

WHO reports show that the prevalence of obesity and higher body mass index (BMI) is generally lower among young people who take breakfast. These young people showed signs of improvement of cognitive function and academic performances. The aim of this research was to study pupil's knowledge concerning the healthy eating.

**Materials and methods:** We used analytical, descriptive, sociological and statistical research methods. The research was conducted on a sample of 134 pupils from the VII<sup>th</sup> -XII<sup>th</sup> grade, from a private high school from Chisinau (70 boys and 64 girls). Our questionnaire included 39 items and it was based on the frequency of food daily intake. The study results were used for ensuring an intervention in the school by introducing class hour, civics and biology topics about healthy eating conducted by trained physicians and teachers.

**Discussion results:** After conducting the study was found that 8.9% pupils consider that for being healthy is recommended to salt food after desire. 2.9% pupils said that a healthy diet means two meals per day. Most of pupils mentioned that unhealthy foods are chips and snakes (91.1%), hamburgers, donuts and hotdogs (86.6%) and Coca-Cola (47.1%), less than half of those questioned consider healthy food pizza (59.7%), chocolate (29.1%) and cheese glazed with chocolate (28.4%). Some of pupils considered unhealthy food products: milk (6.7%), fruits (6.7%), fish (5.4%) and meat from poultry (2.2%). Most of pupils from private high school were informed about healthy eating at biology (76.9%) and only half of those questioned at civic education (55.9%) and at the class hour (50.7%). Most of pupils have indicated as information source about the healthy eating, parents, grandparents (84.3%), the Internet (71.6%) and half of them the mass-media (55.9%). Only a third of pupils said that they have been informed about healthy eating by teachers (38.1%), school nurse (35.1%) and colleagues, friends (36.6%). School should be a promoter of healthy eating, but in Moldova teachers and school nurses are not trained in nutrition and cannot approach these issues during class hour.

**Conclusion:** Pupils are informed at school about healthy eating at hours of biology, civic education and at class hour. As important information sources about healthy eating for pupils are family, Internet and mass-media.

**Keywords:** pupils, knowledge, healthy eating.

## 243. RISK BEHAVIOR OF PUPILS FROM RURAL AREAS IN CORRELATION WITH LIVING IN THE HOUSE ADULTS

Larisa Turcanu

Scientific adviser: Zepca Victor, PhD, Associate Professor, State University of Medicine and Pharmacy *Nicolae Testemitanu*, National Center of Public Health, Chisinau, Republic of Moldova

**Introduction:** Young generation's behavior can be influenced by adults who live in the same house.

**Materials and methods:** The study comprised 783 V<sup>th</sup>-VIII<sup>th</sup> grade pupils (358 boys and 425 girls) from 10 high schools in rural areas of Moldova. The study instrument represented a survey that included 43 questions, four of which addressed pupils' risk behavior.

**Discussion, results:** Pupils who completed the survey lived with the following adults: both parents and grandparents (70%), mother and grandparents (7.4%), dad and grandparents (2.5%), mother,

stepfather and grandparents (5.8% ), father and stepmother (1.4%), mother, another adult/adults and grandparents (2.5%), father and another adult/adults (0.3%), grandparents and other relatives, non-relatives or supervisors (1.6%). When it came to students who smoked regularly, meaning at least a cigarette daily for 30 days, 4.1% of them lived in complete families while 3.7% of pupils lived in incomplete families (with mother and another adult/adults and grandparents - 10 %, with grandparents and other relatives, non-relatives, or supervisors - 6%, with mother, stepfather and grandparents - 4.6%). Out of all pupils who carried a cold weapon (knife, bat) for at least one day during the last 30 days, 6.2% lived in complete families and 5.3% in incomplete families (with mother, stepfather and grandparents - 8.9%, with grandparents and other relatives, non-relatives, or supervisors - 7.9%). Students who participated in fights during the last 12 months lived in complete families in a proportion of 38.3% and in incomplete families - 40.8% (with father and stepmother - 54.5%, only father and grandparents - 50%, father and other adult/adults - 50%). When analyzing pupils who got drunk, 11.3% of them lived in complete families while 33.2% ( $p < 0.001$ ) in incomplete families (with father and stepmother - 54.5%, with father and grandparents - 45%, with grandparents and other relatives, non-relatives, or supervisors - 33.3%).

**Conclusion:**

1. Approximately one third of Vth – VIIIth grade pupils from rural areas of Moldova lived in incomplete families.
2. Pupils from incomplete families got drunk more often compared to those from complete families.

**Key Words:** risk behavior, pupils, family composition.