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Does education improve nutrition literacy and physical activity among students, and is it associated with mental health?

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Education moderated the nutrition literacy (NL) and physical activity (PA) among students. The objective of this study is to investigate the association of education with NL and PA, and its association with mental health, such as stress, anxiety, and depression. The design was a cross-sectional study that was conducted at the Faculty of Sports and Health Sciences, State University of Surabaya. In total, we recruited 99 nutrition students and 77 physical education students. The logistic regression model was used to assess the relationship between nutrition literacy, physical activity, depression, anxiety, and stress levels. Nutrition students had a higher percentage of upper average NL scores compared to physical education students (68% vs 29.5%). In addition, nutrition students had a greater percentage of low PA compared to physical education students (54.5% vs 7.4%). NL had a borderline significant 0.401 times lower risk of anxiety ($p = 0.058$). Moderate levels of PA were associated with lower risk of stress ($OR=0.364$) while high levels of PA were associated with higher risk of anxiety ($OR=3.510$). Education can improve NL among nutrition students and PA among physical education students. Implementing the appropriate PA with NL among students may be beneficial to improve mental health.

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