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Feeding pattern of bankers in Benin metropolis, Edo State, Nigeria

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Abstract
The banking industry as a vital component of the Nigerian and global economy is an important area of study. The study aimed at determining the feeding pattern of bankers in some selected banks in Benin metropolis, Edo State, Nigeria. Four research questions and one hypothesis guided the study. A descriptive survey was adopted in the study. The sample size of 119 bankers was drawn through proportionate sampling and systematic sampling techniques. A questionnaire relating to variables of sex, marital status, religious affiliation, age range, work schedule and banking experience was used in collecting data from the sampled bankers. The data collected were analysed using descriptive statistics such as frequency counts, percentages, mean and standard deviation. Findings revealed that the feeding and breakfast patterns of the bankers are fair and poor respectively. Results also showed that current, past and potential health problems; prescription and over-the-counter drugs; herbal and dietary supplements and previous surgeries were the health-related factors which influenced the feeding pattern of the bankers. While breakfast pattern does not significantly predict feeding pattern, sex does. Based on the findings the provision of a good canteen or kitchenette at work places was therefore, recommended.

Keywords: bankers, breakfast pattern, feeding, health-related factors, pattern.

Introduction

As consumers focus more and more on diet and disease, food and food nutrient manufacturers respond with products that claim all sorts of health benefits. Unfortunately, foods prepared outside the home for public consumption, are generally not nutrient-rich and can often be pathogenic. According to Oshodin (2008), every bank worker wishes to live a healthy lifestyle in order not only to live longer and be more productive than their ancestors or nonbank workers but also to focus more on preventing nutritional-related diseases and disorders.

The role of feeding patterns in the individual's health status, in Nigeria like in other nations, is connected to the utility of food in disease prevention, as good nutrition is associated with good health. With the increasing appreciation of the complexity of diets consumed by people as it relates to their overall nutrition and health status in the various sectors of the economy, much research on the subject of feeding patterns in relation to nutrition and health status is also increasing.

Poor feeding habits contribute to poor nutritional and health status. Disease markers showing a negative health status generally show a relationship to feeding patterns. The type of nutrition practices adopted by an individual is more likely to increase

the prevalence of nutrition-related non-communicable diseases. Nutritional status and risk of diseases are not evident among employees because the symptoms of some diseases are sometimes not obvious, until the onset of the disease (De Irala Surat, 2013).

What seems not to have been given the much-needed attention especially in Nigeria, are job-related causes of health challenges, especially among banker workers. Evidence indicated that bankers have been reported to be at higher risk of diseases such as coronary heart disease, hypertension, piles, obesity and diabetics due to their sedentary lifestyles, relatively better socio-economic condition and highly stressful nature of their job (Edun, & Odunuga, 2015). This illustrates the fact that contrary to the relationship between the feeding habit and health status being an inverse one of poverty and undernutrition (Sen, 1981), for bank workers, the opposite is the case.

The banking sector and services contribute to sustainability through effective and improved attention to the economic needs of individuals in Nigeria. However, banking jobs as practiced in Nigeria, entails many intensive duties which often impact on the available time for other activities such as feeding. Poverty is presumably not a marker of poor nutrition among bankers but that of lack of time and opportunity due to their job pressures. To a large extent, the impact of this on the workers feeding patterns is worthy of investigation. Although issues such as job stress have been addressed, the issue of feeding patterns that are not related to poverty is interesting and requires examination. Surprisingly, the documentation by Edun and Odunuga (2015) on food habits and nutrient intake seems to be the only study which was done among bankers, but in Lagos State. This implies that there is a dearth/lack of evidence relating to bankers' feeding pattern as no literature exists to the researchers' understanding regarding this in Benin metropolis. It is against this background that this study was undertaken to assess the feeding patterns of bankers in Benin metropolis. Answers pertinent to the study will enable bankers to become more conscious of and therefore more cautious with their feeding patterns.

Research Questions

The following research questions were answered by the study:

1. What is the feeding pattern, by bio data, of bankers in Benin metropolis?
2. What is the breakfast pattern, by bio data, of bankers in Benin metropolis?
3. To what extent can feeding pattern be predicted from sex and breakfast pattern of bankers in Benin metropolis?
4. What are the health-related factors influencing the feeding pattern of bankers in Benin metropolis?

Methods and Materials

The study is a descriptive survey. The choice of descriptive survey design is occasioned by the fact that this study on the feeding patterns of bankers required direct contact with the individuals whose characteristic behaviours were relevant to the study's aim. The population of the study consisted of all the one thousand three hundred and ninety-four (1,394) bankers in the nineteen (19) commercial banks in Benin metropolis. These are the commercial banks in existence at the time of the study, and their branches

in Benin metropolis as was revealed through a feasibility study carried out by the researcher in October, 2011 and updated in January, 2012. This information was confirmed by the Central Bank of Nigeria records (January, 2012).

The sample of one hundred and nineteen (119) bankers was selected using the multistage sampling technique. Stage I: the cluster random sampling technique was used to select ten (10) banks in the population of study, this sample accounts for over 50% of the banks in the population. Stage II: the proportionate random sampling technique was used to select seventeen (17) out of the one hundred and eleven (111) branches in the ten (10) banks previously selected. The 17 branches constituted 28% of the 111 branches. Stage III: with the use of proportionate sampling 50% of bankers which constituted a sample of 119 bankers.

A questionnaire titled Bankers Feeding Patterns (BFP) was used for the study. The questionnaire consists of three sections. Section A is made up of the bio data including sex, age range, marital status, religion, job/work schedule and years of experience of the bankers. Section B assessed the health-related factors influencing the feeding patterns of the bankers and the response category is 'yes' and 'no'. Section C determined feeding including the breakfast patterns of the bankers for a period of one week. Response option was '2 times and above', 'once' and 'never' every week.

The Section A of the questionnaire was scored by assigning integers of 1, 2, 3 or 4 to the response options. Section B was scored as '1' for 'yes' and '0' for 'no'. The feeding patterns each week of Section C was scored as '2' for '2 times and above', '1' for 'once' and '0' for 'never'. Following the sample of a typical Nigeria food time table of africaparent.com, respondents that ate thrice, each day, of the recommended foods or similar class of food were scored with a maximum of 14 for the feeding pattern. A grand mean score of 11 and above meant good, 7 to 10.99 represented fair and less than 7 stood for poor. A benchmark of at least 50% was used as acceptance for the number of respondents that ate breakfast two times and above each week as this was accepted as good. Less than 50% was rejected for those that ate breakfast two times and above each week. In addition, a criterion level of less than 20% was accepted to mean bankers whose health-related factors influenced their feeding patterns.

The instrument was validated by three (3) lecturers who specialised in health and nutrition education in the Faculty of Education, University of Benin, Benin City for scrutiny to ascertain the content validity. In order to establish the reliability of the instrument a pilot study was carried out to ascertain the reliability of the instrument. The instrument was pilot tested on 10 bankers from two First Bank branches who were not used in the samples. But were part of the population. A test-retest method was adopted in which the two sets of scores obtained after the instrument was administered twice within two weeks were subjected to *Pearson Product Moment Correlation Coefficient.* An r of 0.78 was obtained.

The researcher trained two research assistants on how to administer and retrieve the questionnaires. One hundred and nineteen (119) questionnaires were administered by the researcher and the two research assistants to the sampled bankers. All the questionnaires were responded to and duly returned to the researcher.

The data collected were analysed using descriptive statistics of frequency counts, percentages, mean and standard deviation.

Results

Table 1: Feeding pattern, by bio data, of bankers in Benin metropolis

	Number of meal type consumption per week [Frequency (%)]								
Bio data Category	**Carbohydrate**	**Protein**	**Vitamins and minerals**	**Fats and oil**	**Snacks**	**Total**	**Mean**	**Std. Dev.**	**Remark on grand mean**
Female	11(24.4)	8(17.8)	4(8.9)	2(4.4)	20(44.4)	45(100)			
Male	15(20.3)	23(31.1)	25(33.8)	1(2.2)	10(13.5)	74(100)			
Divorced	2(28.6)	1(14.3)	1(14.3)	1(14.3)	2(28.6)	7(100)			
Married	16(27.1)	13(23.7)	13(23.7)	3(3.4)	11(22.0)	56(100)			
Single	11(18.6)	10(17.0)	15(27.1)	4(5.1)	16(32.2)	56(100)			
Christianity	20(21.5)	23(24.5)	25(26.6)	4(4.3)	21(22.6)	93(100)			
Islam	4 (21.1)	3(15.8)	4(21.1)	5(26.3)	3(15.8)	19(100)			
Tradition	1(14.3)	2(28.6)	2(28.6)	1(14.3)	1(14.3)	7(100)			
21 – 25 years	4(19.1)	6(28.6)	6(28.6)	2(9.5)	3(14.3)	21(100)			
26 – 30 years	14(27.5)	8(15.7)	10(19.6)	4(7.8)	15(29.4)	51(100)			
31 – 35 years	9(32.1)	5(17.9)	5(17.9)	1(3.6)	8(28.6)	28(100)			
36 – 40 years	1(9.1)	4(36.4)	4(36.4)	1(9.1)	1(9.1)	11(100)			
Above 40 years	2(25.0)	1(12.5)	2(25.0)	2(25.0)	1(12.5)	8(100)			
Marketers	15(28.3)	11(20.8)	14(26.4)	2(3.8)	11(20.8)	53(100)			
Operation bankers	15(22.7)	14(21.2)	15(22.7)	4(6.0)	18(27.3)	66(100)			
Less than 1 year	1(14.3)	1(14.3)	2(28.6)	1(14.3)	2(28.6)	7(100)			

1 – 5 years	9 (28.1)	8(25.0)	5(15.6)	2(6.3)	8(25.0)	32(100)			
6 – 10 years	15(28.3)	11(20.8)	14(26.4)	2(3.8)	11(20.8)	53(100)			
11 – 15 years	5(29.4)	5(29.4)	3(17.7)	1(5.9)	3(17.7)	17(100)			
16 – 20 years	1(16.7)	1(16.7)	2(33.3)	1(16.7)	1(16.7)	6(100)			
Above 20 years	2(50.0)	1(25.0)	0	0	1(25.0)	4(100)			
Total						119	9.94	2.512	Fair

Data in Table 1 show the feeding patterns, by biodata, of bankers in Benin metropolis. More females (24.4%, 4.4% and 44.4%) than males (20.3%, 2.2% and 13.5%) consume carbohydrate, fats/oils and snacks respectively. Conversely, more males (31.1% and 33.8%) than females (17.8% and 8.9%) eat protein and vitamins/minerals respectively. More divorced than married and single bankers eat carbohydrate (28.6%) and fats/oils (14.3%). Also, more married than divorced and single bankers eat protein (23.7%). Again, more single than divorced and married bankers consume vitamins/minerals (27.1%) and snacks (32.2%).

More Christian bankers consume carbohydrate (21.5%) and snacks (22.6%). More Muslim (26.3%) than Christian and traditional bankers eat fats/oils. More traditional (28.6%) each than Christian and Muslim bankers ate protein and vitamins/minerals. More bankers within the 26-30 years eat snacks (29.4%) when compared with the 21-25 years (14.3%). Among the 31-35 years old bankers, 32.1% consume carbohydrate more than the other age groups. Precisely, 36.4% each of the 36-40 years old bankers eat protein and vitamins/minerals. Bankers older than 40 years of age (25.0%) consume fats/oils more than other age groups. With 28.3% and 26.4% more marketers eat carbohydrate and vitamins/minerals respectively. Operation bankers consume protein (21.2%), fats/oils (6.0%) and snacks (27.3%) more than the marketers. Protein was consumed more by bankers (29.4%) with 11-15 years banking experience. More bankers who have 16-20 years banking experience consume vitamins/minerals (33.3%) and fats/oils (16.7%). Those with more than 20 years banking experience eat carbohydrate (50.0%). More bankers with less than one year banking experience ate snacks (28.6%) than others with higher experiences.

It is clear that carbohydrate is consumed more by females, divorced, Christian, 31-35 years old, marketers and bankers with more than 20 years banking experience. Male, married, traditional, operations, 11-15 years banking experience and bankers between 36-40 years of age eat more of protein. Vitamins and minerals are consumed more by males, single, traditional, marketers, 36-40 years and bankers with 16-20 banking experience. Females, divorced, Muslim, operations, greater than 40 years and those with 16-20 years of banking experience eat more fats and oils. Snacks were more consumed

by females, singles, Christian, 26-30 years, operations and those with less than 1 year banking experience. With an overall mean score and standard deviation of 9.94±2.512, the feeding pattern of bankers in Benin metropolis is fair.

Table 2: Breakfast pattern, by biodata, of bankers in Benin metropolis.

		Breakfast Pattern by Biodata				
Bio data	**N=119/biodata**	**Never/week**	**Once/week**	**2 times and above/week**	**Total**	**Remark**
	Female	13(28.9)	13(28.9)	19(42.2)	45(100)	Poor
	Male	13(28.9)	28(37.8)	33(44.6)	74(100)	Poor
	Divorced	2(28.6)	1(14.3)	4(57.1)	7(100)	Good
	Married	1526.8)	19(33.9)	22(39.3)	56(100)	Poor
	Single	9(16.1)	20(35.7)	27(48.2)	56(100)	Poor
	Christian	19(20.4)	30(32.3)	44(47.3)	93(100)	Poor
	Islam	4(21.1)	10(52.6)	5(26.3)	19(100)	Poor
	Traditional	2(28.6)	3(42.9)	2(28.6)	7(100)	Poor
	21-25 years	5(23.8)	6(28.6)	10(47.6)	21(100)	Poor
	26-30 years	11(21.6)	15(29.4)	25(49.0)	51(100)	Poor
	31-35 years	5(17.9)	9(32.1)	14(50.0)	28(100)	Good
	36-40 years	3(27.2)	4(36.4)	4(36.4)	11(100)	Poor
	> 40 years	2(25.0)	4(50.0)	2(25.0)	8(100)	Poor
	Marketers	14(26.4)	16(30.2)	23(43.4)	53(100)	Poor
	Operations	12(18.2)	24(36.4)	30(45.4)	66(100)	Poor
	< 1 year	1(14.3)	1(14.3)	5(71.4)	7(100)	Good
	1-5 years	10(31.3)	10(31.3)	12(37.4)	32(100)	Poor
	6-10 years	9(17.0)	16(30.2)	28(52.8)	53(100)	Good
	11-15 years	3(17.6)	6(35.3)	8(47.1)	17(100)	Poor
	16-20 years	2(33.3)	3(50.0)	1(16.7)	6(100)	Poor
	> 20 years	1(25.0)	1(25.0)	2(50.0)	4(100)	Good

Table 2 is the breakfast pattern, by biodata, of bankers in Benin metropolis. Precisely, 44.6% and 42.2% male and female bankers respectively ate breakfast at least 2 times a week, meaning that their breakfast pattern is poor with the pattern of females being poorer than that of males. Divorced, married and single bankers who ate breakfast at least twice each week are represented by 57.1%, 39.3% and 48.2% respectively. With more than 50% divorced bankers eating breakfast two times and more per week is good. However, with less than 50% married and single bankers eating breakfast at least twice a week is poor. This implies that the breakfast pattern of divorced bankers is better than that of the married and single. Breakfast pattern, by religion is poor as 47.3%, 26.3% and 28.6% Christian, Islam and traditional bankers ate breakfast at least two times each week. This entails that the breakfast pattern of Muslim bankers is the poorest. Among the 21-25 years, 26-30 years, 36-40 years and bankers above 40 years, breakfast pattern is poor as they ate at least two times a week with 47.6%, 49.0%, 36.4% and 25.0% respectively. The breakfast pattern of those above 40 years is the poorest. Conversely, 50.0% of the 31-35 years' bankers ate breakfast two times and above each week and this is good. Breakfast pattern of the marketers and operations bankers is poor as 43.4% and 45.4% of them ate breakfast two times and more a week. The breakfast pattern of the marketers

is poorer than that of the operations. Bankers with less than one year, 6-10 years (71.4%) and more than 20 years (52.8%) banking experience ate breakfast two times and above a week; this is good. On the other hand, bankers with 1-5 years, 11-15 years and 16-20 years working experience have poor breakfast pattern representing 37.4%, 47.1% and 16.7% of them. Bankers with 16-20 years banking experience have the poorest breakfast pattern. Based on bankers that ate breakfast at least twice a week, it can be concluded that the breakfast pattern of majority of the bankers in Benin metropolis is poor.

Table 3: Multinomial logistics prediction of feeding pattern from sex and breakfast pattern

		B	Stad error	Sig.	Exp (B)	Lower	Upper
Carbohydrate	Female	-.992	.559	.076	.371	.124	1.109
	Male						
	Breakfast pattern	.414	.347	.233	1.514	.766	2.991
Protein	Female	-1.738	.567	.002*	.176	.058	.534
	Male						
	Breakfast pattern	.338	.344	.326	1.402	.715	2.749
Vitamins and minerals	Female	-2.516	.672	.000*	.081	.022	.302
	Male						
	Breakfast pattern	.687	.380	.071	1.987	.944	4.182
Fats and oils	Female	.000	1.285	1.000	1.000	.081	12.413
	Male						
	Breakfast pattern	.000	.743	1.000	1.000	.233	4.389
Snacks	Female	-.230	.423	.060	.284	.132	3.739
	Male						
	Breakfast pattern	.549	.274	.089	.631	.645	5.451

Data in Table 3 is the multinomial logistics prediction of feeding pattern from sex and breakfast pattern of bankers in Benin metropolis. Sex statistically significantly predicted feeding pattern with female bankers having a $p < .05$ for protein and vitamins/minerals consumption. However, breakfast pattern does not statistically significantly predict feeding pattern as the p index >.05. while breakfast pattern does not statistically significantly predict feeding pattern, sex does.

Table 4: Health related factors influencing the feeding patterns of bankers in

Benin metropolis

Health related factors	Yes(%)	No(%)	Total(%)	Remark
Health history				
Do you have any current health problem(s) that interfere(s) with your nutrition/feeding?	17 (14.3)	102 (85.7)	119(100)	Yes
Do you have any past health problem(s) that interfere(s) with your nutrition/feeding?	4 (3.4)	115 (96.6)	119(100)	Yes
Do you have previous surgeries that interfere(s) with your nutrition /feeding?	1 (0.8)	118 (99.2)	119(100)	Yes
Do you have any potential health problem(s) that interfere(s) with your nutrition/feeding?	8 (6.7)	111 (93.3)	119(100)	Yes
Do you have prescription drugs that can interfere with your food choices?	11 (9.2)	108 (90.8)	119(100)	Yes
Do you have over-the-counter drugs that can affect your feeding pattern?	5 (4.2)	114 (95.8)	119(100)	Yes
Do you have herbal supplements that can affect your feeding pattern?	7 (5.9)	112 (94.1)	119(100)	Yes
Do you have dietary supplements that can affect your feeding patterns?	8 (6.7)	111 (93.3)	119(100)	Yes

Data in Table 4 is the health-related factors that influence the feeding pattern of bankers in Benin metropolis. Respondents representing 14.3%, 3.4% and 0.8% noted that their current health problems, past health problems and previous surgeries respectively interfere with their feeding pattern. Precisely 6.7%, 9.2% and 4.2% of the bankers indicated they have potential health problems, prescription drugs and over-the-counter drugs respectively which interfere with their feeding pattern. Again, 5.9% and 6.7% of them noted they have herbal and dietary supplements respectively which interfere with their feeding pattern. Therefore, the health-related factors which influence the feeding patterns of bankers in Benin metropolis include current, past and potential health problems; prescription and over-the-counter drugs; herbal and dietary supplements and previous surgeries.

Discussion of Results

Results showed that the feeding patterns of bankers in Benin metropolis are fair. Among all bio data categories, female bankers eat carbohydrate, snacks and fats and

oils. This means that the feeding patterns of the bankers do not meet the required pattern of consumption with excess or low nutrient intake. The present result is consistent with the of Edun and Odunuga (2015) that unhealthy eating and food habit is common among Lagos State bankers and this is due to limited time for food shopping and cooking which is an important factor influencing food intake and habit. The authors added that bankers live more on confectionaries (ready-made, canned, baked, fried foods, bottled beverages and drinks) which in turn affected their nutrient intakes. The finding therefore has not met with Jarvis (1996) definition, who said that an optimal nutritional status is achieved when sufficient nutrients are consumed to support day-to-day body needs and minimise any illness. A good feeding pattern is one which is adequate in nutrients which the amount of each nutrient appropriate for specific age, sex, exercise level and health status. Such pattern should not also begin the onset of diseases. No wonder Mantzoros et al. (2006)'s theory noted that most of the deadly diseases found in our society today are attributed to the pattern of feeding. The result of the present study is a deviation from the foregoing norm. studies such as Pruitt, et al. (1997) regretted that many snack foods such as soft drinks and chocolates contain caffeine which can cause nervousness and sleeplessness. Moreover, snack foods that are frequently sold in fast food, restaurants and supermarkets are high in fat and sugar and low in nutrient density.

Based on bankers that ate breakfast at least twice a week, findings indicted that the breakfast pattern of majority of the bankers in Benin metropolis is poor. The present result is in consonance with Center on Hunger, Poverty and Nutrition Policy (1995); Al-Oboudi (2010) that those who do not consume breakfast are said to have poor cognitive performance and reduced performance in task requiring concentration as compared to their counterparts who consume an adequate breakfast. Banking job appears to be time demanding and hence bankers could miss breakfast in an attempt to meet up with time. This practice is detrimental to health as job performance and cognitive function could be impaired.

Results also showed that, while breakfast pattern does not statistically significantly predict feeding pattern, sex does.

Findings also revealed that the health-related factors which influence the feeding patterns of bankers in Benin metropolis include current, past and potential health problems; prescription and over-the-counter drugs; herbal and dietary supplements and previous surgeries. These factors could probably be due to the bankers' feeding pattern which is fair. In the process of checking what they eat, they are most likely to undermine quality and quantity and the frequency of food consumption. Hence bankers have been reported to be at higher risk of diseases such as coronary heart disease, hypertension, piles, obesity and diabetics due to their sedentary lifestyles, relatively better socio-economic condition and highly stressful nature of their job (Edun & Odunuga, 2015).

Conclusion

Based on the findings, it could be concluded that bankers' feeding pattern is fair as there are some health-related factors such as past and current health problems, herbal and dietary supplements and previous surgeries which influenced their feeding pattern.

The breakfast pattern of the bankers is poor. Breakfast pattern significantly predicts the feeding pattern of the bankers, however, sex does not.

Recommendations

Based on the findings of this study, the following recommendations are made:

1. there should also be regular enlightenment of the bankers with the objective of making them conscious of their health and modify their feeding habits toward better food choices with attendant good nutrition for better health. This could be in the form of annual corporate training on health and lifestyle management issues which addresses the feeding challenges of the bankers in the work environment.
2. Bankers should be encouraged to bring their own food instead of eating street food or fast food. To help achieve this policy, kitchenettes should be provided in the premises and furnished with basic amenities such as a refrigerator.

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