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## DIETARY AND CAFFEINE INTAKES OF FIREFIGHTERS LOCATED IN THE SOUTHEAST

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# Dietary and Caffeine Intakes of Firefighters Located in the Southeast

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## **ABSTRACT**

This project was an observational sub-study from a larger clinical trial conducted and lead by a master's student at Augusta University. The larger clinical trial was conducted to observe the health, physical activity, and sleep quality of firefighters in the southeast. This sub-study focused on the nutritional aspect and observed nutritional habits and aimed to quantify caloric, nutrient, and caffeine intake in local firefighters in the southeast. Firefighters are prone to coronary heart disease, cancer, obesity, and high blood pressure possibly due to the working conditions they face including irregular sleeping/eating habits, high-stress levels, and exposure to carcinogens. I hypothesize firefighters will have a high caloric intake (Over 3,000 kcal/day) and caffeine consumption (Over 400 mg/day) due to the aforementioned health factors. A total of 15 local firefighters participated in this study. Participants in this study were males between the ages of 18 and 55 and were firefighters in various departments in the southeast. Participants were recruited from gyms, fire stations, and through advertisements posted within the community. Although the overarching population of the study consisted of 15 participants, not all data was completely documented and gathered at the time of this sub-project. Therefore, the data and results section includes only participants whose data has been fully collected. Participants met for a familiarization visit in which they signed their informed consent document and were provided an opportunity to ask any questions. Participants were also given a Nutrition and Health Information Questionnaire as a self-assessment of their medical, nutritional, weight, and physical activity history. After this familiarization meeting, subjects consumed their normal diet for a week and results were recorded using MyFitnessPal or through hand written IRB approved food logs. If participants chose to

use MyFitnessPal, they submitted an image of their “Nutrient” section from each day. If participants chose to use the food logs, this data would be translated into MyFitnessPal after the second visit. The participants’ data, consisting of protein, carbohydrates, fats, fiber, sugar, cholesterol, sodium, and caloric intake was analyzed to determine the nutritional habits of a sample firefighters in the southeast. Caffeine intake was recorded separately and reported during the second visit with the nutrient intake.

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