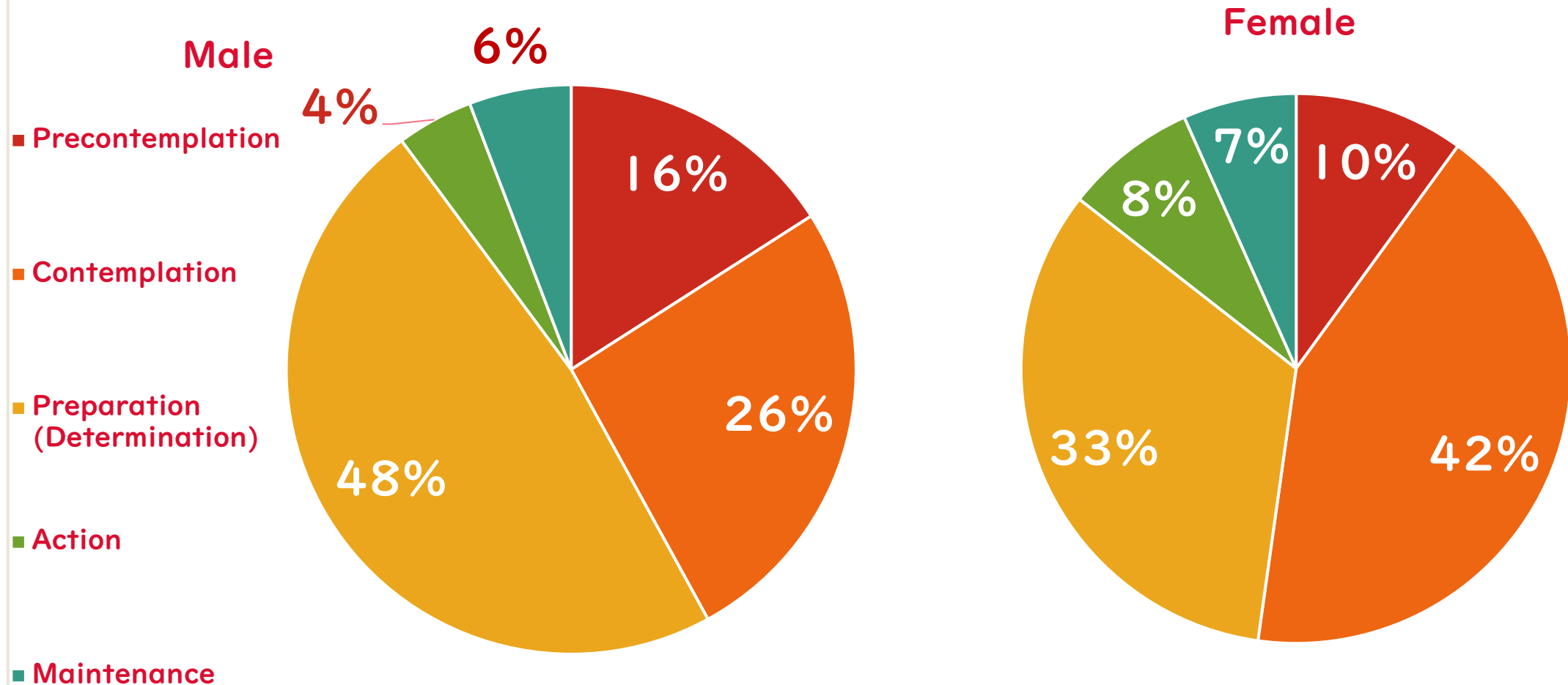
■ Preparation
(Determination)

■ Action

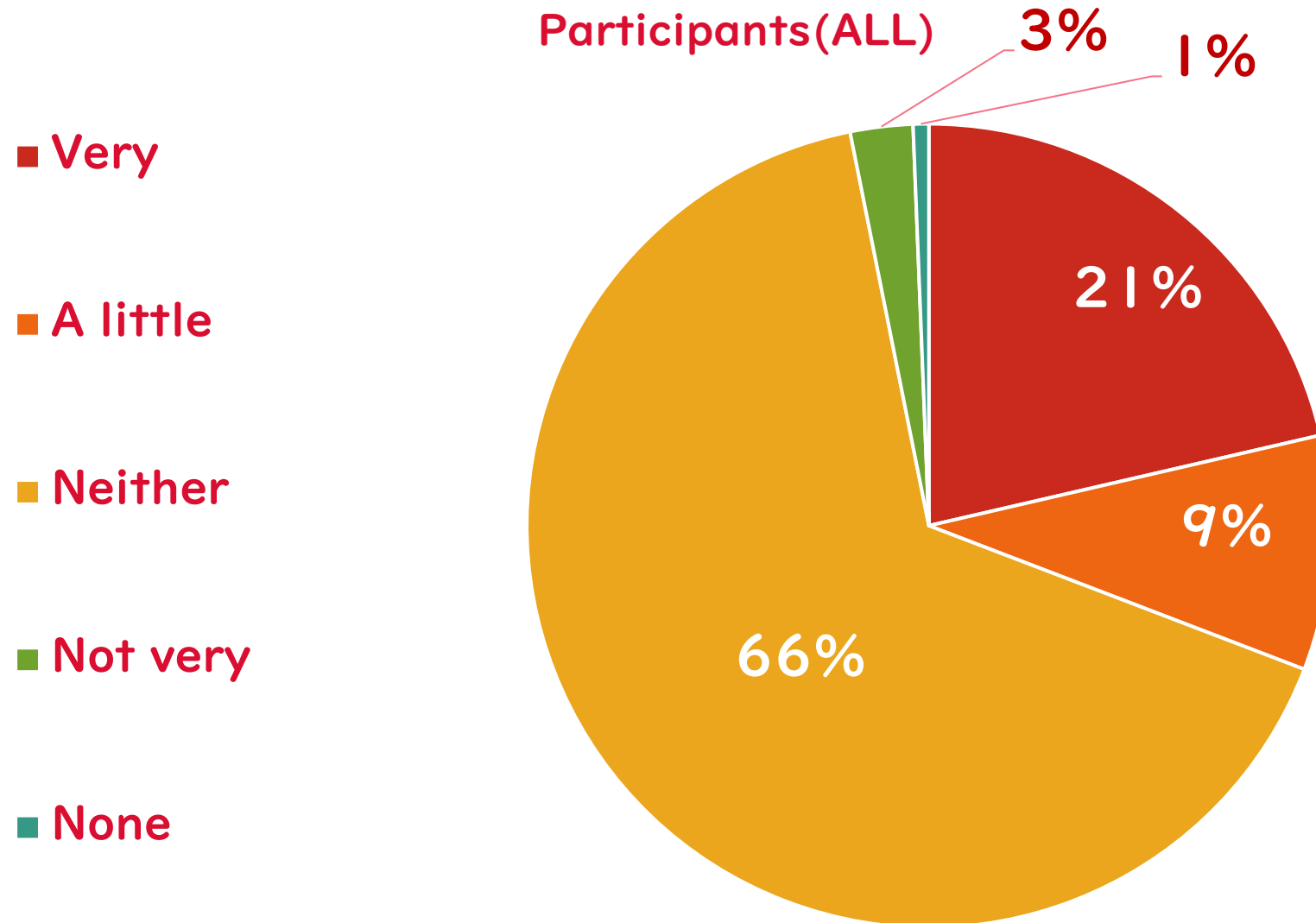
■ Maintenance



The Transtheoretical Model (Stages of Change) Eating habit



14) How confident will you have a balanced diet?



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Male

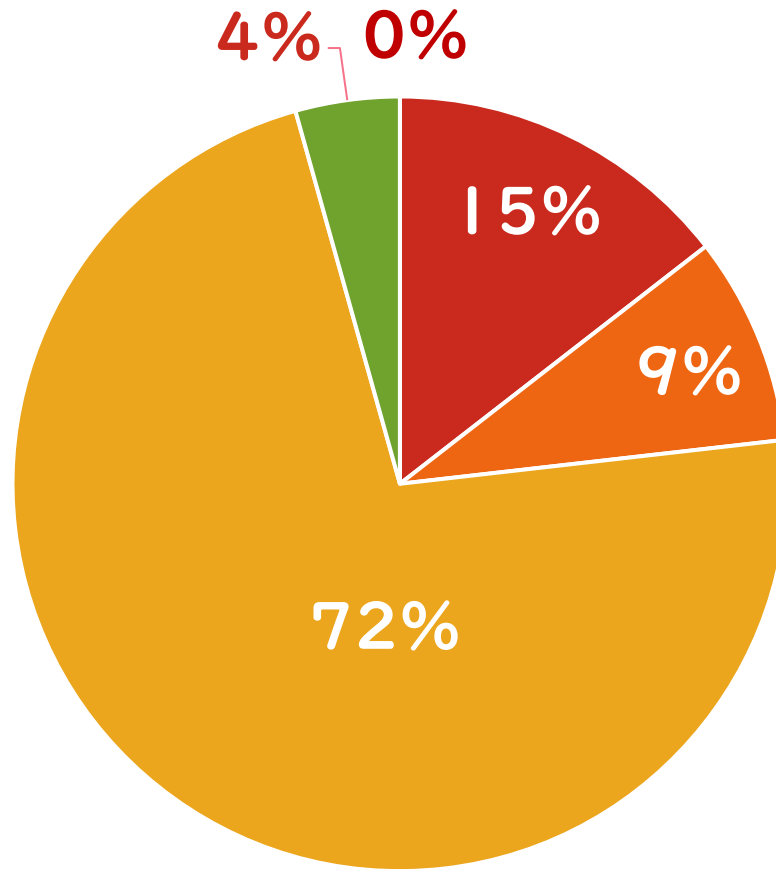
■ Very

■ A little

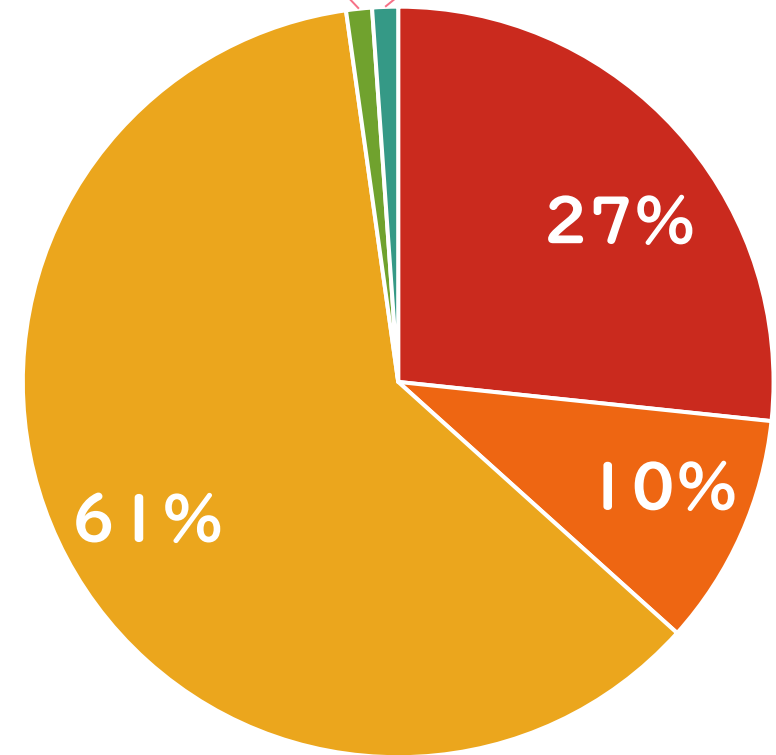
■ Neither

■ Not very

■ None

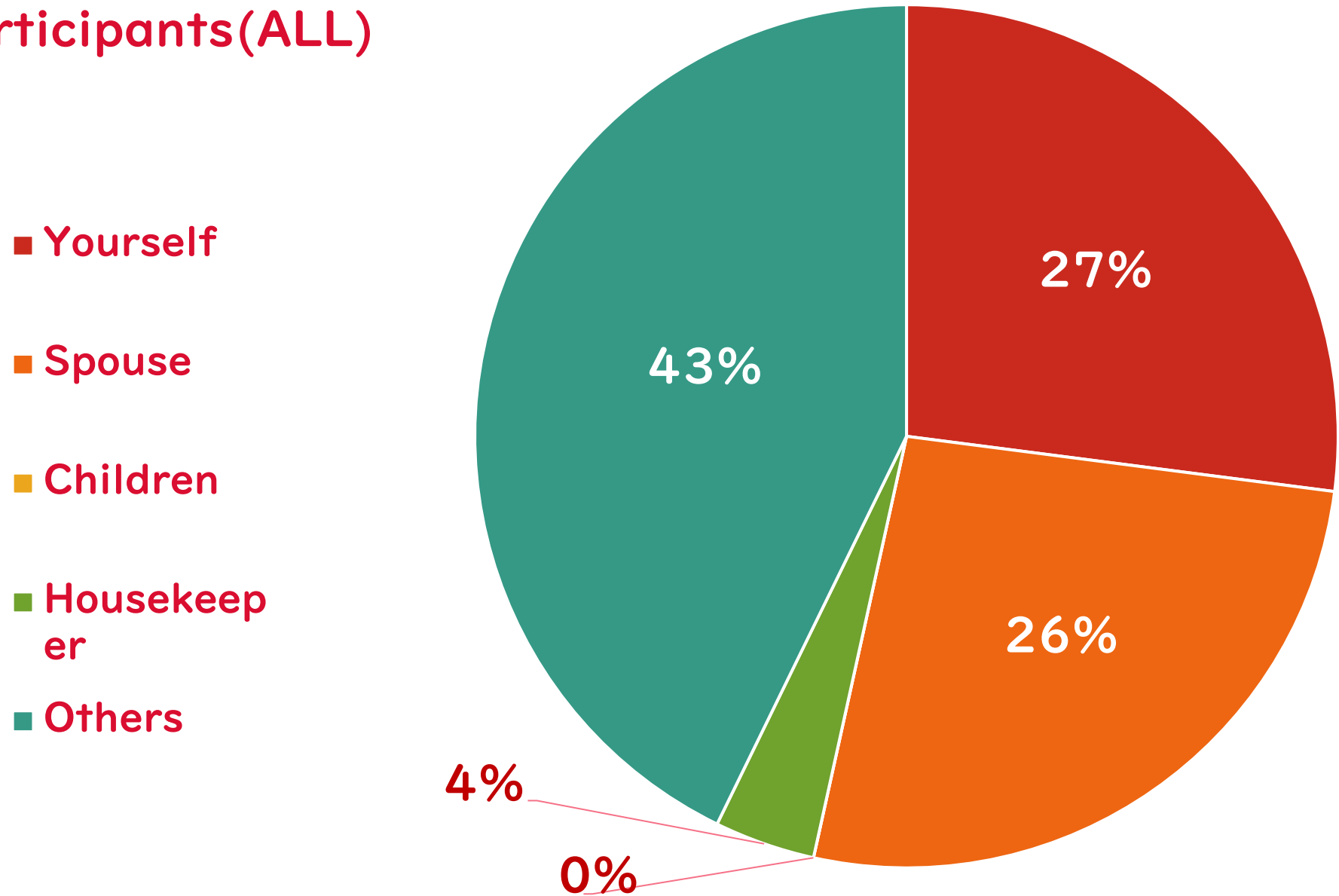


Female

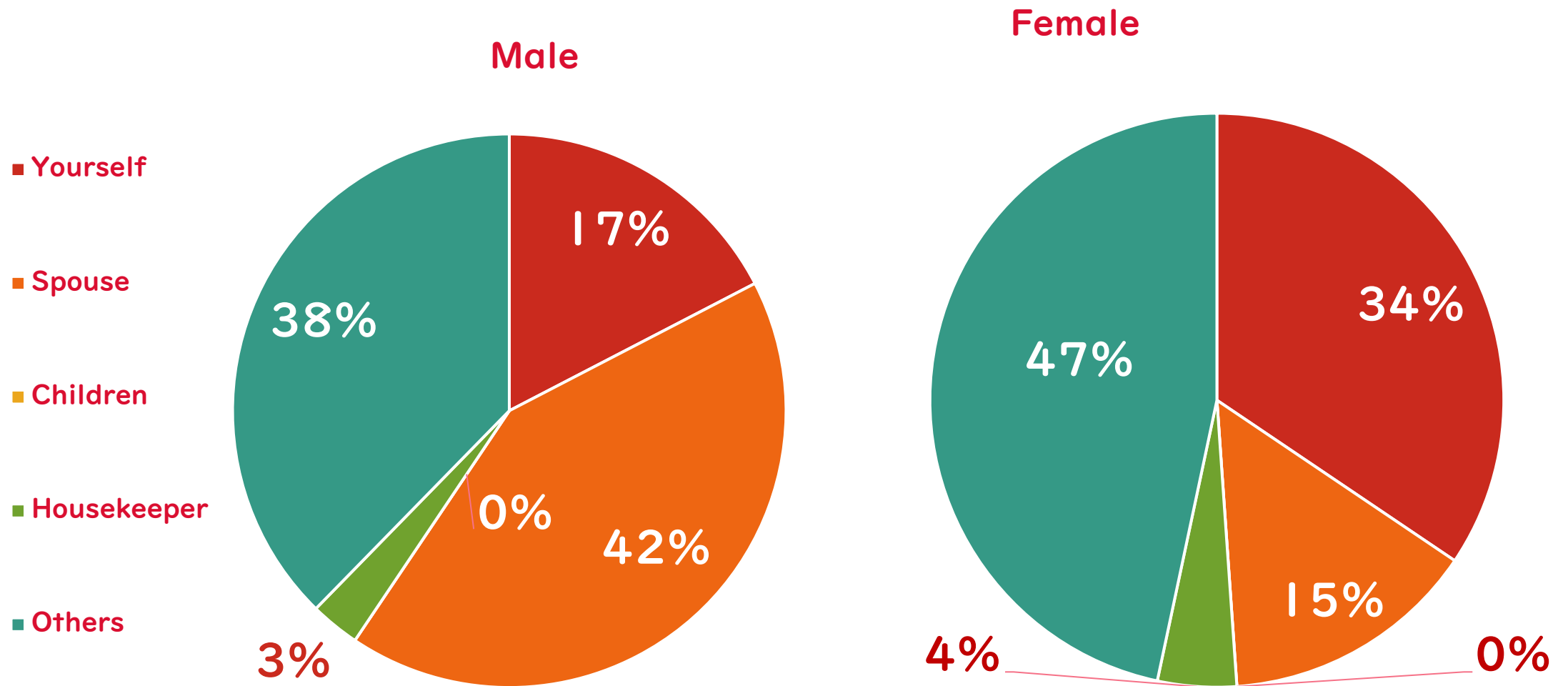


15) Who usually cook in your home?

Participants(ALL)



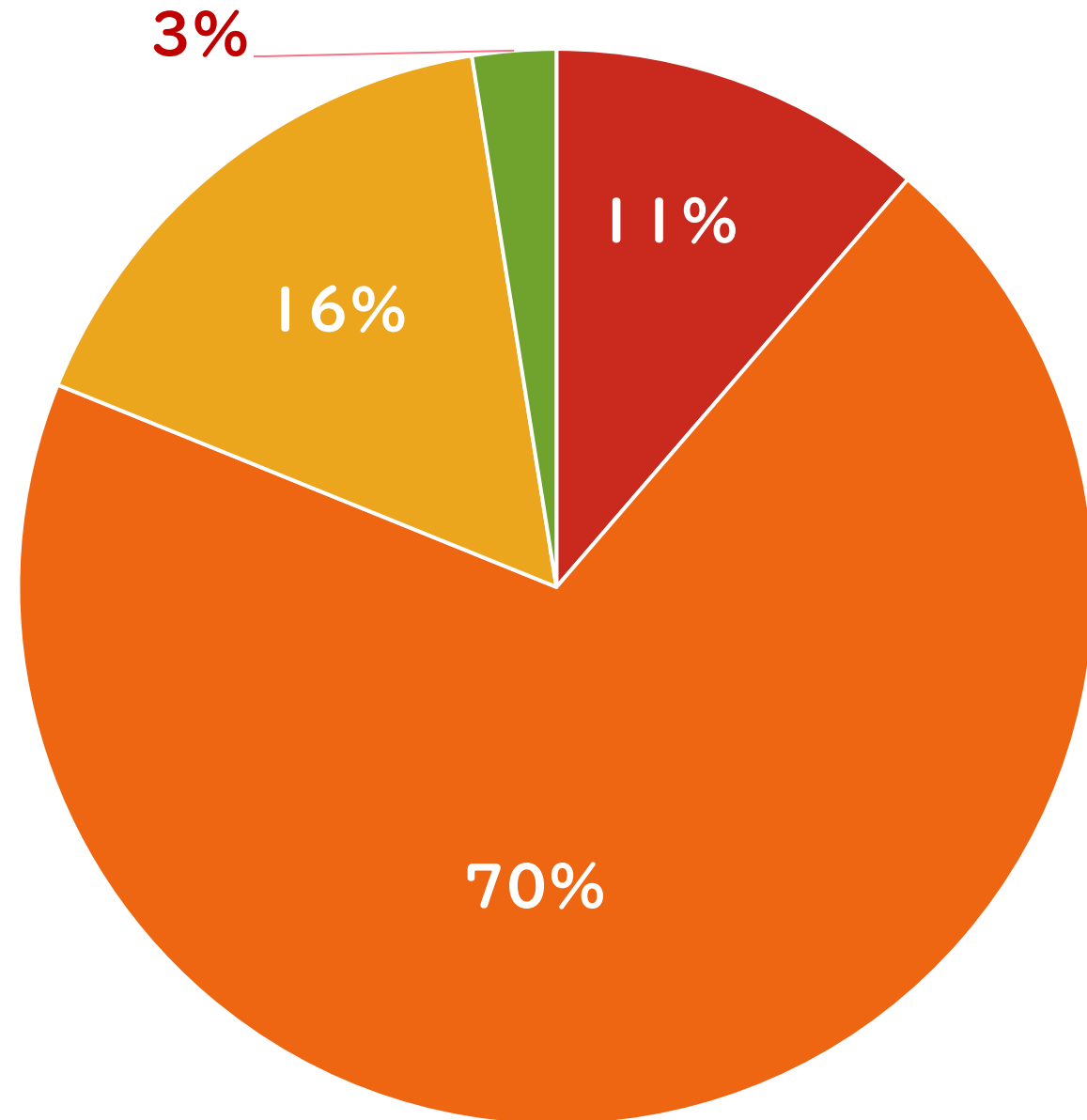
15) Who usually cook in your home?



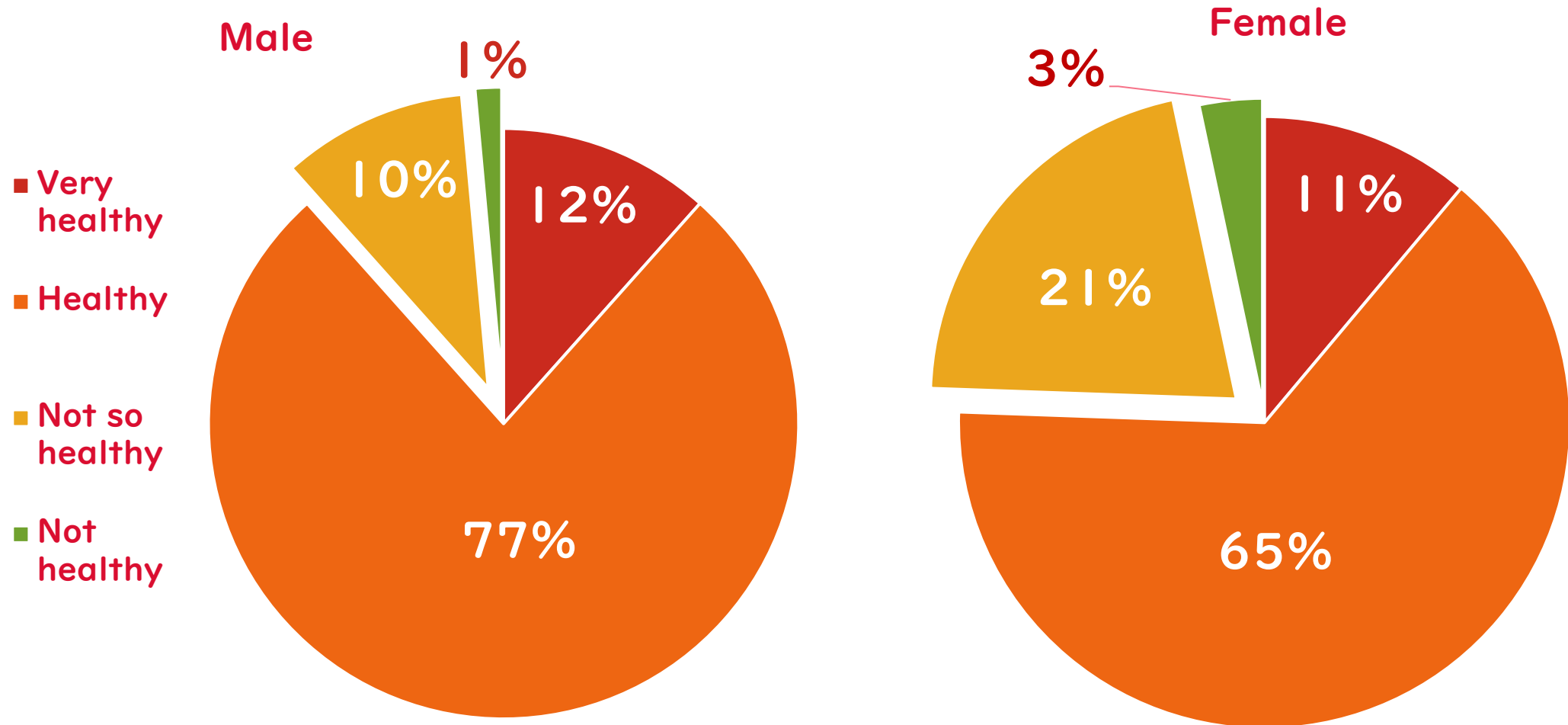
I 6) Do you think yourself healthy?

Participants(ALL)

- Very healthy
- Healthy
- Not so healthy
- Not healthy



16) Do you think yourself healthy?



17) The Transtheoretical Model (Stages of Change)-Exercise habit

Participants(ALL)

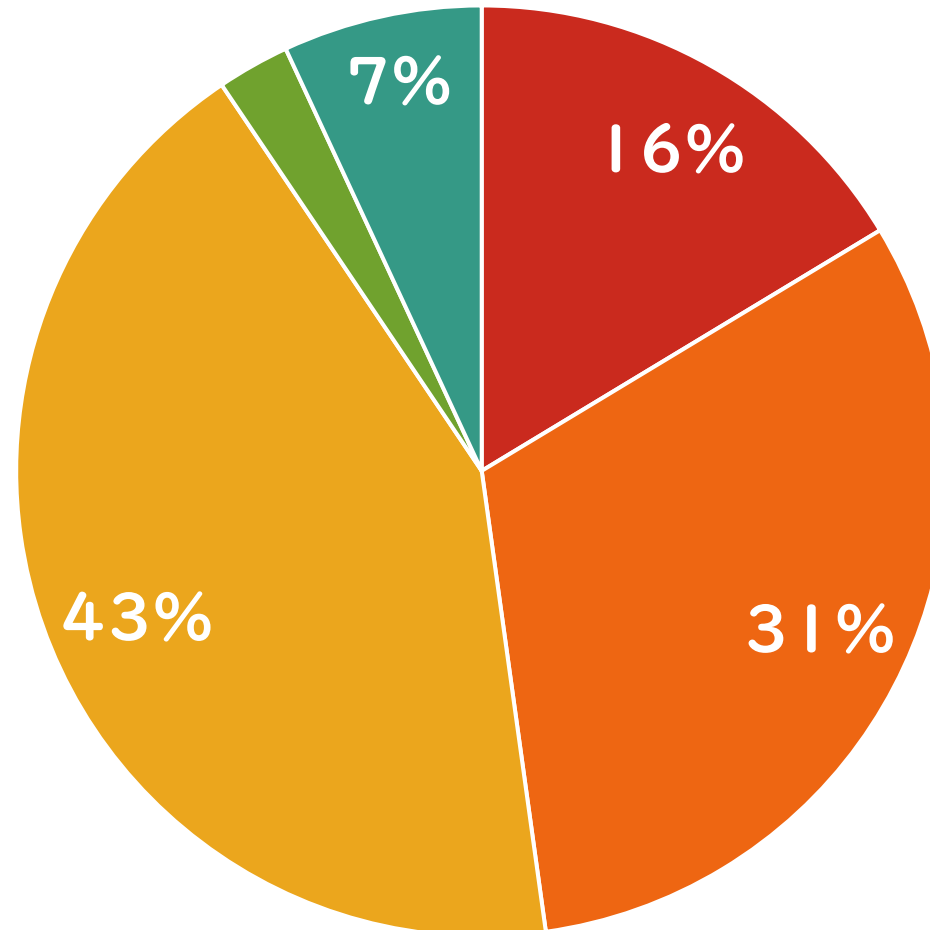
■ Precontemplation

■ Contemplation

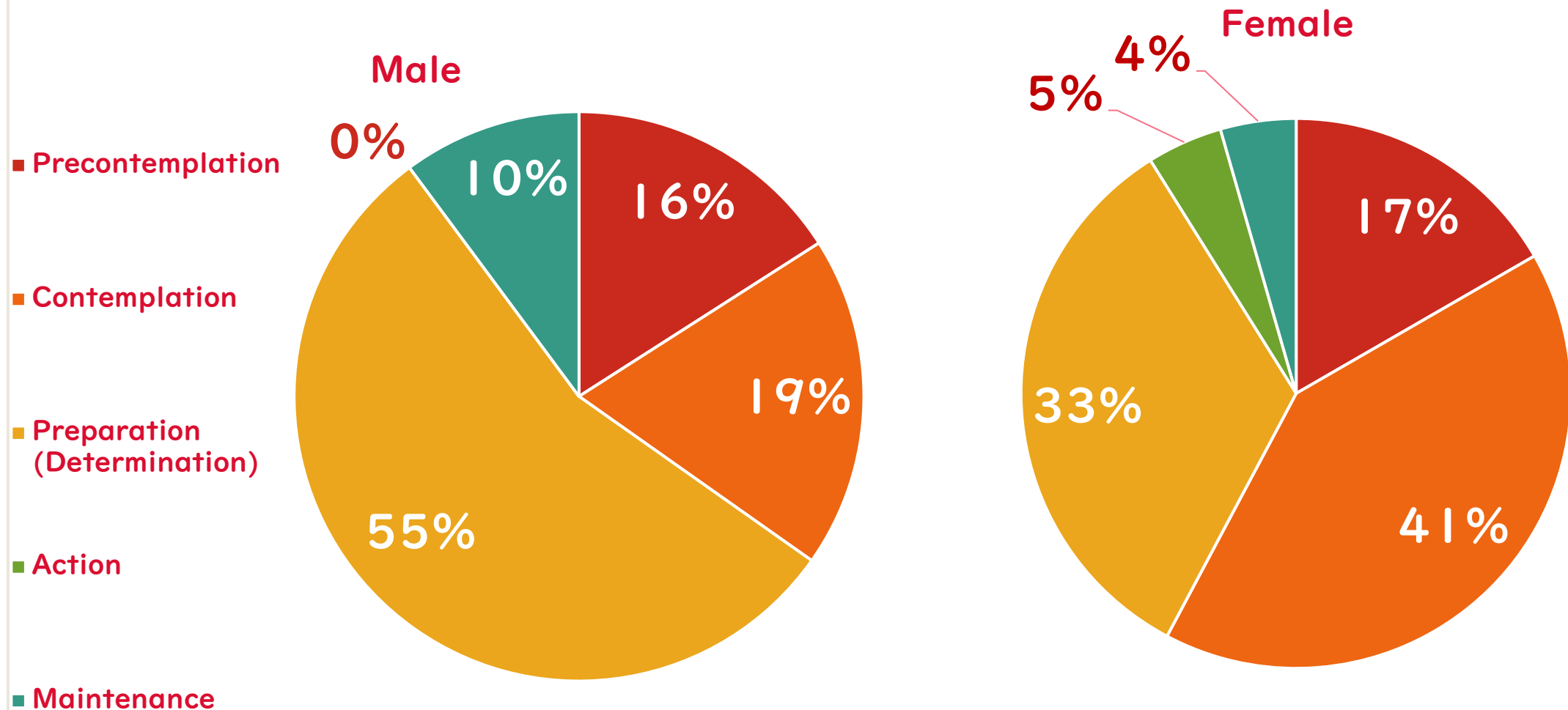
■ Preparation
(Determination)

■ Action

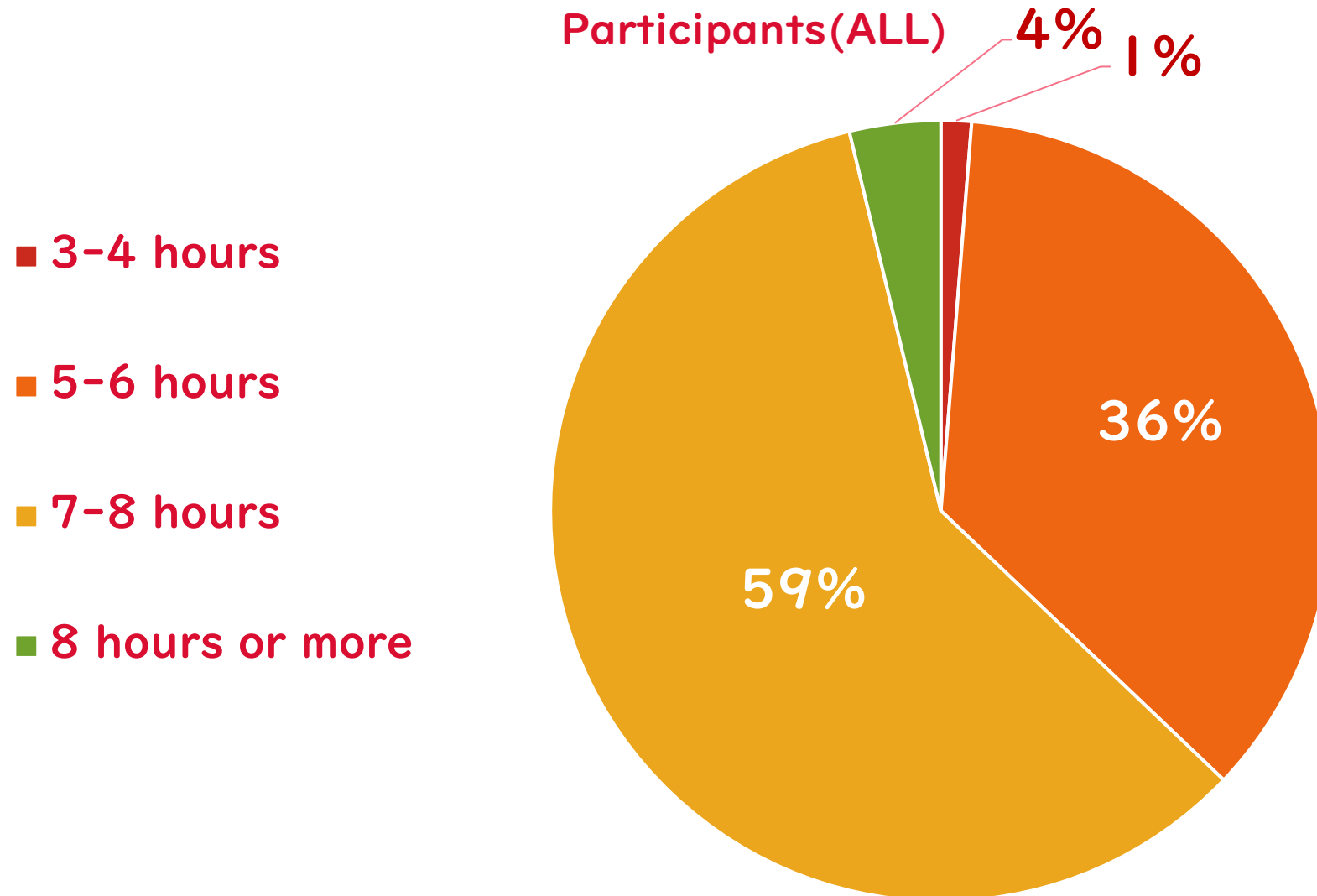
■ Maintenance



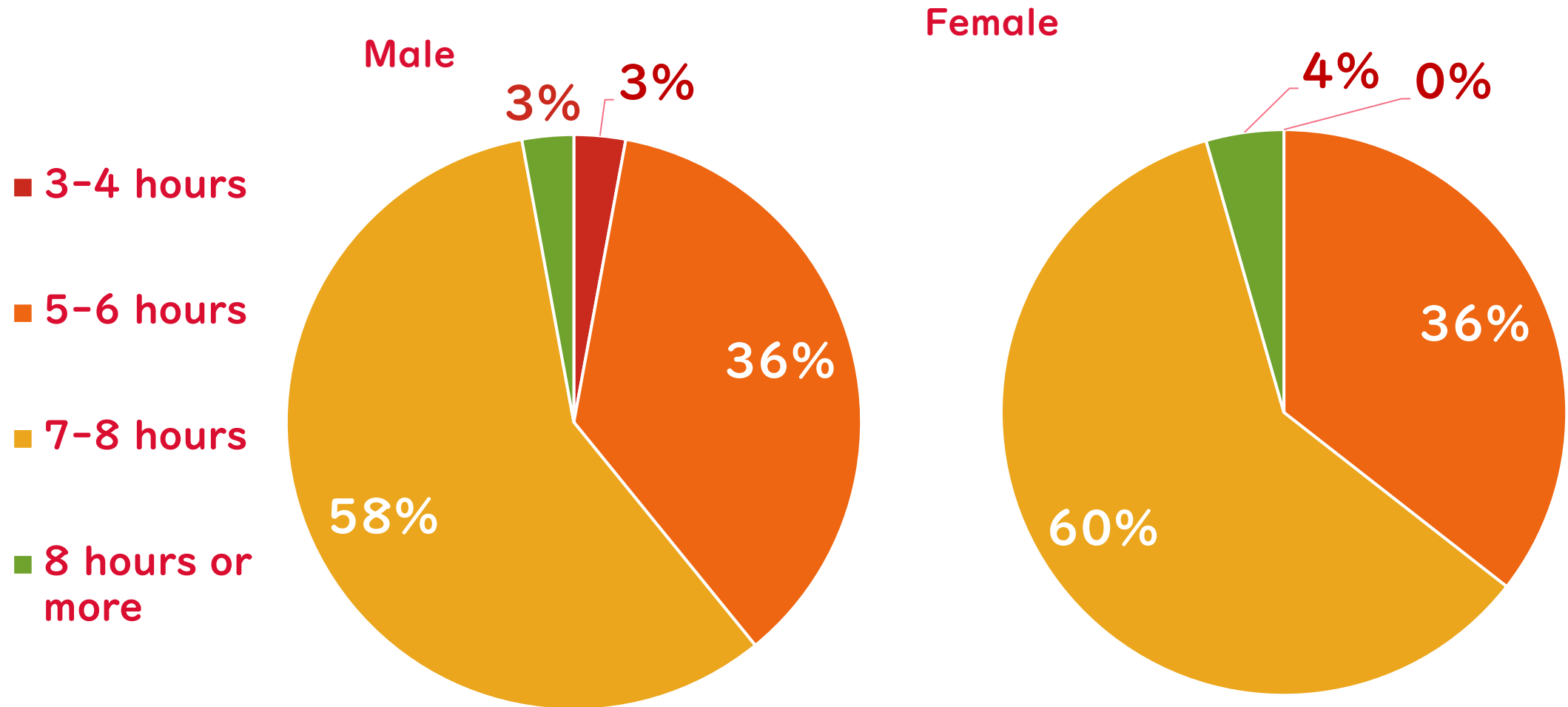
17) The Transtheoretical Model (Stage of Change)-Excercise habit



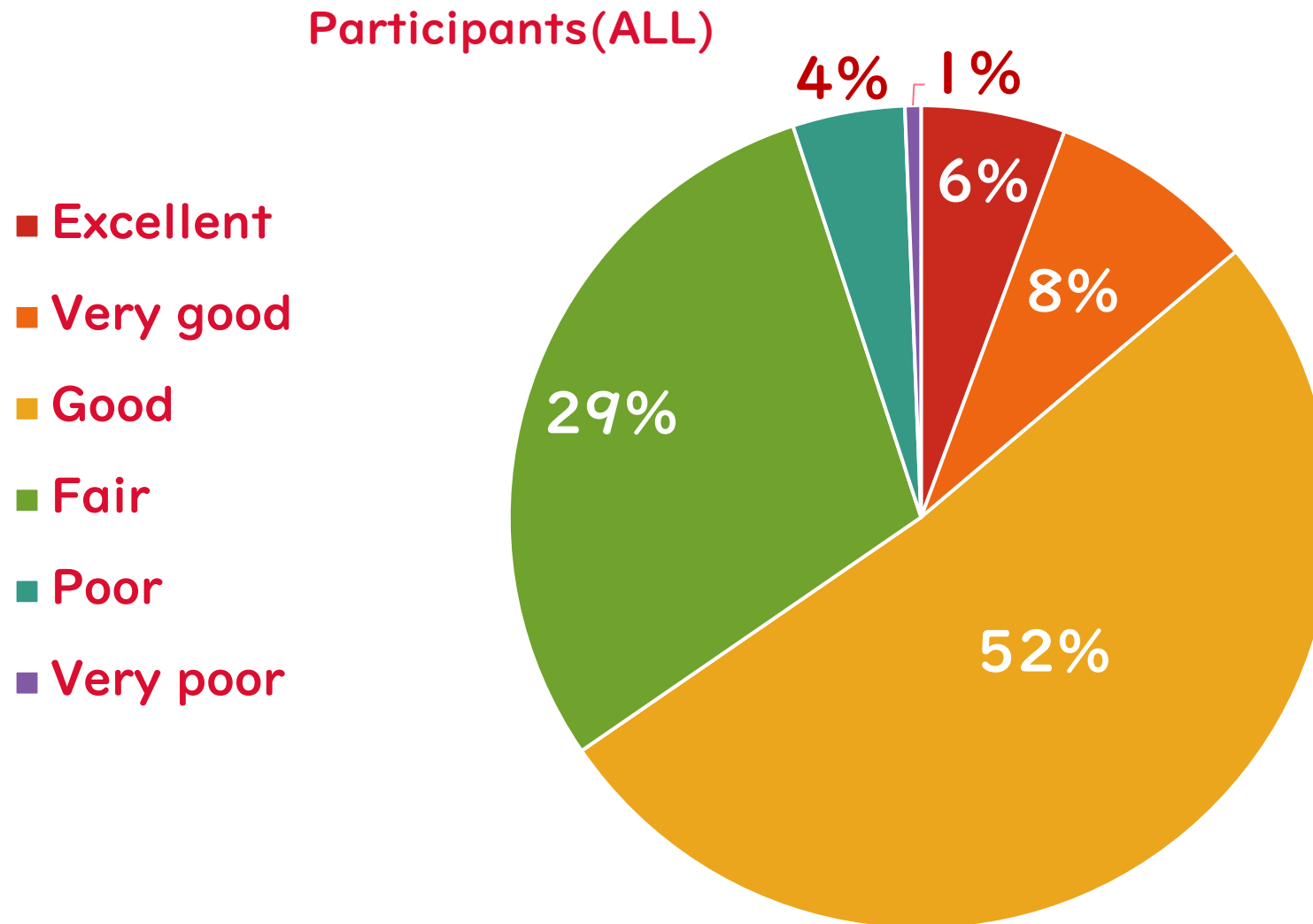
18) How long do you usually sleep?



18) How long do you usually sleep?

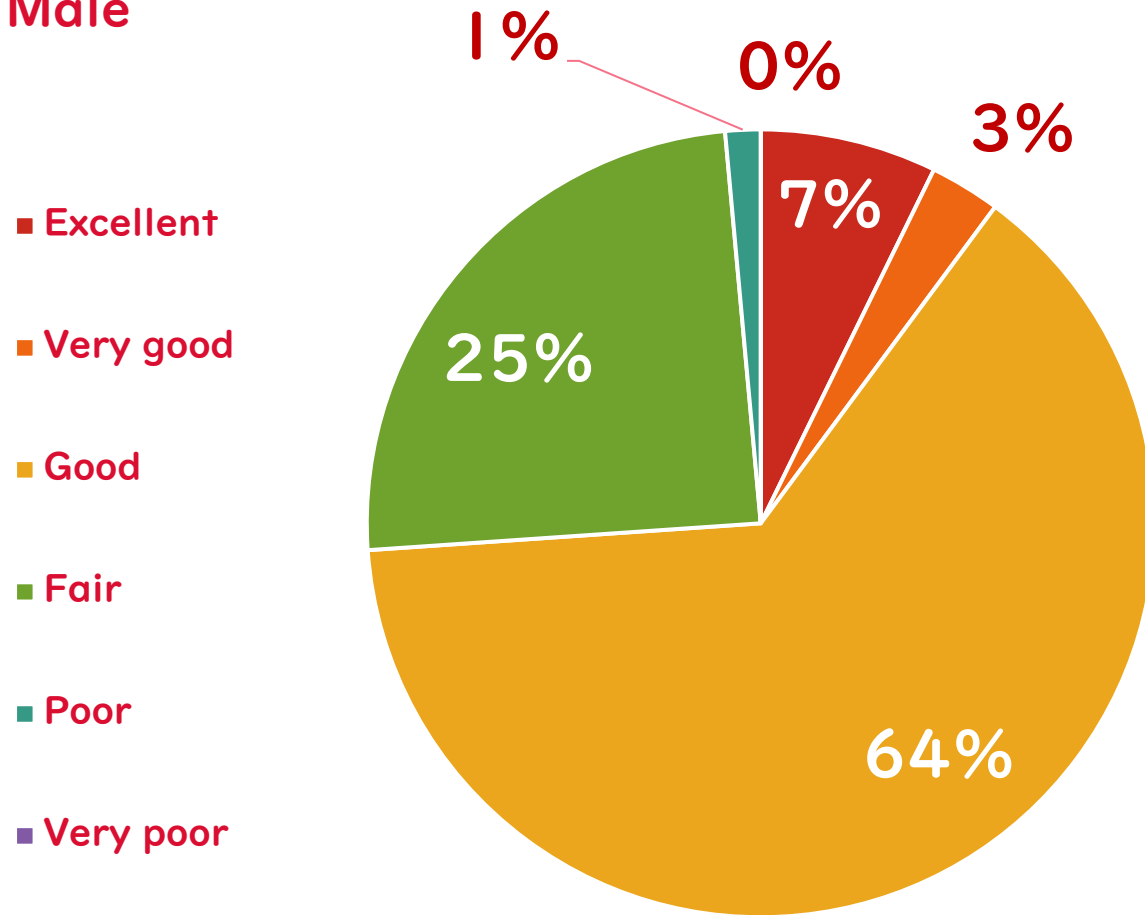


19) Overall, how would you rate your health during the past 4 weeks?

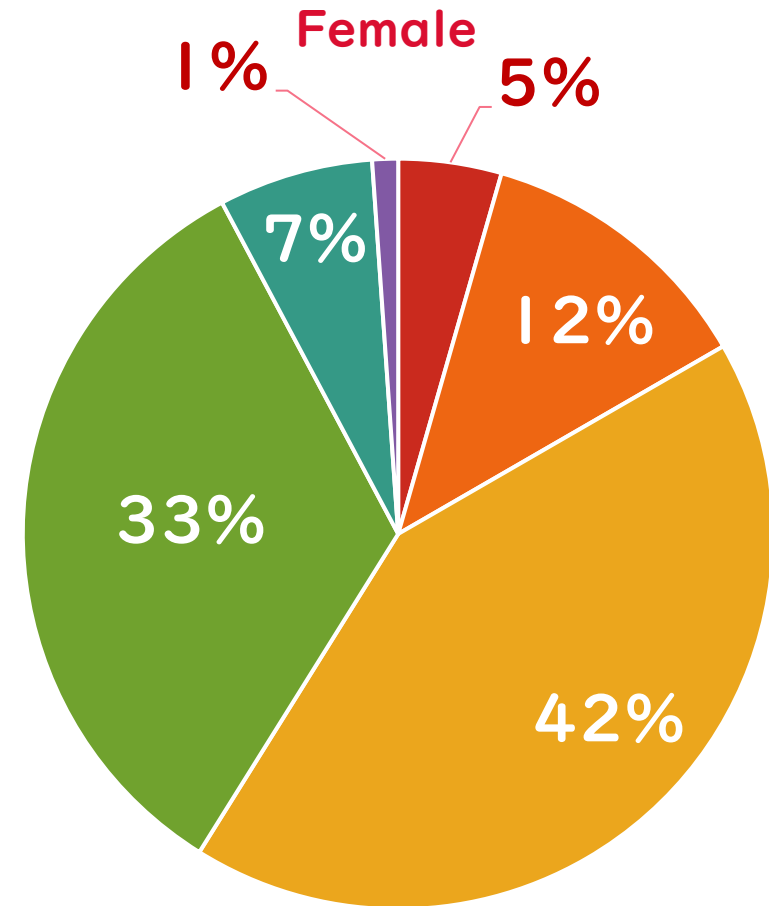


19) Overall, how would you rate your health during the past 4 weeks?

Male



Female

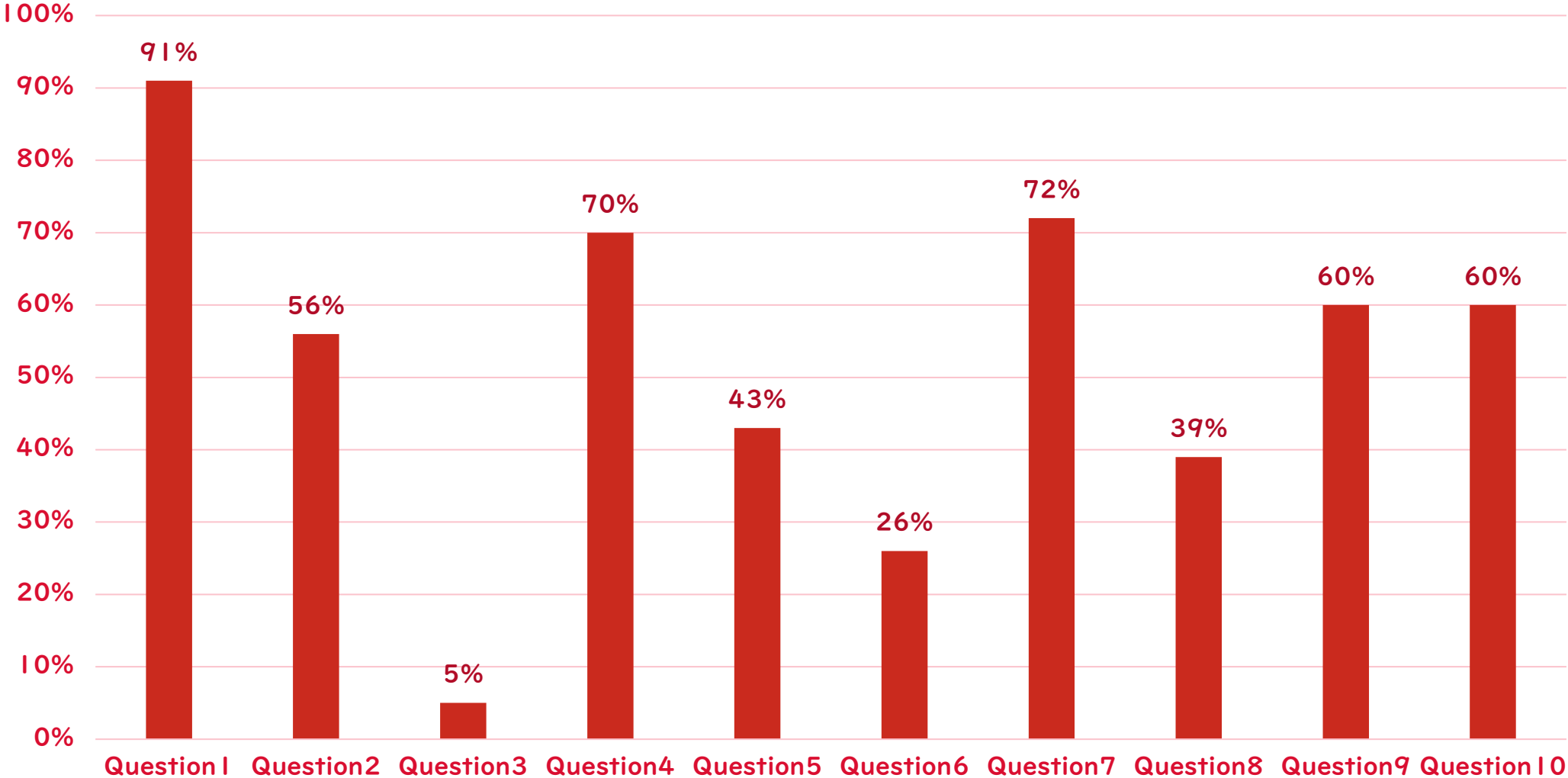


Nutrition Quiz

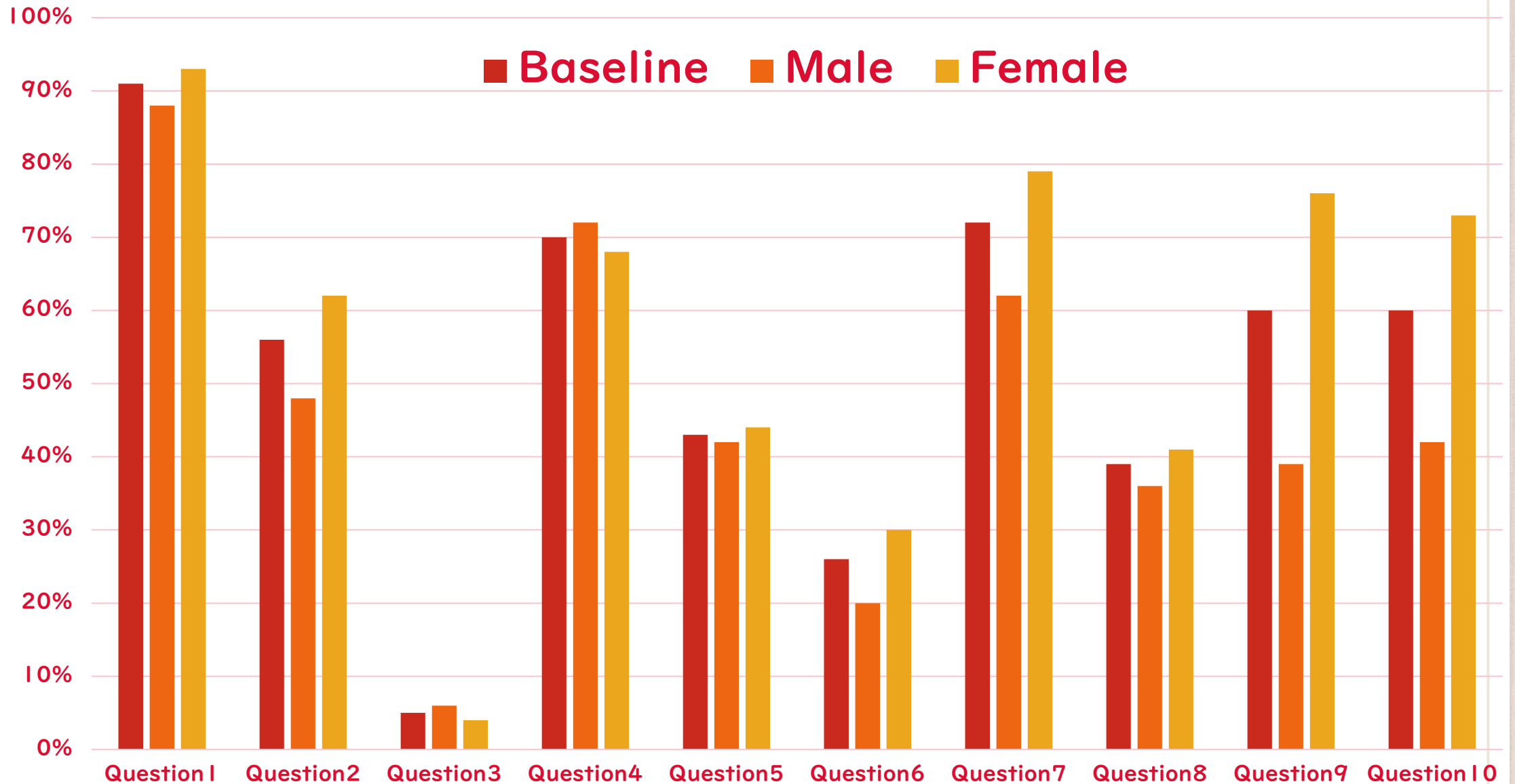
- Q1: What kind of meal can you eat if you eat various ingredients in appropriate amounts? -correct one
- Q2: What are the effects of missing food? -correct one
- Q3: Which ingredients are classified into food groups that serve as energy sources? -wrong one
- Q4: Which ingredients are classified into food groups that are blood and muscle? -correct one
- Q5: Which ingredients fall into the group of foods that prepare your body? -wrong one
- Q6: What are the recipes to improve vitamin A absorption? -correct one
- Q7: Which food group contains the most iron? -correct one
- Q8: What are the effects of lack of folic acid? -wrong one
- Q9: What are some dietary practices that lead to salt reduction? -wrong one
- Q10: What are some dietary practices that reduce the use of oil? -wrong one

Correct answer rate (%) of nutrition Quiz

Baseline



Correct answer rate (%) of nutrition Quiz



Correct answer rate (%) of nutrition Quiz

