

Exp-01: Assessment of dietary habits and nutritional status of adolescent girls in Coastal Regions of Bangladesh with poor water quality, considering the potential implications for micronutrient

Consent of Participant

You are being invited to take part in a research study conducted as part of a PhD project. The purpose of this study is to assess the nutrition, water quality, and health status of adolescent girls living in coastal areas of Bangladesh. Your participation is voluntary, and you may skip any question or stop at any time. All information collected will be kept confidential and used only for academic research purposes. No personal identity will be disclosed in any publication or report. There are no risks or direct benefits to you from participating, but your input will help improve health and nutrition services in your community.

By proceeding, you confirm that you have understood the purpose of the study and agree to participate.

- I agree to participate voluntarily.
- I do not agree to participate.

Section 1: Demographic Information

- 1.1 Name of the adolescent
.....
- 1.2 What is your age?
.....
- 1.3 Union Name
.....
- 1.4 Upazila Name
.....
- 1.5 District Name
.....
- 1.6 Contact Number (Any family person/Near HH)
.....
- 1.7 What is your educational level?
 - a. Primary b. Secondary c. Higher Secondary d. No education e. others (Maktoob, Religious Institute etc.)
- 1.8 What is your mother's educational level?
 - a. Primary b. Secondary c. Higher Secondary d. University/Degree e. No education
- 1.9 How many family members do you have?
 - a. Small (up to 3 members) b. Medium (4-6 members) c. large (7 or more members)
- 1.10 What is the main source of income for your family?
 - a. Agriculture and Livestock b. Business and Commerce c. Informal Sector and Day Labor d. Govt. & Private sector e. Others
- 1.11 Monthly household income:

- a. Below 5000 (Ext. Poor) b. 5001 – 10000 (Poor) c. 10001-20000 (Middle) d. 20001-30000 (Rich) e. Above 30000 (Rich)

1.12 How many years have you lived in the coastal area?

.....

1.13 Can you tell me about your living area? a.) Coastal rural b.) Semi urban coastal c.) Urban coastal

Section 2: Dietary Habits and Nutritional Status

2.1 Please check the current weight (Kg)

.....

2.2 Please check the current height (Ft)

.....

2.3 Please check the MUAC (cm)

.....

2.4 Please check your waist (cm)

.....

2.5 Please check your hip (cm)

.....

2.6 How many times do you eat in a day?

- a.) Once in a day b.) Twice in a day c.) Thrice in a day d.) Others

2.7 What time did you wake up yesterday?

2.8 Did you eat or drink anything right after waking up?

- Yes No

If yes, please mention what:

2.9 Explain to the respondent:(I'd like to ask you about everything you ate and drank in the past 24 hours—from the time you woke up yesterday until the same time today. Try to remember all meals, snacks, drinks, and anything eaten outside the home as well.)

Time	Food/Beverage Item	Quantity Consumed	Ingredients Used	Source (Home/Outside)	Place of Consumption
Early Morning (6–8 AM)					
Breakfast (8–10 AM)					
Mid-Morning Snack (10–12 PM)					
Lunch (12–2 PM)					
Afternoon Snack (2–5 PM)					
Dinner (6–8 PM)					
Evening Snack (8–10 PM)					
Late Night (if any)					

2.10 How often do you consume the following foods in a week? (Check all that apply)

Food Item	Daily	3–5 times/week	1–2 times/week	Rarely	Never
A. MILK & MILK PRODUCTS					
Cow Milk (250ml) or Buffalo Milk (250 ml)					
Mother Dairy Milk(250ml):-Full cream, Toned, Double Toned					
Curd (1 katori-125 g)					
Butter Milk (250ml)					
Paneer (50g)					
B. CEREALS PRODUCTS					
Paratha (30g)					
Rice/ wheat (¼ plate- 20g)					
Rice Flakes (¼ plate- 20g)					
Puffed Rice (1 katori- 20g)					
Bread (1 slice/2 slices)- Brown White					
Fan/Rusk/Biscuit (1 pc.)					
C. Pulses and Legumes Consumption					
Red gram, Black gram, green gram, Lentil, Bengal gram, Rajmah, Lobia, Soyabean, Peas (1katori- 30g)					
D .MEAT & POULTRY and Fish					
Egg (1 medium- 50g)					
Meat (lamb/Sheep) (30g)					
Chicken (30g)					
Fish/Shell fish (30g)					
D. GREEN LEAFY VEGETABLES					
Cabbage, Bathua, Coriander leaves, Fenugreek leaves, Spinach (1 katori- 100g)					
E. ROOTS & TUBERS					
Potato, Carrot, Colocasia, Onion, Turnip (1 katori- 50g)					
F. OTHER VEGETABLES					
Bitter gourd, Bottle gourd, Brinjal, Beans, Cauliflower, Cucumber, Jack fruit, Lady finger, Pumpkin,					
I. FRUIT					
Orange, Lime, Kino,					
Guava, Tomato etc. quat/half/one)					
Banana (quat/half/one)					

Apple/Pear (40g)					
Mango/Papaya (40g)					
J. SUGARS					
Table sugar (1tsp- 5g)					
Honey (1tsp- 5g)					
Jaggery (5g)					
K. FATS, NUTS & OIL SEEDS					
Mustard oil (1tsp- 5g)					
Butter (1tsp- 5g)					
Ghee (1tsp- 5g)					
Refined Oil (1tsp- 5g)					
Groundnuts, Cashewnuts,					
L. MISCELLANEOUS					
Tea/Coffee/Cocoa					
Health like Bournvita drinks					
Pickle					
Soft drinks					

Source: <https://index.nutrition.tufts.edu/data4diets/indicator/household-dietary-diversity-score-hdds>

2.11 In the past week, did you or anyone in your household experience any of the following due to lack of food or money to buy food? (Check all that apply)

- A. Felt hungry but had no food to eat
- B. Skipped meals or reduced portion sizes
- C. Went a whole day and night without eating
- D. Ate fewer kinds of foods
- E. Relied on borrowing food or help from relatives/neighbors
- F. Consumed wild or less preferred food due to shortage
- G. None above

2.12 Do you consume snacks between meals? A. Yes B. No

If yes, mention what types of snacks: _____

Section 3: Education and Intervention

3.2 Have you heard about nutrients like iron, calcium, or vitamin A? A. Yes B. No

3.3 Which of the following do you think are sources of iron? (*Multiple answers allowed*)

- A. Fish B. Spinach C. Milk D. Rice E. Don't know

3.4 Do you know which foods help in increasing hemoglobin levels (preventing anemia)?

- A. Yes B. No, if yes, please mention.....

3.5 Do you have any food restrictions (religious/cultural/health) A. Yes (please specify): _____ B. No

3.6 How concerned are you about your daily diet and nutrition? A. Very concerned B. Somewhat concerned C. Not concerned

3.7 Do you take any fortified foods/micronutrients supplements (Iron, Calcium, Vitamin A, etc.)?

a. Yes b. No If yes, please specify: _____

3.8 Are you aware of what constitutes a balanced diet? A. Yes B. No

3.9 From where do you usually get nutrition information?

A. School

B. TV/Radio

C. Health worker/NGO's

D. Family/Friends

E. Internet/Social media

F. Not aware

3.10 What factors influence your food choices? (Multiple choice) A.) Availability b.) Affordability
C.) Taste D. Health or nutrition concerns E.) Safety or cleanliness F. All above

Thank you to Participant the Session