

International E-Conference on

# NUTRITION AND FOOD SCIENCE

December 09-10, 2020 | Virtual Webinar

## Factors affecting the academic performance of university students

**Ahlam Badreldin El Shikieri<sup>1</sup> and Rola A. Jalloun<sup>2</sup>**<sup>1</sup>Department of Clinical Nutrition, College of Applied Medical Sciences, Taibah University, Al Madinah Al Munawarah, Saudi Arabia<sup>2</sup>College of Family Science, Taibah University, Al Madinah Al Munawarah, Saudi Arabia

Students' academic performance remains one of the ongoing topics of debate among educators, academicians, and policymakers. The academic performance of college students affects their future occupational success and health. Studies indicate that dietary behaviours and practices are among the crucial factors which can predict the academic performance of college students. For instance, inadequate adherence to a healthy diet such as the Mediterranean diet, high intake of fast food, sugar-sweetened drinks, and irregular breakfast consumption may negatively affect students' academic performance. It is now time to focus on the possible factors affecting the academic performance of students. In this presentation, the factors affecting the academic performance of university students will be highlighted with a specific focus on our study in Saudi Arabia. The association of demographic characteristics, dietary intake, body mass index and hostel staying with students' academic performance will be discussed. Appropriate recommendations such as the implementation of nutrition education programs to raise students' awareness about the importance of healthy eating and maintenance of healthy body weight will be highlighted.

**Keywords:** Dietary Habits, Demographic characteristics, BMI, Academic Performance, University Students, Saudi Arabia

### Biography:

Ahlam Badreldin El Shikieri has completed her PhD in Clinical Nutrition from Queen Margaret University, Scotland, UK, an MBA from Leicester University, UK and a Postgraduate Diploma in Community Nutrition from Queen Margaret University, UK. She is a registered Consultant Clinical Nutritionist, a Certified Public Health Nutritionist and an Associate Professor currently working in Saudi Arabia as the Head of the Scientific Research and Ethics Committee at the Faculty of Applied Medical Sciences, Taibah University, Saudi Arabia. She is being awarded the Outstanding Dietitian of the Year 2020 Award by the Academy of Nutrition and Dietetics. She served as an invited speaker at several workshops and conferences in Sudan, Saudi Arabia, Spain, Germany and Taiwan. She is a member of several associations and societies including the Academy of Nutrition and Dietetics and IAAND (The International Projects' Coordinator), Society of Nutrition Education and Behaviour (The Coordinator of the Nutrition Education Evidence database) and the British Nutrition Society.