

# Dietary Shifts and Influencing Factors During Ramadan Fasting Among University Students in Bangladesh

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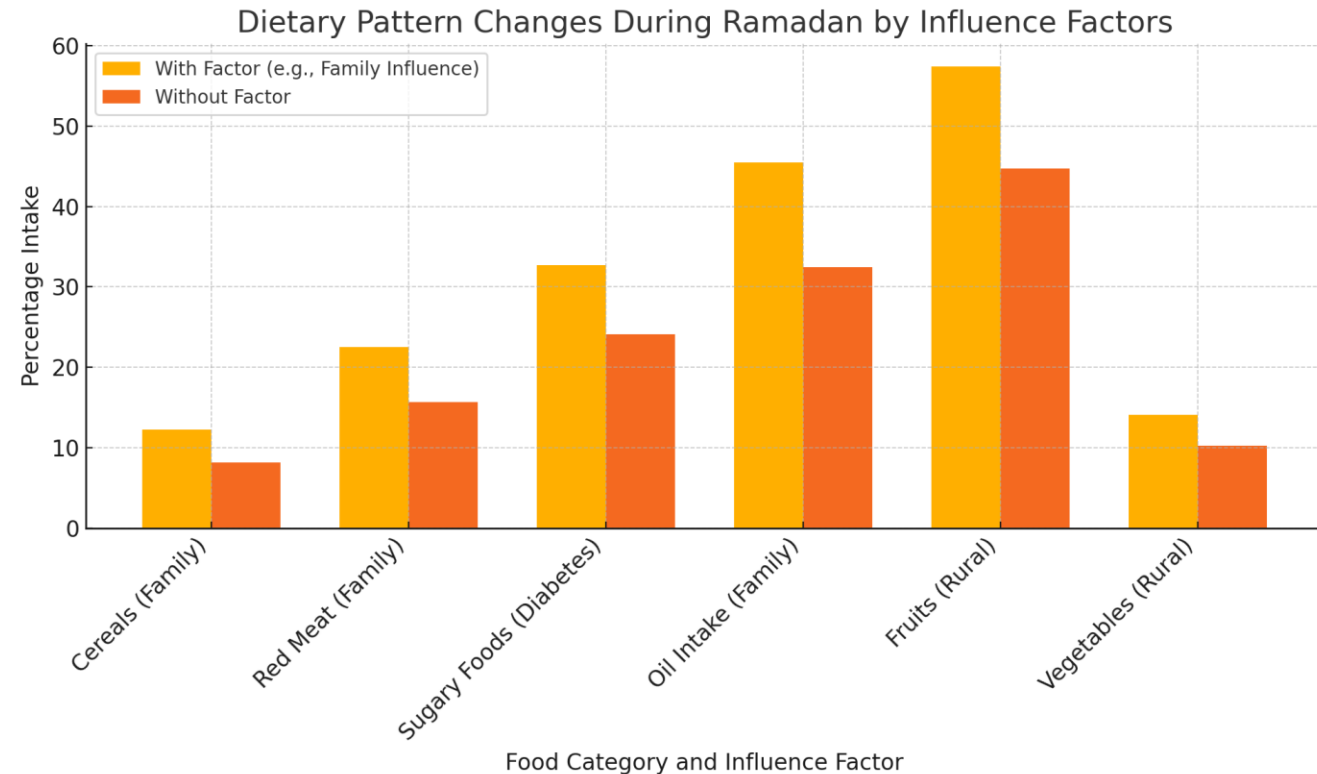
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**Ramadan fasting involves abstaining from food/drink from dawn to sunset, impacting diet and health.**

**Objective:** To assess associations between Ramadan fasting and changes in dietary patterns, considering socio-demographic and health-related factors.

### Methods

- **Cross-sectional study** with 867 Muslim university students in Bangladesh,
- **May-June 2021**
- **Snowball and convenience sampling**
- **Semi-structured Questionnaire** on food intake (cereals, proteins, oils, vitamins), socio-demographic & health-related factors.
- **Statistical Tests:** Pearson Chi-square, Fisher's exact test, with STATA-16.



**Implications:** Ramadan fasting presents unique dietary shifts. Findings can guide health policies to promote informed, healthier eating choices during Ramadan.

**Public Health:** Ramadan-specific dietary guidelines are essential for better health outcomes.

**Future Research:** Long-term studies are encouraged to explore nutritional impact.