

PP 10**Knowledge, Attitude and Practices Regarding Nutrition Labels in Ready-to-eat Pre-packaged Solid Food among Government Employees**Fernando M.G.D.V.¹, Fernando M.P.S.^{1#}, Fernando W.W.G.M.¹, Pathirana A.C.A.²¹*Faculty of Medicine, University of Colombo, Sri Lanka*²*Health Promotion Bureau, Colombo**#Corresponding author: poornisfernando@gmail.com*

Background: The nutrition transition has changed the dietary pattern of individuals to consume more pre-packaged food, which has led to increased mortality and morbidity due to non-communicable diseases. Therefore, the practice of reading nutrition labels guides individuals to healthier choices.

Objectives: To assess the knowledge, attitude and practices regarding nutrition labels in ready-to-eat pre-packaged solid food products among government employees in Ministry of Megapolis and Western Development.

Methods: A descriptive cross-sectional study was conducted among 105 government employees in the ministry, selected by simple random sampling. Socioeconomic state, knowledge, attitude and practices regarding nutrition labels were assessed using a self-administered questionnaire. Knowledge, attitude and practices were categorized into 'satisfactory' ($\geq 80\%$) and 'unsatisfactory' ($< 80\%$) groups based on a scoring system determined by a clinical nutritionist. Data were analyzed using chi-square test and the statistically significant level was considered as a $p < 0.05$.

Results: The percentage of employees with 'satisfactory' knowledge, attitude and practices were 44.8%, 86.7% and 31.4%, respectively. More employees were able to correctly interpret the directly displayed information in a model label (serving size-85.7%, amount of saturated fat in 100g- 82.9%, calories in one serving- 71.4%) compared to the values that had to be calculated (calories in 2 servings-68.3%, amount of sugar in 1 cookie-68.3%). Although not statistically significant, 'satisfactory' practice was higher among unmarried (31.9%), females (33.8%), age category; 21-40 years (31.9%) and those who had tertiary education (36.7%). 'Satisfactory' practice regarding nutrition labels was significantly associated with higher job categories (senior management level) and those with a monthly income above Rs. 50,000. 'Satisfactory' level of knowledge was associated with good practice regarding nutrition labels ($p < 0.05$).

Conclusions: The study reveals variations between nutrition label related knowledge, attitude and practices. Although the majority had satisfactory attitude towards nutrition labels, knowledge and practices were not at a satisfactory level.

Keywords: *Attitude, Knowledge, Nutrition label, Practices*