



**CALIFORNIA STATE SCIENCE FAIR
2017 PROJECT SUMMARY**

Name(s) Liana D. Vangyi	Project Number J0424
Project Title How Occupational Stress Affects Diet Intake	
<p style="text-align: center;">Abstract</p> <p>Objectives/Goals The objective of this study is to find how occupational stress affects diet intake of women ages 19-50.</p> <p>Methods/Materials 4 occupations; 10 nurses, 10 teachers, 10 managers, and 10 office workers; 5 days of diet recall recording template, stress survey, questionnaire, recommended dietary intake from eatforhealth.gov</p> <p>Results Each of the 40 participants completed a diet recall for 5 days along with a stress survey and a questionnaire during that time. Office workers consumed the closest to the recommended dietary intake while teachers ate the poorest. The results of the stress survey show that the office workers had the lowest stress while the teachers had the highest stress level.</p> <p>Conclusions/Discussion Occupational stress does have an impact on diet intakes. Based on the diet recalls and the stress surveys completed, the office workers ate the closest to the recommended dietary intake while having the lowest occupational stress. The teachers, however, ate the poorest while having the highest stress level.</p>	
Summary Statement I found that occupational stress does have an impact on diet intake.	
Help Received My project advisor, Lori Salazar, helped me revise my project outline.	